

Appendix Table F97. Improvement in UI after nonpharmacological treatments compared to no active treatment

Treatment	Studies/ patients	Rate in active/ control	Relative risk (95% CI)	Absolute risk difference 95% CI)	Number needed to treat (95% CI)	Attributable Events (95% CI)	Bayesian odds ratio median (2.5%; 97.5%)	Level of evidence
Continence Service	2 ^{582,614} /4038	62.6/53.5	1.33 (1.06; 1.68)	0.20 (-0.01; 0.41)				Low
Bladder Training	2 ^{525,599} /283	61.4/19.2	3.22 (2.25; 4.60)	0.43 (0.28; 0.59)	2 (2; 4)	430 (275; 585)	8 (3; 20)	Low
Pelvic Floor Muscle Training	6 ^{253,478,506,507,543,554} /510	56.9/14.7	5.44 (1.57; 18.83)	0.41 (0.17; 0.65)	2 (2; 6)	412 (174; 649)	14 (3; 69)	High
Pelvic Floor Muscle Training + Bladder Training	4 ^{516,553,571,581} /1171	53.3/22.5	4.13 (1.58; 10.78)	0.39 (0.17; 0.60)	3 (2; 6)	387 (171; 603)	8 (2; 41)	High
Pelvic Floor Muscle Training with Biofeedback	4 ^{294,478,506,507} /383	60.1/18.6	3.93 (1.00; 15.49)	0.39 (0.17; 0.61)	3 (2; 6)			High
Electrical Stimulation	8 ^{253,481,493,503,563,591} /582	31.7/15.1	2.01 (1.28; 3.15)	0.16 (0.04; 0.23)	6 (4; 12)	156 (84; 228)	3 (2; 6)	High
Percutaneous Electrical Stimulation	3 ^{528,586,587} /405	40/20	1.9(1.1;3.2)	0.31(0.04;0.58)	3(2;25)	308(40;577)	3.1(1.4;8.8)	Medium
Magnetic Stimulation	3 ^{508,509,529} /153	46.8/21.2	2.30 (1.43; 3.71)	0.27 (0.11; 0.42)	4 (2; 9)	265 (112; 417)	4 (2; 12)	Moderate
Weight Loss	2 ^{600,601} /386	42.8/20.8	2.17 (1.26; 3.76)	0.27 (0.06; 0.49)	4 (2; 18)	273 (57; 490)	3 (1; 10)	Moderate
Bulking Agents	2 ^{483,558} /241		Not significant					Low