

- 1 This supplement contains the following items:
- 2 1. Final protocol, summary of changes from the published original
- 3 protocol.
- 4 2. Final statistical analysis plan, summary of changes from the published
- 5 original protocol.
- 6

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| 99 | | |

100 **1. Study Contact and Organization**

101 **1.1 Study Contacts**

102 **Principal Investigator for grant**

103 Baoyan Liu, MD

104 Guang'anmen Hospital, China Academy of Chinese Medical Sciences

105 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053

106 Phone: +86 13601180524

107 Email: baoyanjournal@163.com

108

109 **Principal Investigator for trial**

110 Zhishun Liu, MD PhD

111 Guang'anmen Hospital, China Academy of Chinese Medical Sciences

112 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053

113 Phone: +86 10 88001123

114 Email: liuzhishun@aliyun.com

115

116 **1.2 Recruiting Sites**

117 **Guang'anmen Hospital, China Academy of Chinese Medical Sciences**

118 Zhishun Liu, MD PhD

119 Site Principal Investigator, Director of Acupuncture and moxibustion Department

120 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053

121 Phone: +86 10 88001123

122 Email: liuzhishun@aliyun.com

123

124 Huanfang Xu, MD PhD

125 Co-investigator, Acupuncture and moxibustion Department

126 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053

127 Phone: +8610 88001123
128 Email: huanfang_xu@126.com
129 Jiani Wu, MD PhD
130 Co-investigator, Acupuncture and moxibustion Department
131 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053
132 Phone: +86 10 88001123
133 Email: handsom_mars@126.com
134
135 Jing Zhou, MD
136 Co-investigator, Acupuncture and moxibustion Department
137 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053
138 Phone: +86 10 88001123
139 Email: zjinbj@sina.com
140
141 Ran Pang, MD PhD
142 Urology knowledge support, Urology Department
143 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053
144 Phone: +86 10 88001040
145 Email: pangran2002@sina.com
146
147 Yang Wang, MD PhD
148 Co-investigator, Acupuncture and moxibustion Department
149 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053
150 Phone: +86 10 88001123
151 Email: migofree@126.com
152
153 Zongshi Qin, MD
154 Co-investigator, Acupuncture and moxibustion Department
155 5 Beixian'ge Street, Xicheng District, Beijing, China, 100053
156 Phone: +86 10 88001123
157 Email: arisq@foxmail.com
158

159 **Dongzhimen Hospital affiliated to Beijing University of Chinese Medicine**

160 Jiping Zhao, MD

161 Site Principal Investigator, Director of Acupuncture and moxibustion Department

162 5 Haiyuncang, Dongcheng District, Beijing, China, 100700

163 Phone: +86 10 84013147

164 Email: zjp7883@sina.com

165

166 **West China Hospital of Sichuan University**

167 Ning Li, MD

168 Site Principal Investigator, Director of Acupuncture and moxibustion Department

169 37 Guoxuexiang, Wuhou District, Chengdu, Sichuan, 610041

170 Email: zhenjiuhuaxi@163.com

171

172 **Xiyuan Hospital, China Academy of Chinese Medical Sciences**

173 Yonghui Lu, MD

174 Site Principal Investigator, Director of Acupuncture and moxibustion Department

175 1 Xiyuancaochang, Haidian District, Beijing, 100091

176 Phone: +86 13521776025

177 Email: yhlu2008@sina.com

178

179 **Hengyang Hospital affiliated to Hunan University of Chinese Medicine**

180 Zenghui Yue, MD

181 Site Principal Investigator, Director of Acupuncture and moxibustion Department

182 25 Zhengxiangbeilu, Hengyang, Hunan, China, 421001

183 Phone: +86 18216000369

184 Email: 624755064@qq.com

185

186 **The First Hospital of Hunan University of Chinese Medicine**

187 Wei Zhang, MD PhD

188 Site Principal Investigator, Director of Acupuncture and moxibustion Department

189 95 Middle Shaoshan Road, Changsha, Hunan, China, 410007

190 Phone: +86 13548639198

191 Email: 507395550@qq.com

192

193 **Yueyang Hospital of Integrated Traditional Chinese and Western Medicine,**

194 **Shanghai University of Traditional Chinese Medicine**

195 Yuelai, Chen, MD PhD

196 Site Principal Investigator, Director of Acupuncture and moxibustion Department

197 110 Ganhe Road, Shanghai, China, 200437

198 Phone: +8613020193726

199 Email: chenylai@163.com

200

201 **The First Affiliated Hospital of Tianjin University of Traditional Chinese Medicine**

202 Lixin Fu, MD PhD

203 Site Principal Investigator, Director of Acupuncture and moxibustion Department

204 314 Anshan W Road, Nankai District, Tianjin, China, 300193

205 Phone: +86 022 27432095

206 Email: fulixin66@126.com

207

208 **Shanxi Province Hospital of Traditional Chinese Medicine**

209 Tongsheng Su, MD

210 Site Principal Investigator, Director of Acupuncture and moxibustion Department

211 4 Xihuamen, Xi'an, Shanxi, China, 71003

212 Phone: +86 15929562568

213 Email: chinasuts@126.com

214

215 **Jiangsu Province Hospital of Traditional Chinese Medicine**

216 Jianhua Sun, MD PhD

217 Site Principal Investigator, Director of Acupuncture and moxibustion Department

218 155 Hanzhong Road, Qinhuai District, Nanjing, Jiangsu, China, 210029

219 Phone: +86 13914722816

220 Email: 377201634@qq.com

221

222 **Shanxi Hospital of Integrated Traditional and Western Medicine**

223 Jie Wang, MD PhD

224 Site Principal Investigator, Director of Acupuncture and moxibustion Department

225 13 Fudong Road, Xinghualing District, Taiyuan, Shanxi, China, 030001

226 Phone: +86 13303435701

227 Email: zydrwj@163.com

228

229 **Hubei Provincial Hospital of Traditional Chinese Medicine**

230 Zhongyu Zhou, MD

231 Site Principal Investigator, Director of Acupuncture and moxibustion Department

232 320 Zhongshan Road, Wuchang District, Wuhan, Hubei, China, 430061

233 Phone: +86 18672308659

234 Email: 2209447940@qq.com

235

236 **1.3 Collaborating Sites**

237 **Institute of Basic Research in Clinical Medicine, China Academy of Chinese Medical**
238 **Sciences**

239 Liyun He, MD PhD

240 16 Nanxiaojie Dongzhimennei, Dongcheng, Beijing, China, 100700

241 Phone: +86 10 64094235

242 Email: hely3699@163.com

243

244 Yan Liu, MD

245 16 Nanxiaojie Dongzhimennei, Dongcheng, Beijing, China, 100700

246 Phone: +86 13811299493

247 Email: sasliu@yeah.net

248

249 Shiyan Yan, PhD

250 16 Nanxiaojie Dongzhimennei Dongcheng, Beijing, China, 100700

251 Phone: +86 13521436209

252 Email: yanshiyan0927@sina.com

253

254 Yanke Ai, PhD

255 16 Nanxiaojie Dongzhimennei Dongcheng, Beijing, China, 100700

256 Phone: +86 13521601603

257 Email: aiyanke@163.com

258

259 Hongjiao Li, MD, PhD

260 16 Nanxiaojie Dongzhimennei Dongcheng, Beijing, China, 100700

261 Phone: +86 15011003216

262 Email: lhjiao2013@163.com

263

264 Lin Luo, MD PhD

265 16 Nanxiaojie Dongzhimennei Dongcheng, Beijing, China, 100700

266 Phone: +86 10 64093209

267 Email: luolin_0938@163.com

268

269 **Daemen College Physical Therapy Wound Care Clinic, Daemen College**

270 Kehua Zhou, MD DPT

271 4380 Main Street, Amherst, N.Y. 14226, USA

272 Phone: + 1 716-986-4856

273 Email:kzhou@daemen.edu

274

275 **2. Study Design**

276 **2.1 Study Overview**

277 The objective of this study was to assess the efficacy of EA for women with stress
278 urinary incontinence (SUI).

279 **2.2 Background**

280 Stress urinary incontinence (SUI), the most common type of urinary incontinence (UI),
281 is defined as an involuntary loss of urine on physical exertion, sneezing, or coughing
282 by the International Consultation on Incontinence¹. SUI is a common health problem
283 and affects many women globally. About 50% of women with UI report symptoms of
284 stress incontinence. The prevalence of female SUI was reported to be 24.8% (95% CI:
285 23.4-26.3) according to a survey data (from 2001-2008) from the U.S. National Health
286 and Nutrition Examination Survey² and 18.9% in a large sample cross-sectional
287 survey in China³. Many studies show that SUI has a negative impact on patient's
288 physical health, social and psychological well-being^{4,5}. Incontinent women are more
289 likely to become anxious, depressed and self-abased than continent women for
290 uncontrollable leakage of urine, which makes them avoid social activities, such as
291 visiting friends, sports, shopping or going to work⁵. These negative effects on quality
292 of life are greater than major chronic conditions (diabetes, hyperlipidemia, and
293 chronic kidney disease)⁶.

294 Pelvic floor muscle training (PFMT) is the first line conservative therapy
295 recommended for women with SUI by all major guidelines on urinary incontinence,
296 including guidelines of ICUD⁷, EAU⁸, NICE⁹, etc. A short-term success rates of PFMT
297 was quoted as 50-75%¹⁰, while the long-term success rate of PFMT varied between
298 41-85%¹¹. However, a length of at least three months was recommended for the
299 practice of PFMT to see a major change^{7,8,12}. It was reported that strength and/or
300 timing of the contraction could be improved within 4–8 weeks¹³, but clinical

301 improvement might take as long as 5 months¹⁴. Besides, a low adherence rate was
302 observed. It was reported that the long-term adherence to PFMT varied between
303 10-70%¹¹.

