

Appendix 1: Baseline Characteristics Restricted to Women Who Completed the 12-Month Postpartum Assessment With Information About the Primary Outcome (International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form Score at 12 Months Postpartum)

Characteristic	Physiotherapy Group (n=93)	Control Group (n=97)	P
Age at inclusion (y)	30.1±4.8 (29.4; 93)	29.5±4.9 (28.6; 97)	.32
BMI (kg/m ²)	22.0±3.7 (21.2; 92)	22.5±3.7 (21.6; 97)	.24
Education			
More than high school	90.0 (81/90)	87.2 (82/94)	.55
Smoking	6.7 (6/90)	5.4 (5/93)	.76
UI (ICIQ-UI SF score higher than 0)	35.6 (32/90)	38.3 (36/94)	.70
ICIQ-UI SF score (0–21)	2.2±3.6 (0; 90)	2.7±3.9 (0; 94)	.46
FPFQ bladder score (0–10)	1.5±1.1 (1.4; 86)	1.6±1.4 (1.1; 93)	.79
FPFQ bowel score (0–10)	1.3±1.0 (1.2; 90)	1.6±1.3 (1.2; 95)	.55
FPFQ prolapse score (0–10)	0.3±1.1 (0; 90)	0.5±1.2 (0; 95)	.34
Sexually active	91.1 (82/90)	88.4 (84/95)	.55
FPFQ sex score (0–10)	2.3±1.6 (2.0; 77)	2.8±1.8 (2.7; 84)	.09
Pad test (g)	1.3±2.1 (0; 81)	2.0±6.4 (0.5; 84)	.86
Pelvic floor muscle strength (0–5)	3.4±1.5 (4; 89)	3.5±1.3 (4; 92)	.97
Specific quality of life (Contilife score; 0–10)	9.5±0.8 (9.8; 67)	9.3±1.0 (9.7; 73)	.28
Generic quality of life (EuroQoL-5D; 0–100)	79.5±22.5 (85; 89)	77.4±20.5 (80; 95)	.14

BMI, body mass index; UI, urinary incontinence; ICIQ-UI SF, International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form; FPFQ, Female Pelvic Floor Questionnaire.

Data are % (n/N) or mean±standard deviation (median; n) unless otherwise specified.

Comparison between women included in the physiotherapy group and women in the control group.

χ² and Fisher's exact test for qualitative variables; Wilcoxon test for continuous variables.

Appendix 2: Baseline Characteristics of Women Included During Their First Pregnancy

Characteristic	Primary Outcome Completed (n=190)	Lost to Follow-up or Primary Outcome Missing (n=92)	P
Age at inclusion (y)	29.8±4.8 (28.9; 190)	28.5±5.6 (27.8; 92)	.04
BMI (kg/m ²)	22.3±3.7 (21.4; 190)	22.8±4.6 (22.1; 92)	.27
Education			
More than high school	88.6 (163/184)	70.7 (110/134)	<.001
Smoking	6.0 (11/183)	17.1 (14/82)	<.01
UI (ICIQ-UI SF score >0)	37.0 (68/184)	39.0 (32/82)	.75
ICIQ-UI SF (0–21)	2.5±3.7 (0; 184)	2.8±4.1 (0; 82)	.61
FPFQ bladder score (0–10)	1.5±1.3 (1.1; 179)	1.7±1.4 (1.4; 80)	.45
FPFQ bowel score (0–10)	1.5±1.2 (1.2; 185)	1.4±1.2 (1.2; 82)	.87
FPFQ prolapse score (0–10)	0.4±1.1 (0; 185)	0.4±1.0 (0; 82)	.79
Sexually active	89.7 (166/185)	86.3 (69/80)	.42
FPFQ sex score (0–10)	2.6±1.7 (2.0; 161)	2.8±1.8 (2.7; 65)	.32
Pad test (g)	1.7±4.8 (0; 165)	1.3±1.7 (1.0; 65)	.52
Pelvic floor muscle strength (0–5)	3.5±1.4 (4; 181)	3.1±1.6 (3.0; 89)	.09
Specific quality of life (Contilife score; 0–10)	9.3±1.0 (9.7; 140)	9.0±1.3 (9.7; 49)	.76
Generic quality of life (EuroQoL-5D; 0–100)	78.4±21.5 (82.0; 184)	78.8±19.7 (81.5; 82)	.96

BMI, body mass index; UI, urinary incontinence; ICIQ-UI SF, International Consultation on Incontinence Questionnaire-Urinary Incontinence Short Form; FPFQ, Female Pelvic Floor Questionnaire.

Data are % (n/N) or mean±standard deviation (median; n) unless otherwise specified.

Comparison between women who completed the 12 months postpartum assessment with information about the primary outcome (ICIQ-UI SF score at 12 months postpartum) and others women (lost to follow-up or ICIQ-UI SF score missing).

χ² and Fisher's exact test for qualitative variables; Wilcoxon test for continuous variables.



Appendix 3: Prenatal Pelvic Floor Muscle Training Programs Supervised by a Physiotherapist (or a Midwife) in Our Study and Other Similar Randomized Controlled Trials in Nulliparous Women

Study	n	UI at Baseline (%)	Program Length	No. of Sessions	Length of Each Session	Type of Supervision	No. of Therapists Involved	No. of Centers	Control Group Program	Postpartum Results
Gaier ^{24,*}	127	Not assessed	12 wk	Not assessed	Not assessed	Not assessed	2, physiotherapist or midwife	2	Verbal advice to perform pelvic floor muscle training	NS at 6 mo
Gorbea Chávez ²¹	72	0	8 wk	8 (1/wk)	60 min	One-to-one	4, physiotherapist	1	Not advised to perform pelvic floor muscle training	Less SUI in the pelvic floor muscle training group at 6 wk
Hughes ^{23,*}	1,169	26.0	—	Single session	Not assessed	One-to-one and group	Not assessed, physiotherapist	1	No specific instruction	NS at 6 mo
Ko ²²	300	28.5	12 wk	12 (1/wk)	45 min	Group	Not assessed, physiotherapist	1	No specific instruction	Less UI in the pelvic floor muscle training group at 6 mo
Mørkved ⁷	301	31.2	12 wk	12 (1/wk)	60 min	Group	5, physiotherapist	1	No specific instruction	Less UI in the pelvic floor muscle training group at 3 mo
Reilly ⁸	268	Not assessed	5 mo	5 (1/mo)	Not assessed	Group	1, physiotherapist	1	No specific instruction	Less UI in the pelvic floor muscle training group at 3 mo
Fritel	282	37.4	8 wk	8 (1/wk)	20–30 min	One-to-one	37, physiotherapist or midwife	5	Written instructions to perform pelvic floor muscle training	NS at 2 and 12 mo

UI, urinary incontinence; NS, nonsignificant; SUI, stress urinary incontinence.
* Congress abstracts.

