

Table S1. Summary of studies

Study	Design	N		Participant Characteristics	Age (years)	Disease Duration (years)	EDSS Score	Intervention	Study Duration	Outcomes	Level of Evidence
		Control	Experimental								
Ahmadi et al ³³	RCT	10	11	Females with MS	34.35 +/- 9.05	4.85 +/- 4.47	2.11 +/- 1.15	Yoga	8 weeks	MSQOL-54	2b
Alexander et al ³⁶	RCT	10	10	Females with MS*	46.7 +/- 8.7	13.7 +/- 7.7	-	CVSD, V	12 weeks	FSFI, FSDS	2b
Foley et al ³⁸	Quasi-experimental	18	18	Nine couples, one partner with diagnosis of MS	45.7 (9.9)	-	4.70 (2.46)	Counseling	12 weeks	MAT, MSI	2b
Lúcio et al ³¹	RCT		G1: 6 G2: 7 G3: 7	Females with RRMS	G1: 44.5 G2: 47 G3: 47	G1: 15 G2: 12 G3: 11	G1: 3.5 G2: 4.5 G3: 4	PFMT, NMES, TTNS	12 weeks	FSFI	2b
Mosalanejad et al ³⁷	RCT	23, 23	24	Married females with MS in remission	35.7 (6.5)	4.89 +/- 3.16	-	PFMT, mindfulness	8 week intervention, 12 week follow-up	FSFI	1b
Najafidoulatabad et al ³⁴	RCT	30	30	Females with MS	31.6 +/- 8	-	-	Yoga	12 weeks	SS Likert	1b
Sutherland et al ³⁵	RCT	11	11	Males and females with MS	46.32 +/- 4.9	10.77 +/- 6.88	<5	Aquatic aerobic exercise	10 weeks	MSQOL-54	2b
Hocaloski et al ³⁹	Cohort study	-	7	Females with MS or SCI^	47.9 (11.2)	2.5-42	-	Counseling	10 weeks	FSFI, FSDS	2b

Abbreviations: **CVSD**: clitoral vacuum suction device, **EDSS**: Expanded Disability Status Scale, **FSDS**: Female Sexual Distress Scale, **FSFI**: Female Sexual Function Index, **MS**: multiple sclerosis, **MSI**: Marital Satisfaction Inventory, **MSQOL-54**: Multiple Sclerosis Quality of Life-54, **NMES**: neuromuscular electrical stimulation, **PFMT**: pelvic floor muscle training, **RCT**: randomized controlled trial, **RRMS**: relapsing-remitting multiple sclerosis, **SCI**: spinal cord injury, **SS**: sexual satisfaction, **TTNS**: transcutaneous tibial nerve stimulation, **V**: vibration

* Study also included individuals with spinal cord injury but this review only uses data reported for participants with MS