304 Midurethral slings (MUS) are the primary gold standard procedure for treating
305 moderate to severe SUI with long-term cure rates of 77–90%¹⁵. The use of surgical
306 mesh increases incidence of adverse events, like pain, infection, dysuria,
307 neuromuscular problems and so on. An FDA safety communication on serious
308 complications associated with transvaginal placement of surgical mesh for pelvic
309 organ prolapse has been issued to inform the medical community and patients on
310 July 13, 2011¹⁶. It was reported that acupuncture was useful for SUI with an effective
311 rate up to 80%¹⁷. However, randomized controlled trials of acupuncture were few and
312 often with methodological flaws (small sample size, improper control, neglect of
313 blinding, etc). Our systematic review showed that acupuncture might be effective for
314 SUI¹⁸ with limited evidences. Our pilot study has shown that electro-acupuncture (EA)
315 might be effective for female SUI in decreasing urine loss and improving quality of life,
316 and might have a long-lasting effect¹⁹. Therefore, electro-acupuncture might be a
317 good alternative therapy for female SUI. To our best knowledge, there has been no
318 trials using sham or placebo control to assess the efficacy of acupuncture for female
319 SUI.

320 **2.3 Study Objectives and Hypothesis**

321 The objective of this study is to assess the efficacy of EA for women with SUI. We
322 hypothesize that EA is better than SA in decreasing urine leakage for women with
323 SUI.

324 **2.4 Methodology**

325 **2.4.1 Trial design**

326 This is a multicenter, patient-blinded, parallel-group, randomized controlled study at
327 12 centers in China. Women with SUI will be randomized into electro-acupuncture

328 (EA) group or sham electro-acupuncture (SA) group in a 1:1 ratio.

329 **2.4.1.1 Randomization**

330 In this study, we will use blocks randomization, stratified according to center. A
331 central randomization system will be applied in our trial. The randomizing scheme
332 will be produced by staff of the clinical evaluation center of CACMS using statistical
333 analysis software SAS9.3 with “proc plan” program. After production, it will be
334 signed and sealed by the staff who produce it and keep by other staff who take no
335 part in this trial. It will not be allowed to be checked by anyone except the top
336 system administrator. Acupuncturists in each center will be responsible for getting
337 random numbers. Via inputting the participants’ sex and birthday in the central
338 randomization system through the phone or the web, they will get the random
339 number.

340 **2.4.1.2 Blinding**

341 In this study, participants, outcome assessors and statisticians will be blinded to
342 treatment allocation.

343 Patient blinding will be achieved via a pragmatic placebo needle and sham EA
344 electrode lines. The pragmatic placebo needle will be mainly consisted by an
345 adhesive pad and a blunt-tipped placebo needle. Details of the constitution, usage
346 and validity of the pragmatic placebo needle will be published elsewhere. The sham
347 electrode lines will be identical with the real ones but the inner metal wire will be cut
348 off. When switched on, the EA apparatus with sham electrode lines have the same
349 working power indicator and sound as those with normal electrode lines, suggesting
350 to participants that the EA apparatus is functional even though it actually had no
351 current output.

352 For blinding assessment, two centers will be randomly chosen from the 12 centers.
353 All participants in the two selected centers will be requested to guess whether they
354 received EA or SA within five minutes after their treatments at weeks 3 and 6.

355 **2.4.1.3 Sample Size**

356 Based on findings from our previous study, we calculated a sample size of 144
357 participants per group to provide 90% power to detect a difference of 1 g between

358 groups in the 1-hour AUL, assuming a standard deviation (SD) of 2.61 and a two-sided
359 significance level of 5%. To compensate for a 20% loss to follow-up and pre-specified
360 subgroup analysis, the sample size will be increased to 250 participants in each group
361 (500 participants in total).

362 **2.4.2 Subjects**

363 **2.4.2.1 Eligibility criteria**

364 Women with SUI will be recruited through newspaper and online advertisements,
365 posters and specialist's recommendations from 12 centers in China.

366 Inclusion criteria:

367 Women will be included in the study if they met the following criteria. (1) aged 40-75
368 years; (2) involuntary urine leakage on effort, exertion, sneezing or coughing, which
369 stopped when the stress ends; (3) visible involuntary leakage from the urethra
370 synchronous with increased abdominal pressure, or a pad weight gain >1 g in 1-hour
371 pad test; (4) without symptoms of urinary frequency and urgency; (5) volunteer to join
372 this research and sign the informed consent. These criteria are consistent with clinical
373 diagnosis recommendations for female SUI by the International Consultation on
374 Urological Diseases (ICUD)⁷.

375 **2.4.2.2 Exclusion criteria**

376 Women will be excluded from the study if they met the following criteria. (1) urge
377 urinary incontinence, mixed urinary incontinence, overflow urinary incontinence, etc;
378 (2) having ever received operation for urinary incontinence or pelvic floor operation;
379 (3) pelvic organ prolapse greater than degree 2; (4) symptomatic urinary tract
380 infection; (5) residual urinary volume (RUV) >30 ml; (6) maximum flow rate (Qmax) ≤
381 20 ml/s; (7) limited in walking, stairs climbing and running; (9) receiving specific
382 treatment for SUI, or taking medicine which may affect bladder function; (10) serious
383 cardiovascular, cerebral, liver, kidney, or psychiatric disease, diabetes, multiple
384 system atrophy, injury of cauda equina, or myelomeresis; (11) in pregnancy or
385 lactation period; (12) with cardiac pacemaker, metal allergy or severe needle phobia.

386 **2.4.2.3 Subject Withdrawals**

387 There will be at least one urologist or gynecologist in each center. They would assess
388 the severe adverse events (SAEs) and then determine whether the participant to
389 continue or terminate the trial. Subjects may leave the study at their own discretion
390 or the investigator may determine whether it is in the best interest of subjects to
391 withdraw from the trial due to worsening of symptoms, or the occurrence of a
392 serious adverse event.

393 **2.4.2.4 Subject Recruitment, Screening and Group Assignment**

394 Participants with SUI will be recruited through posters, or advertisements on
395 newspapers, or websites. Research assistants of each site will preliminarily screen
396 the participants by recording their disease condition, history of the disease and
397 treatment, and the demographic data. Physicians from the urology department of
398 each site will take charge of the diagnosis and the differential diagnosis of SUI.
399 Potential participants will receive a one-week baseline assessment, during which
400 they have to take a 1-hour pad test and fill out a 3-day bladder diary. Eligible
401 participants then will be randomized to EA or SA group. Acupuncturists will be in
402 charge of participant assignment, and the EA or SA procedures. They will also be
403 responsible for the assessment of safety during treatment. During the trial,
404 independent evaluators of each site will instruct the participants how to fill in their
405 bladder diaries and patients' self-assessment related to the trial. The evaluators will
406 record the data on the case report form (CRF) through the whole trial period. The
407 subject flow was shown in Figure 1.

