

Appendix Table 3. Pooled Effects of Pelvic Floor Muscle Training Compared with Regular Care in Women*

Continence	Estimates					
	<u>OR, (I-V) (95%CI)</u>		<u>OR, (M-H) (95%CI) (95%CI)</u>		<u>Peto OR (95%CI)</u>	
PFMT+ biofeedback	21.36 (3.52; 129.71)		21.36 (3.52; 129.71)		10.59 (3.94; 28.48)	
Heterogeneity (p value, I-squared,%)	0.302	6.00%	0.302	6.00%	0.192	41.20%
PFMT	10.75 (3.80; 30.37)		10.75 (3.80; 30.37)		7.18 (3.58; 14.41)	
Heterogeneity (p value, I-squared,%)	0.697	0.00%	0.694	0.00%	0.57	0.00%
PFMT+ bladder training	2.20 (1.18; 4.08)		2.21 (1.18; 4.12)		1.90 (1.34; 2.71)	
Heterogeneity (p value, I-squared,%)	0.17	40.40%	0.164	41.30%	0.14	45.30%
	<u>RR, (I-V) (95%CI)</u>		<u>RR, (M-H) (95%CI)</u>			
PFMT+ biofeedback	11.17 (2.21; 56.44)		11.17 (2.21; 56.44)			
Heterogeneity (p value, I-squared, %)	0.695	0.00%	0.686	0.00%		
PFMT	7.13 (2.76; 18.42)		7.13 (2.76; 18.42)			
Heterogeneity (p value, I-squared, %)	0.937	0.00%	0.93	0.00%		
PFMT+ bladder training	1.75 (1.07; 2.86)		1.77 (1.07; 2.94)			
Heterogeneity (p value, I-squared, %)	0.143	44.80%	0.127	47.40%		
	<u>RD, (I-V) (95%CI)</u>		<u>RD, (M-H) (95%CI)</u>			
PFMT	0.33 (0.10; 0.57)		0.33 (0.10; 0.57)			
Heterogeneity (p value, I-squared, %)	0	87.30%	0	87.30%		
PFMT+ bladder training	0.13 (0.07; 0.20)		0.13 (0.07; 0.20)			
Heterogeneity (p value, I-squared, %)	0.595	0.00%	0.571	0.00%		
Improvement in UI						
	<u>OR, (I-V) (95%CI)</u>		<u>OR, (M-H) (95%CI)</u>		<u>Peto OR(95%CI)</u>	
PFMT+ biofeedback	5.19 (0.98; 27.44)		5.19 (0.97; 27.75)		5.47 (2.90; 10.33)	
Heterogeneity (p value, I-squared, %)	0.024	73.20%	0.023	73.50%	0.044	67.90%
PFMT	17.73 (1.14; 276.58)		17.83 (1.09; 292.06)		12.11 (6.46; 22.71)	
Heterogeneity (p value, I-squared, %)	0.004	81.80%	0.003	82.40%	0.007	79.70%
PFMT+ bladder training	5.37 (1.86; 15.50)		5.40 (1.84; 15.83)		3.24 (2.43; 4.32)	
Heterogeneity (p value, I-squared, %)	0	88.10%	0	88.50%	0	90.10%
	<u>RR, (I-V) (95%CI)</u>		<u>RR, (M-H) (95%CI)</u>			
PFMT+ biofeedback	2.52 (0.72; 8.79)		2.57 (0.57; 11.63)			
Heterogeneity (p value, I-squared, %)	0.02	75.40%	0.00	83.10%		
PFMT	7.15 (1.00; 51.34)		7.44 (0.82; 67.67)			
Heterogeneity (p value, I-squared, %)	0.02	73.60%	0.01	79.00%		
PFMT+ bladder training	2.53 (1.38; 4.63)		2.62 (1.35; 5.12)			
Heterogeneity (p value, I-squared, %)	0.00	86.20%	0.00	88.80%		
	<u>RD, (I-V) (95%CI)</u>		<u>RD, (M-H) (95%CI)</u>			
PFMT+ biofeedback	0.31 (0.02; 0.60)		0.31 (0.02; 0.60)			
Heterogeneity (p value, I-squared, %)	0.00	80.90%	0.01	81.00%		

PFMT	0.48 (0.09; 0.88)	0.48 (0.07; 0.90)	
Heterogeneity	0.00 92.60%	0.00 93.40%	
PFMT+ bladder training	0.36 (0.10; 0.61)	0.36 (0.10; 0.62)	
Heterogeneity (p value, I-squared, %)	0.00 93.60%	0.00 94.00%	

*Pooled odds ratio, relative risk, and risk difference were calculated with random effects models using inverse variance or Mantel-Haenszel methods. I-V = inverse variance; MH = Mantel-Haenszel; OR = odds ratio; RD = risk difference; RR = relative risk.