^Six out seven participants had diagnosis of MS

Table S2. Summary of between-group comparison with effect sizes and 95% CIs

Outcome	Study (outcome measure)	Experimental	Control	Post-test experimental		Post-test control		Effect Size (SE)	95% CI
				n	Mean (SD)	n	Mean (SD)		
Sexual Function	Ahmadi (MSQOL-54)	yoga	wait-list control	11	75.75 (32.8)	10	85.01 (17.9)	-0.35 (0.44)	-1.21 to 0.52
	Alexander (FSFI)	CVSD	V	9	28.2 (7.25)	10	23.16 (5.02)	0.82 (0.48)	-0.12 to 1.76
	Lucio (FSFI)	PFMT +NMES	PFMT + NMES sham	7	29.5 (6.37)*	6	24.6 (14.44)	0.45 (0.56)	-0.65 to 1.56
	Lucio (FSFI)	PFMT + TTNS	PFMT + NMES sham	7	24.9 (7.19)*	6	24.6 (14.44)	0.03 (0.56)	-1.06 to 1.12
	Mosalanejad (FSFI)	PFMT + mindfulness	PFMT	24	25.3 (5.4)	23	23.7 (5.1)	0.30 (0.29)	-0.27 to 0.88
	Mosalanejad (FSFI)	PFMT + mindfulness	mindfulness	24	25.3 (5.4)	23	26.9 (4.8)	-0.31 (0.29)	-0.89 to 0.26
	Sutherland (MSQOL-54)	aerobic exercise	no intervention	11	10.9 (3.8)	11	10.7 (4.0)	0.05 (0.43)	-0.78 to 0.89
	Grand Effect Size								0.08 (0.15)
Sexual Satisfaction	Ahmadi (MSQOL-54)	yoga	wait-list control	11	77.27 (26.11)	10	80 (22.97)	-0.11 (0.44)	-0.97 to 0.75
	Alexander (FSFI)	CVSD	V	9	4.8 (1.48)	9	4.24 (1.23)	0.41 (0.48)	-0.52 to 1.35
	Foley (MSI)	Counseling	wait-list control	9	16.17 (5.01)	9	13.22 (4.21)	0.64 (0.48)	-0.31 to 1.58
	Lucio (FSFI)	PFMT + NMES	PFMT + NMES sham	7	6 (0.74)*	6	5.0 (2.22)	0.59 (0.57)	-0.53 to 1.70
	Lucio (FSFI)	PFMT + TTNS	PFMT + NMES sham	7	5 (1.48)*	6	5.0 (2.22)	0.0 (0.56)	-1.09 to 1.09
	Mosalanejad (FSFI)	PFMT + mindfulness	PFMT	24	4.7 (1.7)	23	4.2 (1.5)	0.31 (0.29)	-0.26 to 0.89
	Mosalanejad (FSFI)	PFMT + mindfulness	mindfulness	24	4.7 (1.7)	23	4.7 (1.7)	0.0 (0.29)	-0.57 to 0.57
	Najafidoulatabad (Likert scale)	yoga	no intervention	30	1.4 (1.5)	30	21. (1.2)	0.20 (0.26)^	0.0 to 1.03
Grand Effect Size								0.29 (0.13)	0.03 to 0.55
Emotional Wellbeing	Ahmadi (MSQOL-54)	yoga	wait-list control	11	66.36 (19.15)	10	57.2 (19.41)	0.48 (0.44)	-0.39 to 1.34
	Sutherland (MSQOL-54)	aerobic exercise	no intervention	11	22.4 (4.1)	11	20.8 (6.7)	0.29 (0.43)	-0.55 to 1.13
	Grand Effect Size								0.38 (0.31)

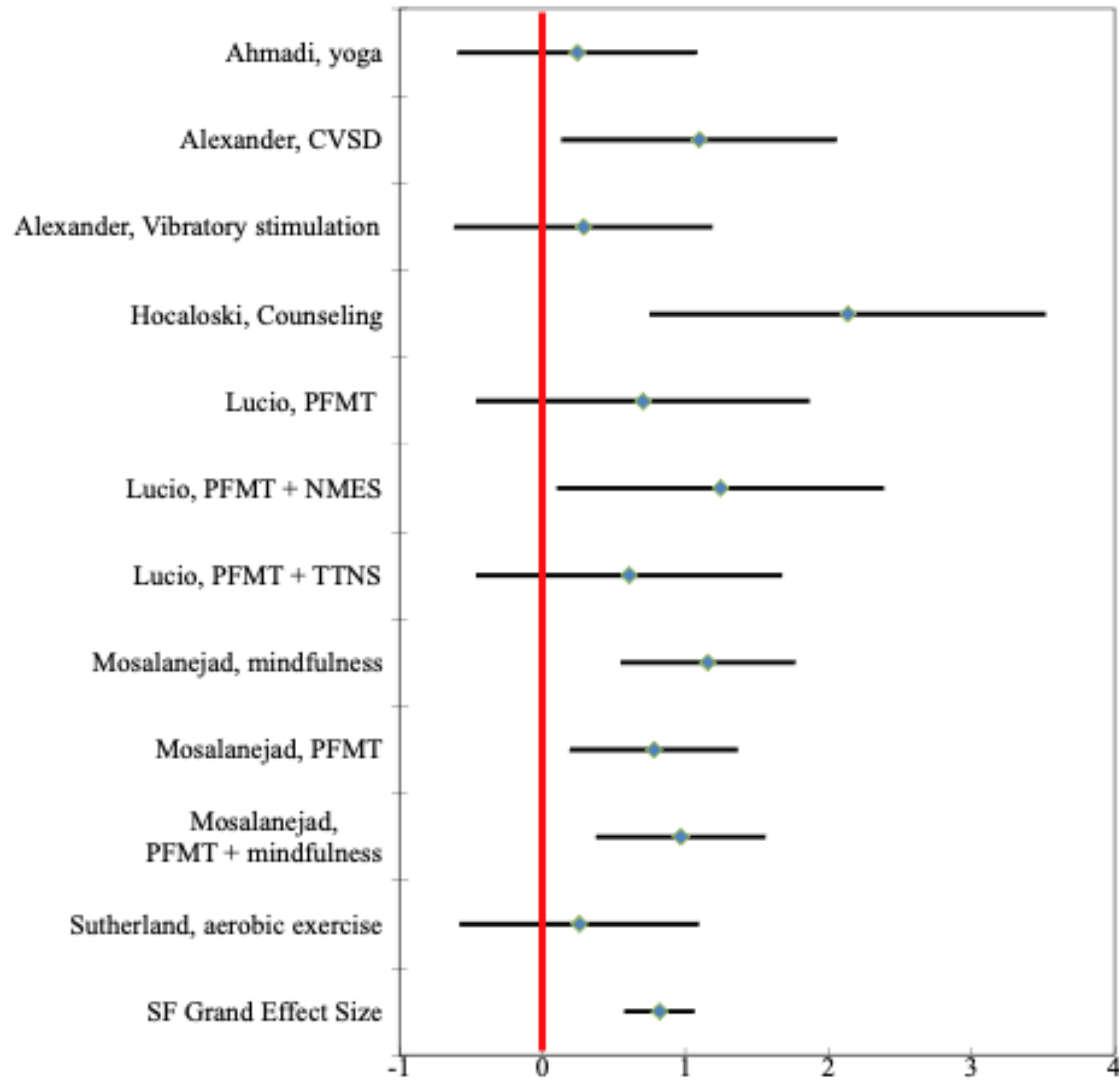
Abbreviations: **CBT**: cognitive behavior therapy, **CVSD**: clitoral vacuum suction device, **FSFI**: Female Sexual Function Inventory, **NMES**: neuromuscular electrical stimulation, **MSI**: Marital Satisfaction Inventory, **MSQOL-54**: Multiple Sclerosis Quality of Life-54, **PFMT**: pelvic floor muscle therapy, **TTNS**: transcutaneous tibial nerve stimulation, **V**: vibratory stimulation

