

**Appendix Table F95. Scoring of quality of life after supervised 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)
Bo, 1999 <sup>493</sup>	Pelvic floor exercise with 8-12 contractions 3 times/day and in groups with skilled physical therapists 1/week	Change from baseline in leakage index	29/32	-0.90/0.51	0.10/0.58	-1.00 (-1.27; -0.73)
Bo, 1999 <sup>493</sup>	Pelvic floor exercise with 8-12 contractions 3 times/day and in groups with skilled physical therapists 1/week	Change from baseline in Social activity index	29/32	0.60/1.02	-0.20/1.73	0.80 (0.09; 1.51)