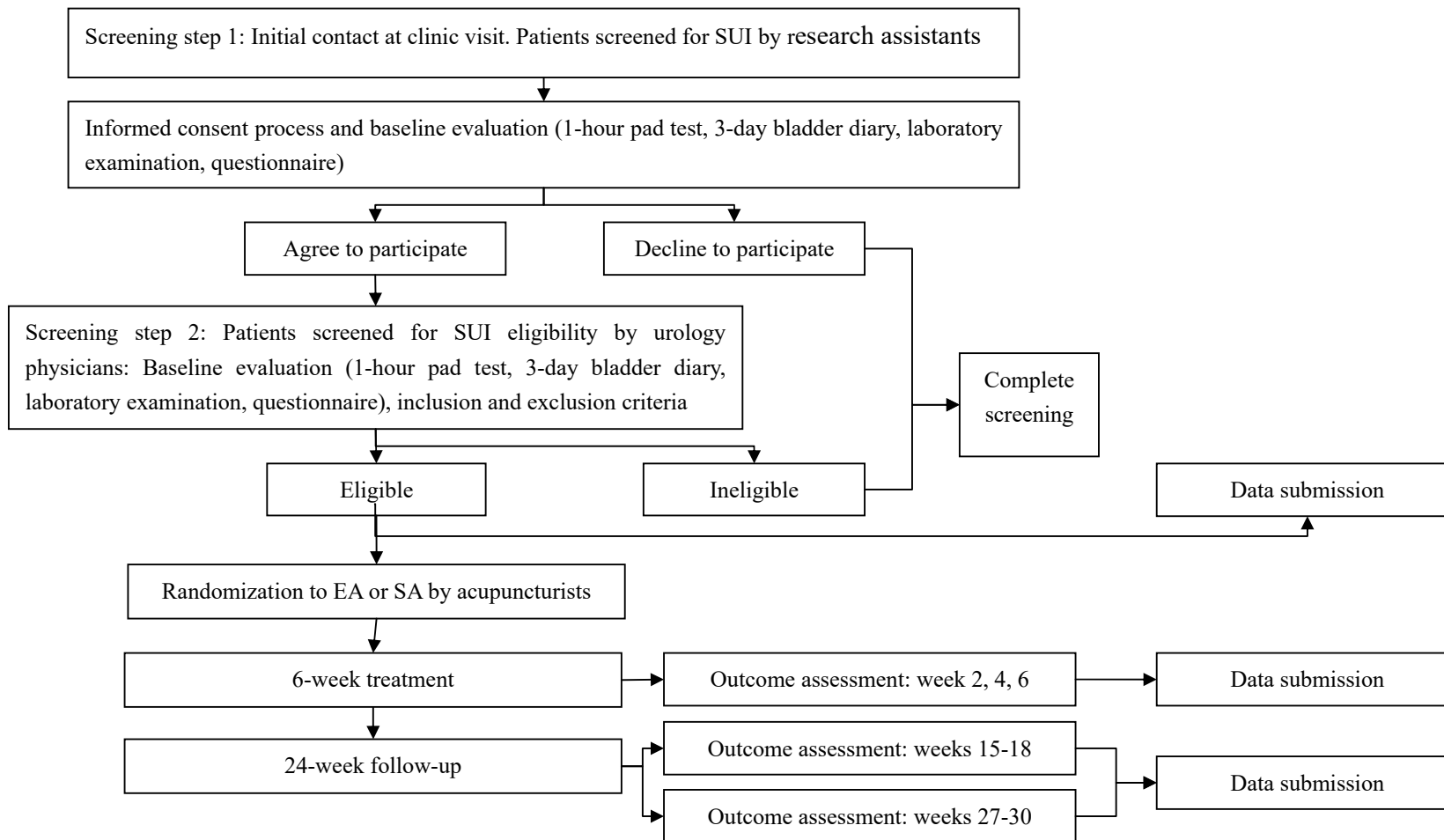


Figure 1. Subject flow

409 **2.4.3 Trial flow Chart**

410 The trial flow chart was shown in Figure 2.

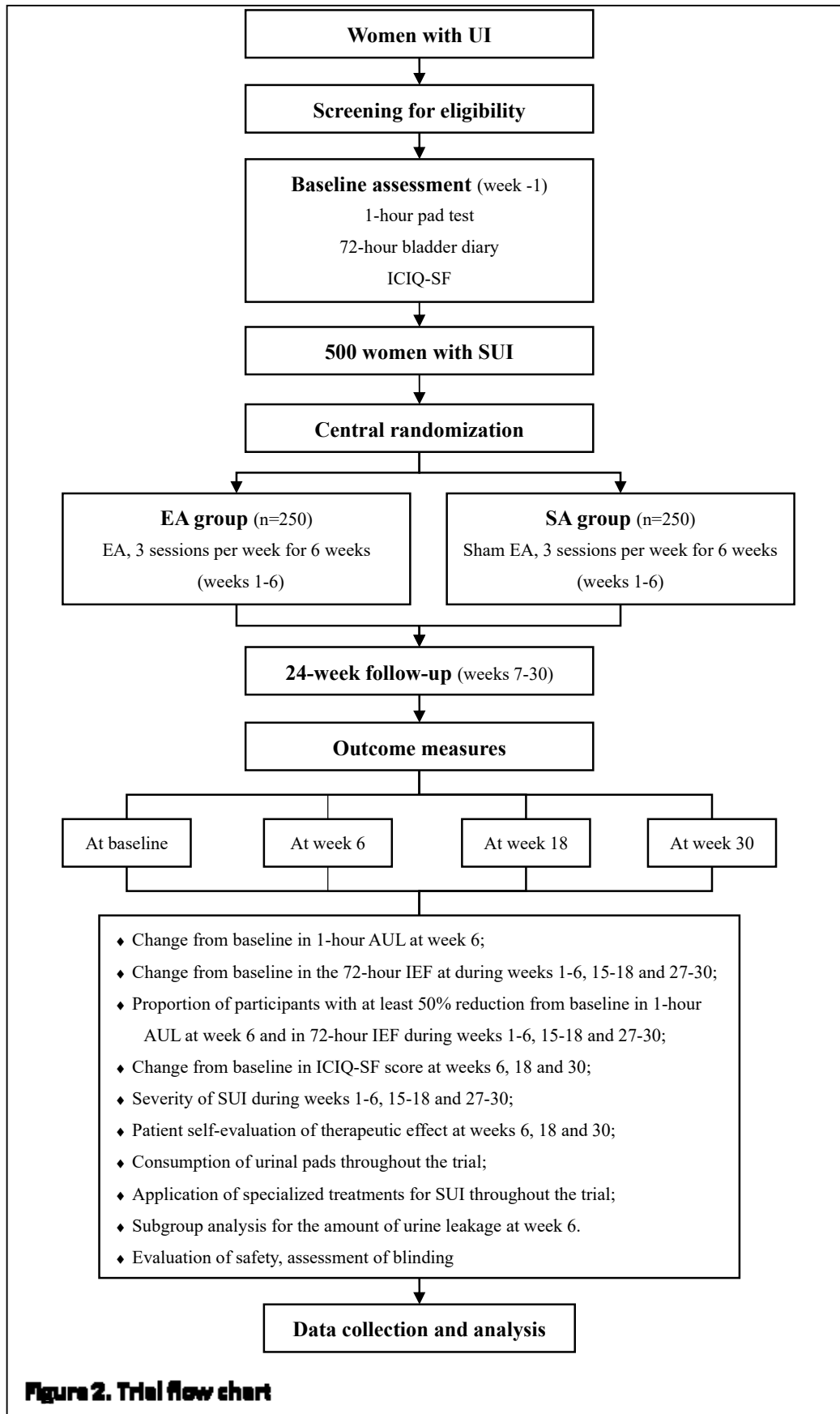
| | STUDY PERIOD | | | | | | | | | | | | |
|----------------------------|--------------|------------|-----------|-----------|-----------|------------|------------|------------|------------|------------|------------|----------------|----------------|
| | Baseline | Allocation | Treatment | | | Follow-up | | | | | | | |
| VISIT | 1 | 0 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| TIMEPOINT (W, week) | -1 w | | W2±2d | W4 ±2d | W6 ±2d | W15 ±3d | W16 ±3d | W17 ±3d | W18 ±3d | W27 ±3d | W28 ±3d | week 29 ±3d | week 30 ±3d |
| Enrollment | | | | | | | | | | | | | |
| Informed consent | × | | | | | | | | | | | | |
| Eligibility criteria | × | | | | | | | | | | | | |
| Demography characteristics | × | | | | | | | | | | | | |
| Disease history of SUI | × | | | | | | | | | | | | |
| Urine routine | × | | | | | | | | | | | | |
| Urine flow rate | × | | | | | | | | | | | | |
| Residual urine volume | × | | | | | | | | | | | | |
| Allocation | | × | | | | | | | | | | | |
| Interventions | | | | | | | | | | | | | |
| EA | | | × | × | × | | | | | | | | |
| SA | | | × | × | × | | | | | | | | |

| Assessments | | | | | | | | | | | | | |
|---|---|---|---|-------|---|---|---|---|---|---|---|---|---|
| 1-hour AUL | x | | x | | x | | | | | | | | |
| 72-hour IEF | x | | x | x | x | x | x | x | x | x | x | x | x |
| Severity of SUI | x | | x | x | x | x | x | x | x | x | x | x | x |
| Mean 24h water input | x | | x | x | x | x | x | x | x | x | x | x | x |
| Consumption of urinal pads | x | | x | x | x | x | x | x | x | x | x | x | x |
| Application of other treatments for SUI | x | | x | x | x | x | x | x | x | x | x | x | x |
| ICIQ-SF Score | x | | | x | x | | | | x | | | | x |
| Patient self-evaluation of therapeutic effect | | | | | x | | | | x | | | | x |
| Assessment of blinding | | | | x(W3) | x | | | | | | | | |
| Adverse events | x | x | x | x | x | x | x | x | x | x | x | x | x |

411 Abbreviations: SUI, stress urinary incontinence; 1-hour AUL, amount of urine leakage measured by the 1-hour pad test; IEF, incontinence episode frequency; ICIQ-SF,
412 International Consultation on Incontinence Questionnaire-Short Form.

413 **Figure 2.** The schedule of enrollment, interventions, and assessments

414



416 **2.4.4 Outcomes Measurements**

417 **2.4.4.1 Primary Outcome**

418 The primary outcome will be the change from baseline in the amount of urine
419 leakage measured by 1-hour pad test (1-hour AUL) at week 6.

420 The 1-hour pad test will be performed according to the International Continence
421 Society instructions²⁰. The participants will be instructed to void 2 hours before the
422 pad test. On arrival, they received a pre-weighed pad and will be asked to sit and
423 drink 500 ml in 15 minutes. Next, the women will be instructed to walk for 30
424 minutes, including going up and down 24 stairs. On returning to the clinic, the
425 participants will be instructed to perform several activities, including standing and
426 sitting 10 times, coughing vigorously 10 times, running on the spot for 1 minute,
427 picking up a coin from the floor 5 times, and putting their hands under water for 1
428 minute. After the activities are completed, the pad will be reweighed to measure the
429 amount of urinary leakage.

430 Outcome assessments will be postponed when the participants are in their menstrual
431 periods or suffering from severe cough, and reran until the end of periods or
432 remission of cough. Additionally, the change at week 2 from baseline in the 1-hour
433 AUL will also be assessed.

434 **2.4.4.2 Secondary Outcomes**

435 We mainly assessed the influence of EA on incontinence episode frequency (IEF),
436 severity of SUI and quality of life. The frequency and severity of SUI will be based on
437 data from 72-hour bladder diary recorded by participants on baseline (week -1),
438 treatment period (weeks 2, 4 and 6) and follow-up period (weeks 15-18, and weeks
439 27-30). The bladder diaries recorded in detail the time and frequency of UI, activity
440 that occurred at the time of leak, and the type and volume of liquid intake.

441 In each center, data of bladder diaries will be checked by two full-time research
442 assistants first, and then entered into e-bladder diary database by two independent
443 data entry clerks. The audited data of e-bladder diary will be finally carried forward
444 into effectiveness data by statisticians. The ICIQ-SF questionnaire used to assess the

445 quality of life of participants will be filled out by participants at baseline (week -1),
446 weeks 4 and 6 (treatment period) and weeks 18 and 30 (follow-up period) under the
447 guidance of doctors.

448 ① Change from baseline in the mean 72-hour IEF during weeks 1-6, 15-18 and
449 27-30.