*Mean and SD not reported. Median and interquartile range were used to estimate mean and SD for meta-analysis purposes.

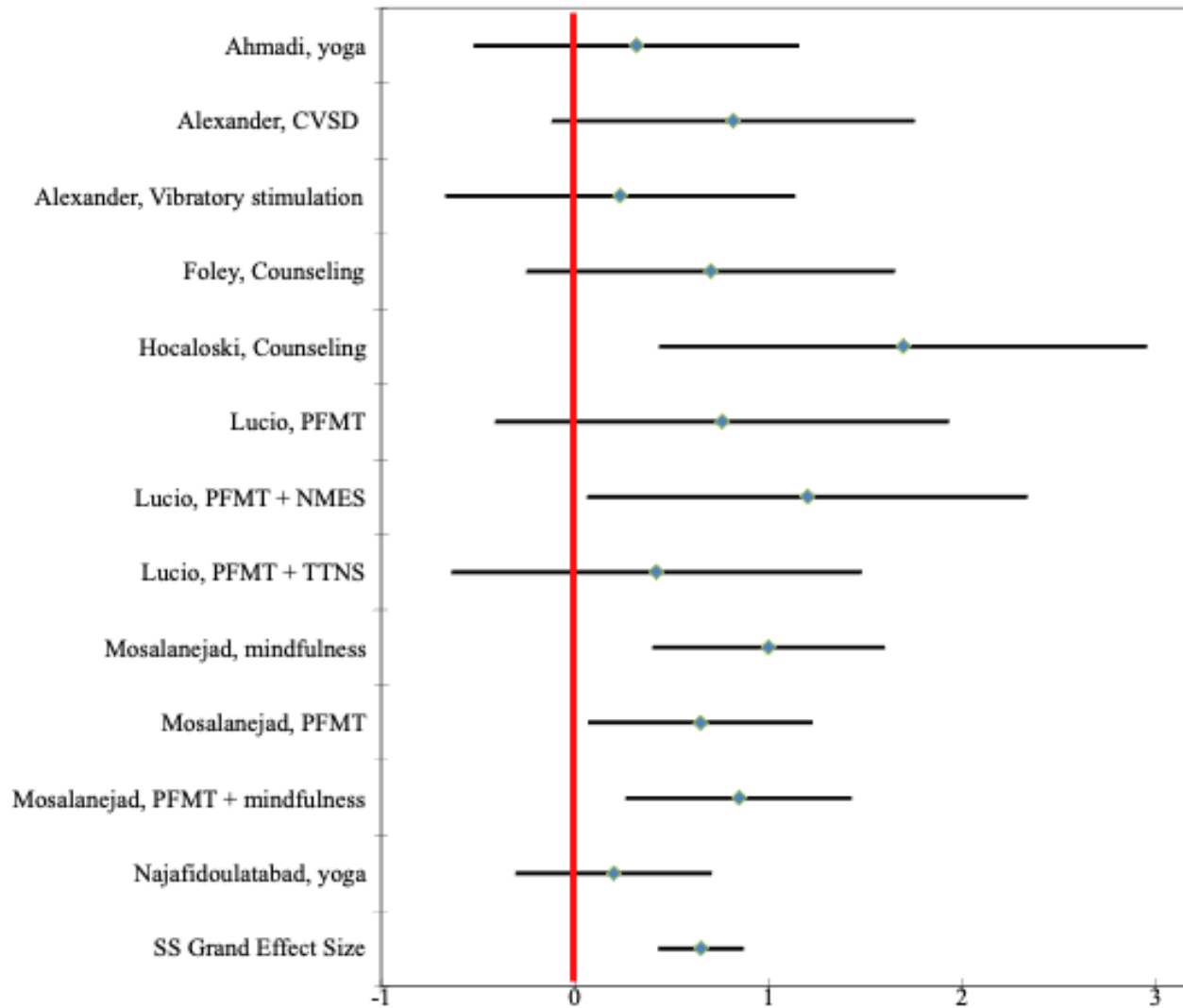
^Likert scale where 1 = very satisfied and 5 = very unsatisfied. Effect size sign reversed for consistency. Higher effect size demonstrates improvement.

