

eTable 1.

Exercise and Bladder Control Strategy Adherence and Barrier Questions Asked at Study Visits^a

Question	Intervention Visit 2	Intervention Visits 3 and 4	3 Months Post-randomization	6 Months Post-randomization	12 Months Post-randomization
In the past week, approximately how many days did you do your pelvic-floor muscle exercises?	X	X			
On a typical day in this past week, how many pelvic muscle contractions did you do?	X	X			
During the past month, approximately how many days did you do your pelvic-floor muscle exercises?			X	X	X
On a typical day in this past month, how many pelvic muscle contractions did you do?			X	X	X
Was it hard to find the time to do all of the exercises? (Y/N/U)	X	X	X		
Were you unsure if you were doing the exercises correctly? (Y/N/U)	X	X	X		
Did the exercises cause any pain? (Y/N/U)	X	X	X		
Did you have trouble remembering to do the exercises? (Y/N/U)	X	X	X		
Did it seem as if the exercises were not helping your incontinence? (Y/N/U)	X	X	X		
Were you so much better that you felt that you did not need to continue the exercises? (Y/N/U)	X	X			
Are there any other reasons why you did not do the exercises? (If yes, explain.)	X	X	X		
Did it seem that using the pessary for incontinence was more important than doing the exercises? (Y/N/U) (combined group only)	X	X	X		
Did you use the stress strategy? (Y/N)		X	X		
How often did this strategy work for you? (All the time/Some of the time/Never)		X	X		
Did you find that the leakage started so suddenly that there was not time to use this strategy? (Y/N)		X	X		

^a Y=yes, N=no, U=uncertain.

Adherence to Behavioral Interventions for Stress Incontinence

eTable 2.

Endorsed Barriers to Exercise Adherence by Treatment Group Assignment

Barrier to Exercise	Treatment Group Assignment	Visit 2 n (%)	Visit 3 n (%)	Visit 4 n (%)	3 mo n (%)
	Combined	n=139	n=124	n=113	n=128
	Exercise only	n=127	n=114	n=105	n=121
Hard to find time to exercise	Combined	41 (30)	47 (38)	36 (32)	45 (35)
	Exercise only	28 (22)	35 (31)	31 (30)	51 (42)
Uncertain whether performing exercises correctly	Combined	32 (23)	10 (8)	12 (10)	13 (10)
	Exercise only	25 (20)	11 (10)	6 (6)	9 (7)
Pain with exercise	Combined	4 (3)	5 (4)	3 (3)	0 (0)
	Exercise only	4 (3)	2 (2)	0 (0)	3 (3)
Trouble remembering to exercise	Combined	73 (53)	63 (51)	52 (46)	69 (54)
	Exercise only	58 (46)	43 (37)	42 (40)	57 (48)
Perceived exercises did not help urinary incontinence	Combined	18 (13)	14 (11)	11 (10)	10 (8)
	Exercise only	19 (15)	11 (10)	12 (12)	7 (6)
Improved urinary incontinence, no need to exercise	Combined	3 (2)	10 (8)	10 (9)	15 (12)
	Exercise only	1 (1)	2 (2)	3 (3)	7 (6)
Continence pessary more important than exercise	Combined only	22 (16)	20 (16)	20 (18)	Not included
Any reported barrier	Combined	111 (77)	96 (79)	88 (72)	86 (67)
	Exercise only	87 (69)	72 (63)	64 (62)	87 (72)
Other barriers					
Illness self/family	Combined	4 (3)	6 (5)	6 (6)	5 (3)
	Exercise only	3 (2)	4 (4)	6 (6)	9 (7)
Vacation/travel	Combined	1 (1)	2 (2)	4 (4)	0 (0)
	Exercise only	3 (2)	4 (4)	1 (1)	6 (5)
Fatigue	Combined	2 (1)	2 (2)	2 (2)	0 (0)
	Exercise only	1 (1)	2 (2)	1 (1)	1 (1)
Work	Combined	1 (1)	2 (2)	1 (1)	0 (0)
	Exercise only	1 (1)	0 (0)	0 (0)	0 (0)
Personal conflicts	Combined	3 (2)	4 (3)	5 (4)	3 (2)
	Exercise only	0 (0)	2 (2)	2 (2)	2 (2)
Boredom with exercise	Combined	0 (0)	0 (0)	0 (0)	2 (2)
	Exercise only	1 (1)	2 (2)	2 (2)	2 (2)