450 Calculation methods of the mean 72-hour IEF at different timepoints:

451 a. Mean 72-hour IEF during weeks 1-6 equals the total of 72-hour IEF at weeks 2, 4
452 and 6 divided by 3;

453 b. Mean 72-hour IEF during weeks 15-18 equals the total of 72-hour IEF at weeks
454 15-18 divided by 4;

455 c. Mean 72-hour IEF during weeks 27-30 equals the total of 72-hour IEF at weeks
456 27-30 divided by 4.

457 ② a. Proportion of patients with at least 50% decrease from baseline in the 1-hour
458 AUL at week 6;

459 b. Proportion of patients with at least 50% decrease from baseline in the mean
460 72-hour IEF during weeks 1-6, 15-18 and 27-30.

461 ③ Change from baseline of the total ICIQ-SF scores at weeks 6, 18 and 30.

462 International Consultation on Incontinence Questionnaire-Short Form
463 (ICIQ-SF)^{21,22} will be used to assess the influence of UI on quality of life during the past
464 4 weeks retrospectively. It contained three items on frequency, amount of leakage,
465 and overall impact on quality of life, and a fourth, non-scored item for the
466 assessment of type of incontinence. Scoring will be additive (0-21), with higher
467 values indicating increased severity. The total score of week 6 will be the average of
468 the sum of weeks 4 and 6.

469 ④ Severity of SUI during weeks 1-6, 15-18 and 27-30.

470 The between-group differences of severity of SUI will be assessed at weeks 6,18 and
471 30 using number and percent of subjects with different SUI severity ratings.

472 The severity of SUI will be rated according to the amount of UI in usual conditions
473 without extreme activities like severe cough, strenuous exercise or carrying heavy
474 loads in the past 72 hours²³: no; mild, several drops of leak; moderate, leak that

475 soaked through underwear; severe, leak that soaked through outerwear. In case that
476 participants worn urinal pads, the severity of SUI will be graded as follows. Mild:
477 several drops of leak; moderate: soaked urine pads in patches by several leaks; severe:
478 soaked urine pads in patches by one leak.

479 The most severe degree of urine leakage in patient's 3-day bladder diaries over the
480 assessment period, regardless of its frequency of recording, will be selected as the
481 severity of SUI (subjective) for analyses. The severity of SUI (subjective) during weeks
482 1-6 will be the most severe degree of urine leakage recorded in patient's 3-day
483 bladder diaries among weeks 2, 4 and 6. The severity of SUI during weeks 15-18 will
484 be the most severe degree of urine leakage recorded in patient's 3-day bladder
485 diaries during weeks 15-18. The severity of SUI during weeks 27-30 will be the most
486 severe degree of urine leakage recorded in patient's 3-day bladder diary during
487 weeks 27-30.

488 ⑤ Patient self-evaluation of therapeutic effects at weeks 6, 18 and 30.

489 A 4-point scale will be used to measure the extent of help that the participants think
490 they received from treatment (0, no help; 1, little help; 2, moderate help; 3, great
491 help).

492 The between-group differences of patient self-evaluation of therapeutic effects will
493 be assessed at weeks 6, 18 and 30 using number and percentage of subjects with
494 different point scale.

495 ⑥ Consumption of urine pads:

496 The weekly consumption of urine pads will be compared between groups during
497 weeks 1- 6, 7-18 and 19-30. The weekly consumption of urine pads will be assessed.

498 Calculation methods of weekly consumption of urine pads at different timepoints:

499 a. weekly consumption of urine pads during weeks 1-6 equals the total of urine pads
500 consumed during weeks 1-6 divided by 6;

501 b. weekly consumption of urine pads during weeks 7-18 equals the total of urine
502 pads consumed during weeks 7-18 divided by 12;

503 c. weekly consumption of urine pads during weeks 19-30 equals the total of urine pads
504 consumed during weeks 19-30 divided by 12.

505 ⑦ Application of drugs and other treatments for SUI during weeks 1-6, 7-18 and
506 19-30.

507 Other treatments for SUI mainly refer to pelvic floor muscle training, electrical
508 stimulation, biofeedback, vaginal cone and medication.

509 The number and percent of patients who used other treatments will be compared
510 between groups during weeks 1-6, 7-18 and 19-30.

511 ⑧ Subgroup analysis: The objective of subgroup analysis will be to explore the
512 effect of EA for different degrees of SUI. Participants will be divided into 3 subgroups,
513 mild group (with a urine leakage of 1.1-9.9 g), moderate group (with a urine leakage
514 of 10-49.9 g), or severe group (with a urine leakage of ≥ 50 g), according to the
515 severity of urine leakage measured by 1-hour pad test at baseline²⁴.

516 The change from baseline of urine leakage measured by 1-hour pad test between EA
517 and sham EA will be compared in each subgroup respectively at week 6.

518 ⑨ Blinding Assessment

519 Due to the limited budget, we will only assess the blinding results of EA in 84
520 participants from two randomly selected centers instead of all participants in 12
521 centers.

522 Participants in the two selected centers will be asked to guess whether they received
523 EA or SA within 5 minutes after one treatment at weeks 3 and 6.

524 **3. Safety Assessment**

525 All the serious adverse events (SAEs) and adverse events (AEs) will be recorded and
526 measured by both participants themselves and acupuncturists through the whole
527 trial. In our trial, the SAEs will be defined as events requiring hospitalization,
528 causing disability or impaired ability to work, threatening life or resulting in death.
529 AEs will be categorized as treatment related or non-treatment related based on its
530 potential association with acupuncture needling procedure by acupuncturists and
531 related specialists within 24 hours. The treatment related AEs defined as follows:

532 broken needle, needle phobia, intense pricking, pricking lasting more than half an
533 hour (no matter how intense it is) after acupuncture, hematoma, bleeding, infection,
534 abscess formation at the needling site, other discomfort induced by acupuncture
535 (such as fatigue, drowsiness, nausea, vomiting, palpitation, dizziness, headache, loss
536 of appetite, insomnia, etc), and aggravation of existing symptoms, etc. Pricking
537 caused by acupuncture will be assessed using a 10-point visual analogue scale (VAS, 0
538 indicates no pain, and 10 indicates the severest pain). Given that acupuncture is a
539 minimally invasive therapy inevitably causing pain, pricking with a spontaneously
540 remission within 30 min after acupuncture will be not regarded as AE. The numbers
541 of cases and sessions of AEs will be recorded. We will compare the proportion of
542 participants who get treatment-related AEs. Participants who get treatment-related
543 adverse effects at least once will be counted in for the comparison of the proportion.

544 **4. Interventions**

545 The intervention scheme of this trial will be based on expert consensus and result of
546 prior study. There will be 2 full-time acupuncturists per center (20 acupuncturists in
547 total in 12 centers) responsible for operation of EA and SA. In general, acupuncturists
548 will be assigned to the same participants throughout the 6-week treatment
549 schedule, except for vacation conflicts and staff turnover. All acupuncturists will be
550 registered TCM practitioners with a clinical acupuncture experience of ≥ 2 years.

551 Disposable acupuncture needle (size 0.30×75 mm), pragmatic placebo needle (size
552 0.30×25 mm) and SDZ-V EA apparatus (all will be Hwato Brand, Suzhou Medical
553 Appliance Factory, Suzhou, China) will be used in this trial.

554 It took 31 weeks in total for a patient to complete the trial, 1 week's baseline
555 assessment, 6 weeks' treatment, and 24 weeks' follow up.

556 **4.1 EA**

557 Acupoints of bilateral Zhongliao BL33 and Huiyang BL35, which will be located

558 according to the WHO Standardized Acupuncture Points Location²⁵ will be used. After
559 sterilizing the skin, sterile adhesive pads will be pasted on acupoints first, and then
560 needles of size 0.30×75 mm will be inserted into bilateral BL33 to a depth of 50-60 mm
561 with an angle of 30-45° inward and downward, and Bilateral BL35 to a depth of 50-60
562 mm outward and upward slightly. Needles will be lifted, thrust and twirled evenly
563 for 3 times to achieve deqi. Paired electrodes of EA apparatus will be attached
564 transversely to bilateral BL33 and BL35 respectively with a continuous wave of 50 Hz
565 and a current intensity of 1-5 mA (preferably with the skin around the acupoints
566 shivering mildly without pain) for 30 min. Patients will be treated with EA 3 sessions a
567 week on alternate days for 6 successive weeks, 18 sessions for each patient in total.

568 **4.2 SA**

569 Sham BL33 and BL35, which are 1 cun lateral to BL33 and BL35 respectively, will be
570 used. After sterilizing the skin, placebo needles of size 0.30×25 mm will be needled
571 into adhesive pads without skin penetration or needle manipulation. The sham
572 electrode lines will be attached to needles of bilateral sham BL33 and sham BL35
573 respectively. The sham electrode lines will be identical with the real one but the
574 inner metal wires will be cut off. Therefore, though the EA apparatus showed a
575 power-on state with lighted power indicator and voice of clatter, no current will be
576 outputted in fact. The parameters of sham EA apparatus and the treatment course
577 will be the same as in the EA group.

578 Patients will be treated individually to avoid communication on the treatments they
579 received. During the treatment period, if a participant is in her menstrual cycle, the
580 treatment would be postponed until the cycle ended. The length of delay will be not
581 included in the treatment period. So the treatment period still lasted for 6 weeks
582 with 18 treatment sessions.

583 **4.3 Permitted and prohibited concomitant treatments**

584 Throughout the whole trial, participants will be discouraged from any specific

585 treatments of SUI, such as duloxetine, imipramine and estrogen, pelvic floor muscle
586 training, feedback therapy, electrical or magnetic stimulation via pelvic floor, vagina
587 or anus, and transcutaneous electrical nerve stimulation to pelvic floor. For any
588 treatment already used, related information should be recorded in case report form.