Figure S1. Forest plot of within-group individual and grand effects with 95% confidence intervals for A) sexual function, B) sexual satisfaction, and C) emotional well-being

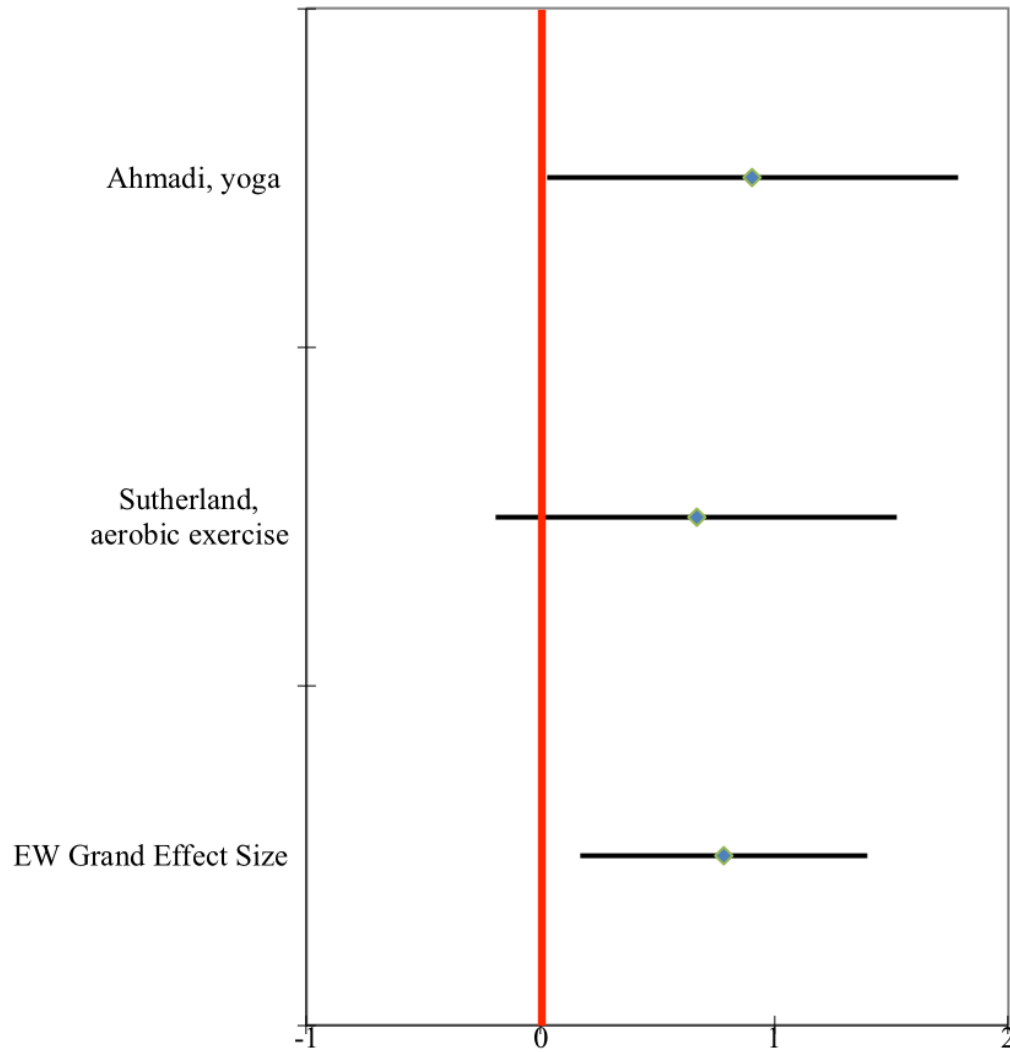
A)



