

**Appendix Table F89. Scoring of quality of life after pelvic floor muscle training compared to no active treatment (individual RCTs)**

Reference	Active	Definition of quality of life	Randomized active/control	Active mean standard deviation	Control mean standard deviation	Mean difference (95% CI)
Sung, 2000 <sup>602</sup>	Intensive pelvic floor muscle exercises	Frequency of incontinence (0-5-very serious problem)	30/30	2.00/0.50	2.20/0.40	-0.20 (-0.43; 0.03)
Sung, 2000 <sup>602</sup>	Intensive pelvic floor muscle exercises	Quantity of urine leakage	30/30	2.10/0.50	2.20/0.50	-0.10 (-0.35; 0.15)
Sung, 2000 <sup>602</sup>	Intensive pelvic floor muscle exercises	Severity of incontinence	30/30	2.10/0.70	2.30/0.50	-0.20 (-0.51; 0.11)
Sung, 2000 <sup>602</sup>	Intensive pelvic floor muscle exercises	Discomfort due to incontinence	30/30	2.00/0.70	2.20/0.60	-0.20 (-0.53; 0.13)
Sung, 2000 <sup>602</sup>	Intensive pelvic floor muscle exercises	Wearing protection	30/30	1.40/0.60	1.50/0.60	-0.10 (-0.40; 0.20)
Sung, 2000 <sup>602</sup>	Intensive pelvic floor muscle exercises	Discomfort due to wearing protection	30/30	1.20/0.40	1.30/0.50	-0.10 (-0.33; 0.13)
Sung, 2000 <sup>602</sup>	Intensive pelvic floor muscle exercises	Avoidance of places and situations	30/30	1.40/0.70	1.50/0.80	-0.10 (-0.48; 0.28)
Bo, 2000 <sup>494</sup>	8-12 maximum contractions in 3 series/day	Quality of Life Scale	29/30	90.10/10.23	85.20/12.05	4.90 (-0.80; 10.60)
Aksac, 2003 <sup>478</sup>	Contractions for 10 seconds and relaxation for 20 seconds, 10 times/session, 3 sessions/day	Visual analog scale based social activity index: 0=cannot undertake any social activity, 10=does not have any problem.	20/10	7.50/1.20	3.60/0.60	3.90 (3.26; 4.54)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Total health perception	14/12	629.00/39.50	656.00/40.33	-27.00 (-57.80; 3.80)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	physical functioning (SF-36 0 worse to 100)	14/12	60.00/6.83	67.00/6.67	-7.00 (-12.20; -1.80)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	role limitation due to physical problems (SF-36 0 worse to 100)	14/12	75.00/8.33	88.00/14.50	-13.00 (-22.29; -3.71)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Body pain (SF-36 0 worse to 100)	14/12	76.00/9.33	76.00/8.00	0.00 (-6.66; 6.66)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	General health perceptions (SF-36 0 worse to 100)	14/12	60.00/7.33	64.00/8.00	-4.00 (-9.94; 1.94)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Vitality (SF-36 0 worse to 100)	14/12	55.00/5.50	83.00/4.83	-28.00 (-31.97; -24.03)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Social functioning (SF-36 0 worse to 100)	14/12	100.00/2.00	100.00/0.00	0.00 (0.00; 0.00)

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(continued)**

Reference	Active	Definition of quality of life	Randomized active/control	Active mean standard deviation	Control mean standard deviation	Mean difference (95% CI)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Role limitation due to mental problems (SF-36 0 worse to 100)	14/12	100.00/11.17	100.00/4.17	0.00 (-6.31; 6.31)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Mental health (SF-36 0 worse to 100)	14/12	82.00/5.33	86.00/5.33	-4.00 (-8.11; 0.11)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At followup: Total quality of life	14/12	29.00/10.83	18.00/18.67	11.00 (-0.99; 22.99)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At followup: Physical activity	14/12	6.00/2.50	0.00/3.50	6.00 (3.63; 8.37)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At followup: Travel	14/12	8.00/4.00	0.00/4.83	8.00 (4.55; 11.45)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At followup: Social relationships	14/12	3.00/1.50	2.00/2.17	1.00 (-0.46; 2.46)
Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At followup: Emotional health	14/12	8.00/3.17	13.00/2.83	-5.00 (-7.31; -2.69)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Physical functioning (SF-36 0 worse to 100)	12/12	60.00/7.33	70.00/9.00	-10.00 (-16.57; -3.43)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Role limitation due to physical problems (SF-36 0 worse to 100)	12/12	75.00/11.50	87.00/10.50	-12.00 (-20.81; -3.19)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	General health perceptions (SF-36 0 worse to 100)	12/12	57.00/7.83	54.00/6.83	3.00 (-2.88; 8.88)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Vitality (SF-36 0 worse to 100)	12/12	52.00/5.83	70.00/6.33	-18.00 (-22.87; -13.13)

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Reference	Active	Definition of quality of life	Randomized active/control	Active mean standard deviation	Control mean standard deviation	Mean difference (95% CI)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Social functioning (SF-36 0 worse to 100)	12/12	100.00/5.67	100.00/1.67	0.00 (-3.34; 3.34)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Role limitation due to mental problems (SF-36 0 worse to 100)	12/12	100.00/5.67	100.00/0.00	0.00 (0.00; 0.00)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Mental health (SF-36 0 worse to 100)	12/12	82.00/4.67	84.00/2.67	-2.00 (-5.04; 1.04)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	physical functioning at followup (SF-36 0 worse to 100)	12/12	60.00/7.00	65.00/8.33	-5.00 (-11.16; 1.16)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	Role limitation due to physical problems at followup (SF-36 0 worse to 100)	12/12	75.00/11.50	75.00/12.50	0.00 (-9.61; 9.61)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At 6 month followup: Physical activity	12/12	0.00/3.00	6.00/1.83	-6.00 (-7.99; -4.01)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At 6 month followup: Travel	12/12	8.00/1.83	6.00/3.67	2.00 (-0.32; 4.32)

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Reference	Active	Definition of quality of life	Randomized active/control	Active mean standard deviation	Control mean standard deviation	Mean difference (95% CI)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At 6 month followup: Social relationships	12/12	0.00/0.33	3.00/1.50	-3.00 (-3.87; -2.13)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At 6 month followup: Emotional health	12/12	4.00/2.67	13.00/4.83	-9.00 (-12.12; -5.88)
Tibaek, 2007 <sup>605</sup> followup of Tibaek, 2004 <sup>609</sup>	Pelvic floor muscle therapy	IIQ (0 best to 100) At 6 month followup: Total quality of life	12/12	20.00/8.17	27.00/14.50	-7.00 (-16.42; 2.42)