589 **5. Informed Consent**

590 **Informed Consent: Study Introduction**

591 Dear women participants:

592 If your doctor thinks you have stress urinary incontinence (SUI), we invite you to
593 participate in this study aiming to evaluate the effectiveness and safety of
594 acupuncture for management of SUI. This study is supported and funded by the “the
595 12th Five-Year Program” of the National Science and Technology Pillar Program
596 (2012BAI24B01; 2012BAI24B02).

597 Before you decided to participate in the study, please read the following information
598 carefully. It is helpful for you to know this study, understand why the study is
599 performed, the study procedures, the duration and benefits of the study, risks and
600 potential discomforts during and after study participation. If you like, you can also
601 discuss this study with your relatives and friends, or consult doctors for explanation
602 and help to make the decision.

603 Introduction

604 I. Background and purposes

605 The prevalence of SUI is high, and it affects 24.8% (95% CI: 23.4-26.3) women in US,
606 18.9% in China and between 4.6-28% in Europe. The first line recommended
607 conservative treatment is pelvic floor muscle training (PFMT), however, it takes at
608 least three months to take effect and the compliance is low. A systematic review
609 shows that acupuncture may be effective for treating SUI and our previous pilot
610 study indicates that electro-acupuncture (EA) may be effective for management of
611 SUI with an off-treatment effect and a good safety profile. In this study, a randomized

612 controlled trial design will be used and we aim to evaluate the effectiveness and
613 safety of EA treatment for SUI. This study will be carried out simultaneously in 12
614 class A tertiary hospitals all over China, and we expect a total number of 500
615 participants for voluntary participation.

616 II. Exclusion criteria

- 617 (1) Younger than 40 or older than 75;
- 618 (2) The amount of urine leakage measured by 1-hour pad test is less than 1 g;
- 619 (3) Other types of UI (urge, mixed, or overflow UI, etc);
- 620 (4) Ever received anti-incontinencesurgery or pelvic surgery;
- 621 (5) A pelvic organ prolapse severer than degree 2;
- 622 (6) With a symptomatic urinary tract infection;
- 623 (7) Residual urinary volume (RUV) >30 ml; or maximum flow rate (Q_{max}) ≤ 20 ml/s;
- 624 (8) Limited in walking, stairs climbing and running;
- 625 (9) Receiving specific treatment (like PFMT, electrical or magnetic stimulation via
626 pelvic floor, etc) for SUI, or taking medicine which may affect bladder function;
- 627 (10) With serious cardiovascular, cerebral, liver, kidney, or psychiatric diseases,
628 diabetes, multiple system atrophy, injury of caudaequina, or myeleterosis;
- 629 (11) Being pregnant or lactating;
- 630 (12) With a cardiac pacemaker, metal allergy or needle phobia.

631 III. What to do next, if you decide to participate?

632 1. Before your enrollment in the study, you will receive the following exams to
633 determine whether you are eligible to participate in the study:

634 The doctor will ask and record your medical history and perform related physical
635 examination.

636 You will be required to get 1-hour pad test, urine routine, urine flow rate, residual
637 urine volume and others for the confirmation of your diagnosis.

638 2. If the results of the above screening examinations meet the inclusion criteria and
639 you are willing to participate in this study, you will be invited to continue study
640 participation in the following steps:

641 (1) Based on the random number generated from the computer, the doctor will

642 assign you to either the electro-acupuncture (EA) or sham electro-acupuncture (SA)
643 groups. Participants in the EA group will receive deep needling on the BL33 and BL35
644 with a continuous wave of 50 Hz and a current intensity of 1-5 mA for 30 min;
645 participants in the SA group will receive placebo needling on the sham BL33 and
646 sham BL35 without electric current output.

647 (2) In the study, Huatuo brand disposable needles (Suzhou Medical Appliance,
648 Jiangsu, China, Jiangsu Food, Drug, and Medical Appliance Administration production
649 approval No.: 2001-0020, Registration No:2270202 in Year 2004) will be used. Needle
650 size: 0.30×25mm, 0.30×75mm, indicating the diameter of needle is 0.30mm and the
651 length of needle is 1 Cun, and 3 Cun, respectively. Huatuo's EA apparatus will be
652 used.

653 (3) The duration of this study is 31 weeks, including 1-week baseline, a treatment
654 period of 6 weeks, and a follow-up period of 24 weeks. Frequency and duration of EA
655 treatment: 3 sessions per week in weeks 1-6. The patients will receive 18 sessions of
656 treatment in total.

657 (4) During the study period, you need to record detailed diary faithfully. After
658 treatment, you will need to hand in your diary to the doctor timely, and the doctor
659 will record your signs and symptoms in detail.

660 3. Other requirements for your cooperation

661 As a participant of this study, you will have some relevant responsibilities, such as
662 adherence to the schedule for examination, treatment, and outpatient follow-up.
663 Additionally, you are also responsible for reporting any changes in your physical and
664 mental status to your doctor during the study process regardless of whether you
665 think these changes are related to the study or not.

666 You should follow the scheduled appointments with the doctor to come to the
667 hospital for treatment (during follow-up, the doctor may get to know your conditions
668 by phone or visiting your home). Your follow-up is very important because the doctor
669 will determine whether the treatment that you are receiving really works, and the
670 doctor will be able to guide the prevention and management of your symptoms
671 timely.

672 During the study, you are not allowed to use other treatments for SUI. However, if
673 you use, please inform the doctor the treatment you received in detail. Every use of
674 specialized treatment should be recorded as required.

675 IV. Potential benefits of study participation

676 You may benefit from this study. The benefits may include improvement of
677 symptoms, even by SA. The study may also help doctors and researchers to further
678 evaluate the efficacy of EA for SUI. The information will be beneficial in the
679 management of other patients with a similar condition in the future.

680 If you decide to participate in the study, you will get relevant physical and
681 biochemical examination as well the study intervention for free during the study
682 period.

683 V. Potential side effects, risks, discomforts, and inconveniences

684 The doctors will make every effort to prevent and treat any side effects brought on
685 by this study. During treatment, you may feel soreness, numbness, heavy, distension
686 sensation, etc., which are normal reactions to acupuncture. Acupuncture treatment
687 may have some adverse effects, but it is rare and mild. You may feel fainting due to
688 your individual physique or emotional stress when receive acupuncture needling.
689 Your symptoms should be relieved after the cessation of acupuncture treatment and
690 rest. Bleeding, hematoma, and other phenomena may occur after acupuncture
691 treatment, and these phenomena should disappear after applying local pressure. If
692 infection occurs in the needle site, your doctor will handle it timely. With the
693 treatment following the study protocol in the study, if you experience adverse
694 reactions and events related to acupuncture treatment, please feel free to call your
695 doctor for help. The doctor will provide you timely treatment. If injuries have been
696 confirmed and are caused by adverse reactions and events of the study, the study
697 group will deal with them appropriately in accordance with relevant provisions. If you
698 experience any discomfort or new change of your symptoms, or any other
699 unforeseen circumstances during study period, regardless of whether these events is
700 relevant with treatment of the study or not, you shall promptly notify your doctor,
701 and he / she will evaluate the condition and give you appropriate medical treatment.

702 VI. Payments/compensation for participation

703 If you participate in the study, during the study, you will get relevant physical and
704 biochemical examination and acupuncture treatment for free. If adverse events occur
705 during the study, they will be managed accordingly by medical experts who will also
706 identify whether they are related to the study or not. The treatment and examination
707 required for your concomitant diseases nonrelated to the study will not be free of
708 charge.

709 VII. Confidentiality of personal information

710 All the information related to your participation in this study will be kept confidential
711 by the institute where your participation takes place. Only the institutes responsible
712 for the study, clinical research institutes, and ethics committees may have access to
713 your medical records. Your name will not appear in any publication or report related
714 to this study. We will make every effort to protect the privacy of your personal
715 medical information as per legal requirements and laws.

716 VIII. How to acquire extra information?

717 You can ask any questions about the study at any time and will get answers timely.
718 If we notice any new information that may affect your willingness and decision to
719 continue participating in the study, the doctor will keep you informed.

720 IX. Can you voluntarily choose to participate in or withdraw from the study?

721 Whether to participate in this study or not entirely depends on your desire. You can
722 refuse to participate in the study, or withdraw from the study at any time during the
723 study, which will not affect the relationship between you and your doctor and will
724 not affect your medical interests or interests in other areas. For the consideration of
725 your best interests, doctors or researchers may terminate your participation in this
726 study at any time. If you withdraw from the study for any reason, you may be asked
727 for information related of acupuncture treatment or the use of other medications
728 during your participation of the study. If the doctor considers it necessary, you may
729 also be asked to have some laboratory tests and physical examinations performed.

730 X. What you need to do now?

731 Decide whether to participate in this study or not. Before you make the decision to

732 participate in the study, please ask your doctor if you have any concerns.

733 Thank you for reading the above information. If you decide to participate in this study,
734 please tell your doctor, he / she will help you make arrangement for the study.

735 Please keep this document for your own record.

736 Informed Consent: Signature Page

737 Study title: Electroacupuncture for women with stress urinary incontinence: a
738 multicenter, randomized controlled trial

739 Organizer of this study: Guang'anmen Hospital, China Academy of Chinese Medical
740 Sciences

741 Collaborative institute:

742 Statement of agreement:

743 I have read the above information about this study and have the opportunity to
744 discuss this study with my doctor and ask questions. All my questions were answered
745 satisfactorily. I understand the potential risks and benefits from participation in this
746 study. I understand the participation of the study is voluntary and I confirm that I was
747 given sufficient time for consideration of study participation. I confirm that I
748 understand that:

749 I can always ask the doctor for additional/more information.

750 I can withdraw from the study at any time without discrimination or retaliation and
751 my medical treatment and interests will not be affected.

