**Appendix Table F93. Scoring of quality of life after pelvic floor muscle training with biofeedback using vaginal EMG probe compared to no active treatment (individual RCT)**

| Reference | Active | Definition of quality of life | Randomized active/ control | Active mean/standard deviation | Control mean standard deviation | Mean difference (95% CI) |
|---|---|---|---|---|---|---|
| Aksac, 2003[478] | Contractions for 10 seconds and relaxation for 20 seconds) via biofeedback (vaginal probe in EMG) 3 times/ week | Visual analog scale based social activity index: 0=cannot undertake any social activity, 10-does not have any problem | 20/10 | 8.10/0.80 | 3.60/0.60 | 4.50 (3.99; 5.01) |