752 I understand that if I withdraw from the study, I will tell the doctor the changes of my
753 disease condition and complete the relevant physical and biochemical examinations
754 if needed, which will be very helpful for the whole study.

755 If I need to take any other medications due to the changes of my medical condition, I
756 will seek medical advice from the doctor beforehand or afterwards tell the doctor
757 truthfully.

758 I agree to allow the research institute, collaborative institutes, and ethics committees
759 to inspect the data relevant to my study participation.

760 I will receive a signed and dated copy of the informed consent form.

761 Finally, I decide and agree to participate in this study and ensure the adherence to

762 doctor's orders to the best I can.

763 Signature of patient: Year month day

764 Telephone:

765 I confirm that I have explained this study in detail to the patient, including patient's
766 rights as well as the potential benefits and risks, and have given the patient a signed
767 copy of the informed consent form.

768 Signature of doctor: Year month day

769 Office phone number of doctor:

770 **6. Quality Control**

771 To guarantee the quality of the study, the trial protocol will be reviewed and may be
772 revised by expert acupuncturists, urologist, and statisticians several times. A central
773 randomization system will be adopted to avoid selection bias. Strict eligible criteria
774 will be pre-set to restrict the research population. Blinded effect assessment and
775 blinded statistics will be designed to guarantee the objectivity of the data. All
776 research staffs, especially the research assistants, acupuncturists and data entry
777 clerks, will be required to attend a series of training on how to use the central
778 randomization system and data entry system, how to fill the case report form and
779 diary, how to manipulate interventions correctly, and how to assess the outcomes,
780 etc. A double-entry method will be used in this trial. The data of therapeutic
781 evaluating will be calculated by the statisticians. A three-level inspection plan will be
782 designed for quality inspecting.

783 **7. Data Management**

784 **7.1 The Raw Data Management and Archiving**

785 We will use Remote Data Capture (RDC) system to perform data entry. The research
786 assistants will fill out all the electrical CRF through RDC system. Researchers will

787 inspect the eCRF, and signed electrically for the eCRF going into effect. The eCRF and
788 the trace of eCRF revising will be left in the Oracle database.

789 **7.2 Data Entry and Storage**

790 **7.2.1 Database Building and Testing, Data Entry Interface**

791 The eCRF will be noted through CDISC SDTM standard, and the data entry interface
792 will be generated through the Oracle Clinical software. The data entry interface
793 should be in accordance with the paper version CRF as far as possible. The inputted
794 data will be stored in the Oracle database. After preliminarily setting up the database,
795 the entry clerks will input some analog data according to the CRF to test the
796 database. The testing contains: (1) the agreement of the data entry interface and the
797 paper version CRF; (2) the agreement of the exported data from the database and
798 the analog data; (3) the agreement of the structure of the exported database and the
799 paper-version CRF. After the testing, data administrators should revise the database
800 and make a testing report. Then they electrically signed on the approval page of the
801 database to indicate that the testing is completed. The electrical files of the analog
802 CRF, Noted CRF, screenshot of the data entry interface, database testing report, and
803 the approval page of the database should be saved. If the database updates during
804 the trial, the electrical files mentioned above are also need to be updated.

805 **7.2.2 Data Entry and Inspection**

806 The research assistants take charge of the data entry for our trial. Before the entry, all
807 the research assistants will accept the related training according to the data entry
808 handbook. Researchers will inspect the database, and then sign electrically to let the
809 data go in to effect.

810 **7.3 Data Verification and Problems Solving**

811 Researchers will verify the data through Data Verification Plan (DVP) approved by the
812 data administrator and the statisticians. Data queries will be inputted to a data query
813 database, and form the DCF. After being inspected, the DCF will then be handed back

814 to the original site, and the researchers of the site should answer the queries. Any
815 revision of the database will be recorded through the RDC software.

816 **7.4 Medical Coding**

817 A data administrator who has the medicine background will take charge of the
818 medical coding. The contents of the coding are the clinical history, adverse events,
819 and combined medication. The clinical history and adverse events will be coded
820 through MedDRA dictionary (Version 13.0), and the combined medication will be
821 coded via WHO DD dictionary (Version 2007.03). The lead researchers will verify the
822 coded e-files.

823 **7.5 Data Report**

824 Data report contains the aspects as followed: (1) members of the project; (2)
825 disagreement from the primary data management plan; (3) actual finish time of
826 every project; (4) problems and the solution during the data management (if have
827 any); (5) reconstruction of the database (if have any); (6) distribution of the
828 participants; (7) participants who disobey the trial protocol; (7) classifying plan of the
829 statistical analysis population. Data report will be performed monthly since the first
830 entry of the eCRF.

831 **7.6 Data Auditing and Blinding Review**

832 When the data checking is finished, a data auditing and blinding review meeting will
833 be hold. On the meeting, the data administrators, statisticians, researchers, clinical
834 inspectors, and other related members would have a discussion on the following
835 items according to the data management report and the data lists:

- 836 •Distribution of the participants;
- 837 •Protocol disobeying or not;
- 838 •Possible outlier;
- 839 •Baseline data;

840 •Outcomes;

841 •Statistical analysis plan.

842 Participants will be classified to their suitable statistical analysis sets according to the
843 definition in the protocol. No patient can be excluded from the analysis, unless
844 getting the permission of the meeting participants. All the meeting participants
845 should sign the data locking consent, and the data auditing resolution.

846 **7.7 Database Locking**

847 The database will be locked if it fulfills all the aspects as followed: All the queries
848 have been solved, and the database has been updated; No query has been found
849 through the data inspection; The medical coding has been completed; The plan of
850 the participants' classification has been approved; The final draft of the SAP has been
851 made, and approved by the project leader.

852 The statisticians and the data administrators will sign the data locking form, and then
853 the database will be locked. The locked database will be sent to the statisticians for
854 further statistical analysis through the data format of SAS.

855 **8. STATISTICAL CONSIDERATION**

856 The following is an overview of the statistical considerations. Details of the
857 pre-specified statistical analyses can be found in the Statistical Analysis Plan (SAP).

858 **8.1 Statistical Analysis**

859 The primary study hypothesis is that EA is more effective than SA in reducing urine
860 leakage in women with stress urinary incontinence. The primary outcome is the
861 change from baseline in the amount of urine leakage at week 6 measured by 1-hour
862 pad test. The primary analysis will be intention-to-treat with multiple imputations.
863 Amount of urine leakage will be summarized in each treatment group and compared
864 using mixed-effects model. The change at week 2 from the baseline will also be

865 assessed. Pre-specified subgroup analysis will also be performed according to the
866 Statistical Analysis Plan.

867 The following secondary outcomes will be analyzed using the t test, repeated
868 measures analysis, Wilcoxon rank-sum test, Chi-square test or Fisher's exact test, as
869 appropriate and the intent-to-treat principal:

- 870 1. 72-hour IEF
- 871 2. Reduction at least 50% from baseline in 72-hour IEF
- 872 3. Reduction at least 50% from baseline in 1-hour AUL
- 873 4. ICIQ-SF score
- 874 5. SUI Severity
- 875 6. Patient self-evaluation of therapeutic effect
- 876 7. Consumption of urine pads
- 877 8. Application of other treatments for SUI
- 878 9. Subgroup analysis
- 879 10. Success rate of blinding

880 A two-side test with $p < 0.05$ will be considered significant for all analyses.

881 **8.2 Statistical Analysis Plan (SAP)**

882 Prior to database lock and before code breaking, a final version of the SAP shall be
883 issued and approved by the study statistician, and the principal investigator. The SAP
884 will define all "pre-specified, planned analyses" and provide the general
885 specifications for the analysis of the data to be collected and presented in the Clinical
886 Study Report.

887 **9. Ethical principle**

888 For every study site, only when the trial protocol is approved by the IRB, the
889 enrollment of participant will begin, but all should be after October 8, 2013.

890 **10. Funding**

891 This study is supported and funded by the program of “the 12th Five-year” National
892 Science and Technology Pillar Program (2012BAI24B01; 2012BAI24B02) by the
893 Ministry of Science and Technology of the People’s Republic of China.

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965 **12. Update on the Published Protocol**

966 As compared to the published protocol (Liu Z, Xu H, Chen Y, et al. The efficacy and
 967 safety of electroacupuncture for women with stress urinary incontinence: study
 968 protocol for a multicenter randomized controlled trial. *Trials* 2013, 14: 315), the
 969 present finalized study protocol had made several amendments because of
 970 practicality.

971 (1) language revision for precision presentation and readers' better understanding:

972 a, Time frame "weeks 6, 18, and 30" for mean 72-hour IEF and SUI severity was
 973 revised to "weeks 1-6, weeks 15-18 and weeks 27-30". Time frame "weeks 6, 18 and
 974 30" for consumption of urine pads and application of other treatment was revised to
 975 "weeks 1-6, 7-18 and 19-30".

976 b, SUI severity, consumption of urine pads and patient self-evaluation of therapeutic
 977 effect were compared between groups, without consideration of the change from
 978 baseline.

979 c, The "clinically important" was dropped due to no related clinically important
 980 difference papers found. So the statements of "clinically important difference of 1g
 981 between groups" were corrected as "difference of 1g between groups".

982 (2) "After sterilizing the skin, placebo needles of size 0.30×25 mm were needled
 983 through adhesive pads to the skin with non-penetrating, and then were lifted,
 984 thrust and twirled evenly for 3 times" was changed to "After sterilizing the skin,
 985 placebo needles of size 0.30×25 mm will be needled into adhesive pads without skin
 986 penetration or needle manipulation." Reasons for change is that in actual trial
 987 implementation, no manipulation was performed in the SA group.

988 (3) Major amendments for mistake correction or better presentation (Table 1):

989 **Table 1.** Major update of the published protocol

| No. | Item | Published version | Final version |
|-----|-------------|---|---|
| 1 | Sample size | To detect a clinically important difference of 1 g on the volume of urine leakage from a 1-h pad Test, using a one-tailed t-test of the | To detect a difference of 1 g between groups in the 1-hour AUL with a two-sided |

| | | | |
|---|---------------------|--|--|
| | | difference between means, with a significance level of 5%, and a power of 90%. The sample size was expanded to 500 cases (250 cases in each group). | significance level of 5% and a power of 90%. The sample size was increased to 250 participants in each group (500 participants in total). |
| 2 | Secondary outcome 2 | | Added secondary outcomes, a. Proportion of patients with at least 50% decrease from baseline in the 1-hour AUL at week 6; b. Proportion of patients with at least 50% decrease from baseline in the mean 72-hour IEF during weeks 1-6, 15-18 and 27-30. |
| 3 | Secondary outcome 8 | Subgroup analysis stratified by incontinence severity: Evaluated at weeks 6, 18 and 30. Week 6: the change in amount of urine leakage at week 6 from baseline measured by 1-hour pad test; week 18: the change of average 72-hour IEF at week 18 from baseline; week 30: the change of average 72-hour IEF at week 30 from baseline. | Subgroup analysis: evaluated at week 6, the change from baseline in amount of urine leakage measured by 1-hour pad test. Delete the subgroup analysis of 72-hour IEF at weeks 18 and 30. |
| 4 | Blinding assessment | Assessment of the subject blinding success rate: The percentage of subjects from each group who believe that they received a true EA treatment (regardless of whether they received an actual true or actual sham treatment) will be recorded as P1 in week 3 and P2 in week 6. The subject blinding success rate will be defined as the average of P1 and P2. The difference in the subject blinding success rates between the two groups will be analyzed. | Blinding assessment: Participants in the two selected centers were requested to guess whether they received EA or SA after their treatments at weeks 3 and 6. The number and percent of subjects guess EA or SA in the selected two centers will be analyzed between groups with the integrated results of weeks 3 and 6. |

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994 **Electroacupuncture for Women with Stress**
995 **Urinary Incontinence: A Multicenter, Randomized**
996 **Controlled Trial**
997 **(Electroacupuncture for Stress Urinary Incontinence, ESUI)**

1000 **Statistical Analysis Plan**
1001 **Final version: October 20, 2013**

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1003
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1007 **Trial Registration:** Clinical Trials.gov identifier NCT01784172.

1008 **Prepared for and approved by the Executive committee of the study:**

1009 Dr. Baoyan Liu (Chair), China Academy of Chinese Medical Sciences

1010 Dr. Zhishun Liu (Member), Guang'an men Hospital Affiliated to China

1011 Academy of Chinese Medical Sciences

1012 Dr. Huanfang Xu (Member), Guang'an men Hospital Affiliated to China

1013 Academy of Chinese Medical Sciences

1014 **Prepared by an Independent Statistician:**

1015 Dr. Yan Liu (Statistician), Institute of Basic Research in Clinical Medicine,

1016 China Academy of Chinese Medical Sciences

1017

1018

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1041

1042

1043 **1. Introduction**

1044 Stress urinary incontinence (SUI), the most common type of urinary incontinence (UI),
1045 is defined as an involuntary loss of urine on physical exertion, sneezing, or coughing
1046 by the International Consultation on Incontinence. SUI is a common health problem
1047 and affects many women globally. About 50% of women with UI report symptoms of
1048 stress incontinence. The prevalence of female SUI was reported to be 24.8% (95% CI:
1049 23.4-26.3) according to a survey data (from 2001-2008) from the U.S. National Health
1050 and Nutrition Examination Survey and 18.9% in a large sample cross-sectional survey
1051 in China. SUI affects not only a patient's physical health but also her social and
1052 psychological wellbeing. Patients are more likely to become depressed and are more
1053 prone to develop self-abasement than other women because of the uncontrollable
1054 leakage of urine. This makes them nervous about taking long journeys or
1055 participating in social activities. These negative effects on quality-of-life are greater
1056 than those resulting from some major chronic conditions (diabetes, hyperlipidemia,
1057 and chronic kidney disease).The International Consultation on Urological Diseases
1058 (ICUD) recommends lifestyle regulation, behavior therapy, pelvic floor muscle
1059 training (PFMT), and functional electrical stimulation as conventional therapies for
1060 mild and moderate female SUI. A systematic review supported PFMT as a
1061 conservative grade-A recommended therapy for female SUI with a 30-60% effective
1062 rate; however, for it to be maximally effective it needs to be practiced for at least 3
1063 months. Additionally, the positive effects of PFMT are closely related with patient
1064 compliance, which decreases over time. PFMT is seldom used in China due to a lack
1065 of skilled physiotherapists. For moderate to severe SUI, a mid-urethral sling with
1066 surgical mesh is widely used. However, the use of surgical mesh increases adverse
1067 events such as pain, infection, dysuria, and neuromuscular problems. A safety
1068 communication from the U.S. Food and Drug Administration (FDA) on serious
1069 complications associated with transvaginal placement of surgical mesh for pelvic
1070 organ prolapse was issued on 13 July 2011. Several randomized controlled trials

1071 (RCTs) showed that acupuncture, by decreasing urine leakage and improving
1072 patients' quality of life, maybe an alternative therapy for SUI. However, because of
1073 the limited evidence, high-quality RCTs are needed to assess the efficacy of
1074 acupuncture for treating SUI.

1075 **2. Study Objective**

1076 The primary objective is to evaluate whether EA is more effective than sham
1077 acupuncture(SA) in reducing urine leakage in women with stress urinary
1078 incontinence.

1079 **3. Design**

1080 **3.1 Overview**

1081 This multicenter, patient-blinded, randomized controlled study will be performed to
1082 demonstrate the safety and effectiveness of the EA for women with SUI.

1083 **3.2 Inclusion/Exclusion Criteria**

1084 **3.2.1 Inclusion Criteria**

- 1085 1. Subject is 40–75 years old;
 - 1086 2. Subject has involuntary leakage of urine on effort, exertion, sneezing or coughing
1087 that stops when the stress ends;
 - 1088 3. Subject has visible involuntary leakage from the urethra synchronous with
1089 increased abdominal pressure, or a pad weight gain >1 g in a 1-h pad test;
 - 1090 4. Subject has no symptoms of urinary frequency and urgency;
 - 1091 5. Subject voluntarily joins the research and signs the informed consent.
- 1092 See details in Protocol 2.4.

1093 **3.2.2 Exclusion Criteria**

- 1094 1. Subject has urge urinary incontinence, mixed urinary incontinence, or overflow
 1095 urinary incontinence;
- 1096 2. Subject has had an operation for urinary incontinence or on the pelvic floor;
- 1097 3. Subject has female genital prolapse greater than degree 2;
- 1098 4. Subject has symptomatic urinary tract infection;
- 1099 5. Subject has residual urinary volume (RUV) >30 mL;
- 1100 6. Subject has maximum flow rate (Qmax) ≤20 mL/s;
- 1101 7. Subject is limited in walking, stair climbing, or running;
- 1102 8. Subject is receiving other treatment for SUI, or taking medicine that may affect
 1103 bladder function;
- 1104 9. Subject has serious cardiovascular, cerebral, liver, kidney, or psychiatric diseases,
 1105 diabetes, multiple system atrophy, injury of cauda equina, or myeleterosis;
- 1106 10. Subject during pregnancy or lactation;
- 1107 11. Subject has a cardiac pacemaker implanted, a metal allergy, or a severe needle
 1108 phobia.
- 1109 See the details in Protocol 2.4.
- 1110

1111 **4. Study Schema**

| | STUDY PERIOD | | | | | | | | | | | | |
|------------------------|--------------|------------|-----------|-----------|---------------|------------|------------|------------|------------|------------|------------|-------------------|-------------------|
| | Baseline | Allocation | Treatment | | | Follow-up | | | | | | | |
| VISIT | 1 | 0 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| TIMEPOINT (W, week) | -1 w | | W2±2d | W4 ±2d | W6 ±2 d | W15 ±3d | W16 ±3d | W17 ±3d | W18 ±3d | W27 ±3d | W28 ±3d | week 29 ±3d | week 30 ±3d |
| Enrollment | | | | | | | | | | | | | |
| Informed consent | x | | | | | | | | | | | | |
| Eligibility criteria | x | | | | | | | | | | | | |

| | | | | | | | | | | | | | |
|---|---|---|---|-------|---|---|---|---|---|---|---|---|---|
| Demography characteristics | x | | | | | | | | | | | | |
| Disease history of SUI | x | | | | | | | | | | | | |
| Urine routine | x | | | | | | | | | | | | |
| Urine flow rate | x | | | | | | | | | | | | |
| Residual urine volume | x | | | | | | | | | | | | |
| Allocation | | x | | | | | | | | | | | |
| Interventions | | | | | | | | | | | | | |
| EA | | | x | x | x | | | | | | | | |
| SA | | | x | x | x | | | | | | | | |
| Assessments | | | | | | | | | | | | | |
| 1-hour AUL | x | | x | | x | | | | | | | | |
| 72-hour IEF | x | | x | x | x | x | x | x | x | x | x | x | x |
| Severity of SUI | x | | x | x | x | x | x | x | x | x | x | x | x |
| Mean 24h water input | x | | x | x | x | x | x | x | x | x | x | x | x |
| Consumption of urine pads | x | | x | x | x | x | x | x | x | x | x | x | x |
| Application of other treatments for SUI | x | | x | x | x | x | x | x | x | x | x | x | x |
| ICIQ-SF Score | x | | | x | x | | | | x | | | | x |
| Patient self-evaluation of therapeutic effect | | | | | x | | | | x | | | | x |
| Assessment of blinding | | | | x(W3) | x | | | | | | | | |
| Adverse events | x | x | x | x | x | x | x | x | x | x | x | x | x |

1112 Abbreviations: 1-hour AUL, amount of urine leakage measured by the 1-hour pad test.

1113 **Figure 1.** The schedule of enrollment, interventions, and assessments

1114 **5. Efficacy and Safety outcomes**

1115 **5.1 Efficacy outcomes**

1116 **5.1.1 Primary Efficacy outcome**

1117 The primary efficacy endpoint will be the change from baseline in the amount of
1118 urine leakage measured by the 1-hour pad test at week 6. The change at week 2 from
1119 the baseline will also be assessed. The 1-h pad test will be conducted based on the
1120 International Continence Society (ICS) guidelines at the baseline, week 2, and week 6.

1121 **5.1.2 Secondary Efficacy outcomes**

- 1122 1. Mean 72-hour IEF
- 1123 2. Proportions of patients with at least 50% decrease from baseline in the
1124 1-hour AUL
- 1125 3. Proportions of patients with at least 50% decrease from baseline in the mean
1126 72-hour IEF
- 1127 4. ICIQ-SF score
- 1128 5. Severity of patient-reported SUI
- 1129 6. Patient self-evaluation of therapeutic effect
- 1130 7. Consumption of urine pads
- 1131 8. Application of other treatments for SUI
- 1132 9. Subgroup analysis
- 1133 10. Success rate of blinding

1134 **6. Statistical Considerations**

1135 **6.1 Study hypothesis**

1136 The primary study hypothesis is that EA is more effective than sham EA in reducing
1137 urine leakage in women with stress urinary incontinence.

1138

1139 **6.2 Study Populations**

1140 All patients with randomization will be included in the analysis set regardless of
1141 whether they receive any treatment. According to the intention-to-treat principle, all
1142 analysis will be based on the randomization set.

1143 **6.3 Statistical Analyses**

1144 **6.3.1 The general principle**

1145 **Summary Statistics**

1146 Summary tables (descriptive statistics and/or frequency tables) will be provided for
1147 all variables at different endpoints. For continuous variables, means and standard
1148 deviations will be presented, unless the variable has a skewed distribution, in which
1149 case medians, 25th and 75th percentiles will be presented. For categorical variables,
1150 the number and percentage of participants within each category will be presented.
1151 For each variable (continuous or categorical), the number of missing values will be
1152 reported.

1153

1154 **Statistical Comparisons Between Groups**

1155 Continuous variables will be compared using a two-sample t-test or Wilcoxon
1156 rank-sum test if data show serious deviations from a normal distribution. Categorical
1157 data or ordinal data will be compared using a Wilcoxon rank-sum test, chi-square test
1158 or Fisher's exact test, as appropriate. All tests will be two-sided.

1159

1160 For the analysis of the primary and secondary outcomes, estimated treatment
1161 differences and associated 95% two-sided confidence intervals will be presented.

1162

1163 **Multicenter study**

1164 To estimate the overall variability of the center effects, we used the random center
1165 effects (RCE) accounting for center effects.^[1] Therefore, mixed-effect model was used

1166 for the primary outcome.

1167

1168 **Missing data**

1169 Regardless of any violations, compliance or early withdrawal from the trial, if the
1170 patient is randomized, her data will be analyzed in our primary outcome analyses.

1171 We will use multiple imputation method under the missing at random (MAR)
1172 assumption for the primary outcome with missing data. Multiple imputations use the
1173 observed data to fill in the missing values repeatedly to give rise to multiple
1174 “pseudo-complete” datasets. We will impute the missing data 100 times using the
1175 following one of methods 1) regression imputation, if data sets with monotone
1176 missing patterns, or 2) Markov chain Monte Carlo imputation, if data sets with other
1177 patterns. For this we will use the SAS procedure Proc MI process. Each method will
1178 give rise to 100 different imputed data sets. We will fit our final model described
1179 before to each of these imputed datasets and then compute an overall estimate of
1180 the intervention effect as an average of the imputation specific estimates. The
1181 standard error of the overall intervention effect estimate will be calculated using
1182 Rubin’s formula. SAS procedure Proc MIANALYZE will be used to implement these
1183 tasks.

1184 To examine sensitivity to the MAR assumptions about the missing data, we will
1185 perform a sensitivity analysis under the missing not at random (MNAR) assumption.

1186 [2]

1187

1188 **Multiple Comparisons**

1189 Since only one primary outcome is defined, no adjustments to the significance level
1190 will be required to account for multiple testing.

1191

1192 For the analysis of the secondary and safety outcomes, no adjustment for multiple
1193 comparisons will be made.

1194

1195 **Analysis Software**

1196 For all statistical analyses, SAS 9.4 software will be used. All hypothesis testing will
1197 be carried out at the 5% (2-sided) significance level.

1198

1199 **6.3.2 Demographics and Baseline Characteristics**

1200 All data recorded at baseline will be summarized by group. Comparisons between
1201 groups will be done using the methodology described in section 6.3.1. Summaries
1202 will be presented for the ITT Set in both groups.

1203

1204 **6.3.3 Analyses for Primary Outcome**

1205 The amount of urine leakage (AUL) will be summarized by the mean and standard
1206 deviation (or median and interquartile range if data are skewed) in each group and
1207 compared using mixed-effect model adjusted for the baseline value, with site and
1208 interaction between site and group as random effects. In case of serious violations of
1209 the model assumptions (normality and constant variance of the residuals), a
1210 log-transformation may be applied. If not appropriate, a Wilcoxon rank-sum test will
1211 be used. The effect of the treatment will be estimated by the difference (or ratio, in
1212 case of log-transformation) between treatments and will be presented along with its
1213 associated 95% confidence interval. The same method will be used for the analyses
1214 of the 1-hour AUL at week 2.

1215

1216

1217

1218 **Sensitivity Analyses for the Primary Outcome**

1219 Because the MAR assumption cannot be verified using the data, the sensitivity of
1220 inferences to departures from the MAR assumption should be tested.^[3] A
1221 straightforward sensitivity analysis for the MAR assumption in multiple imputation is
1222 based on the pattern-mixture or control-based pattern imputation model under the

1223 MNAR assumption by using the SAS procedure Proc MI process.^[4] Therefore,
1224 mixed-effect model under MNAR assumption will be used.

1225 **6.3.4 Analyses for Secondary Outcome**

1226 Efficacy analyses for all secondary outcomes will be performed in the ITT population
1227 observed cases, without imputation of missing data.

1228

1229 Continuous data will be described with the average, standard deviation, median,
1230 minimum value, and maximum value, whereas categorical data will be represented
1231 by percentages. Comparisons between groups will be made with the two-sample
1232 t-test to evaluate the changes from baseline at 6-, 18-, and 30-weeks. In case of
1233 serious violations of the model assumptions (normality and constant variance of the
1234 residuals), the Wilcoxon rank-sum test will be used.

1235

1236 Categorical data or ordinal data will be compared between groups using a Wilcoxon
1237 rank-sum test, chi-square test or Fisher's exact test, as appropriate.

1238

1239 The proportion of patients with 1-hour AUL decrease of at least 50% from baseline at
1240 week 6 will be compared between groups. The proportion of patients with a mean
1241 weekly 72h-IEF decrease of at least 50% from baseline at each visit will be compared
1242 between groups.

1243

1244 The change in 1-hour AUL at week 2 from the baseline will be analysed using the
1245 same approach as the primary outcome.

1246 **6.3.5 Safety Analyses**

1247 ● Adverse events

1248 All adverse events and serious adverse events will be listed. Adverse events include
1249 the acupuncture-related adverse events and other adverse events. Chi-square test or

1250 Fisher's exact test will be used to compare the incidence of adverse events between
1251 the EA and sham EA groups. P-value will not be corrected for multiple tests.

1252 ● Participant's compliance

1253 The number and percentage of subjects who received at least 15 sessions($\geq 80\%$) of
1254 the planned treatments will be analyzed with Chi-square test or Fisher's exact test.

1255 ● Blinding assessment

1256 The number and percentage of subjects who answer Yes/No when asked if they
1257 received the EA treatment to each of these questions respectively will be
1258 summarized by treatment and Chi-square test or Fisher's exact test will be used to
1259 compare the difference of blinding situation between the two groups.

1260

1261 **6.4 Changes to the original analysis plan**

1262 As compared to the initial statistical analysis plan (SAP) published in Trials (Liu Z, Xu H,
1263 Chen Y, et al. The efficacy and safety of electro-acupuncture for women with pure
1264 stress urinary incontinence: study protocol for a multicenter randomized controlled
1265 trial. Trials 2013;14:315), The original Analysis Plan has been amended as follows:

1266

1267 **Table 1.** Major update of the published protocol

| No. | Item | Published version | Final version |
|-----|--------------------------|--|--|
| 1 | Primary outcome analysis | ANCOVA for primary outcome using baseline and centers as covariates . Meanwhile, a covariance model including interactions between centers and group will be made to analyze the center effect. | Mixed-effects model for primary analysis using baseline and treatment as fixed effects, centers and interaction centers and treatment as random effects . |
| 2 | | | More details were provided for the violations of the model assumptions (normality and constant variance of the residuals) in primary analysis (see 6.3.3). |
| 3 | Secondary outcomes | | Imputation of missing data was used only for primary outcome using |

| | | | |
|--|--|--|---|
| | | | multiple imputation by regression or MCMC method (see 6.3.1). |
|--|--|--|---|

1268

1269

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1270

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