B)



C)

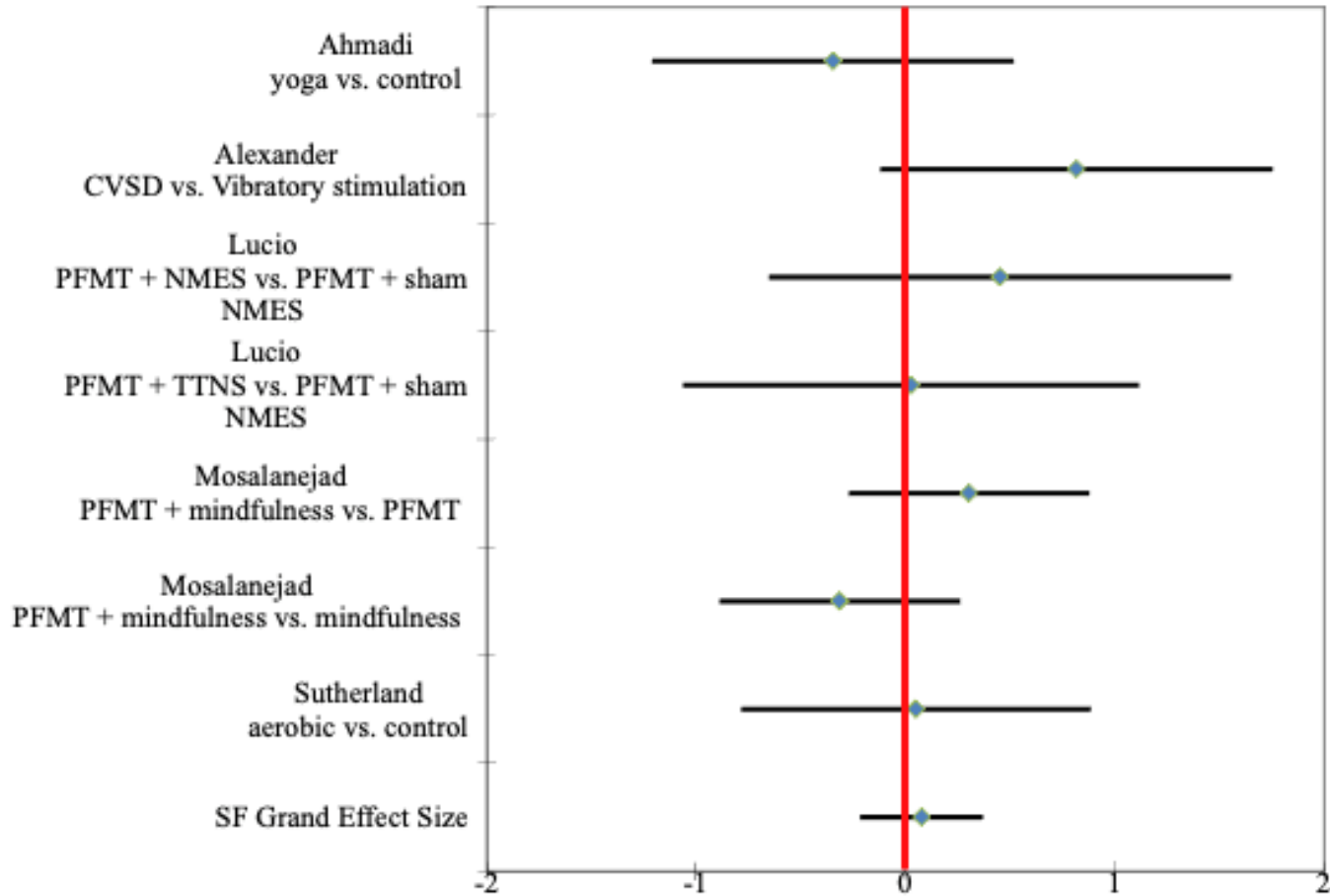


Within-group analyses for A) sexual function, B) sexual satisfaction, and C) emotional well-being with individual effect sizes, 95% CIs and grand effect sizes.

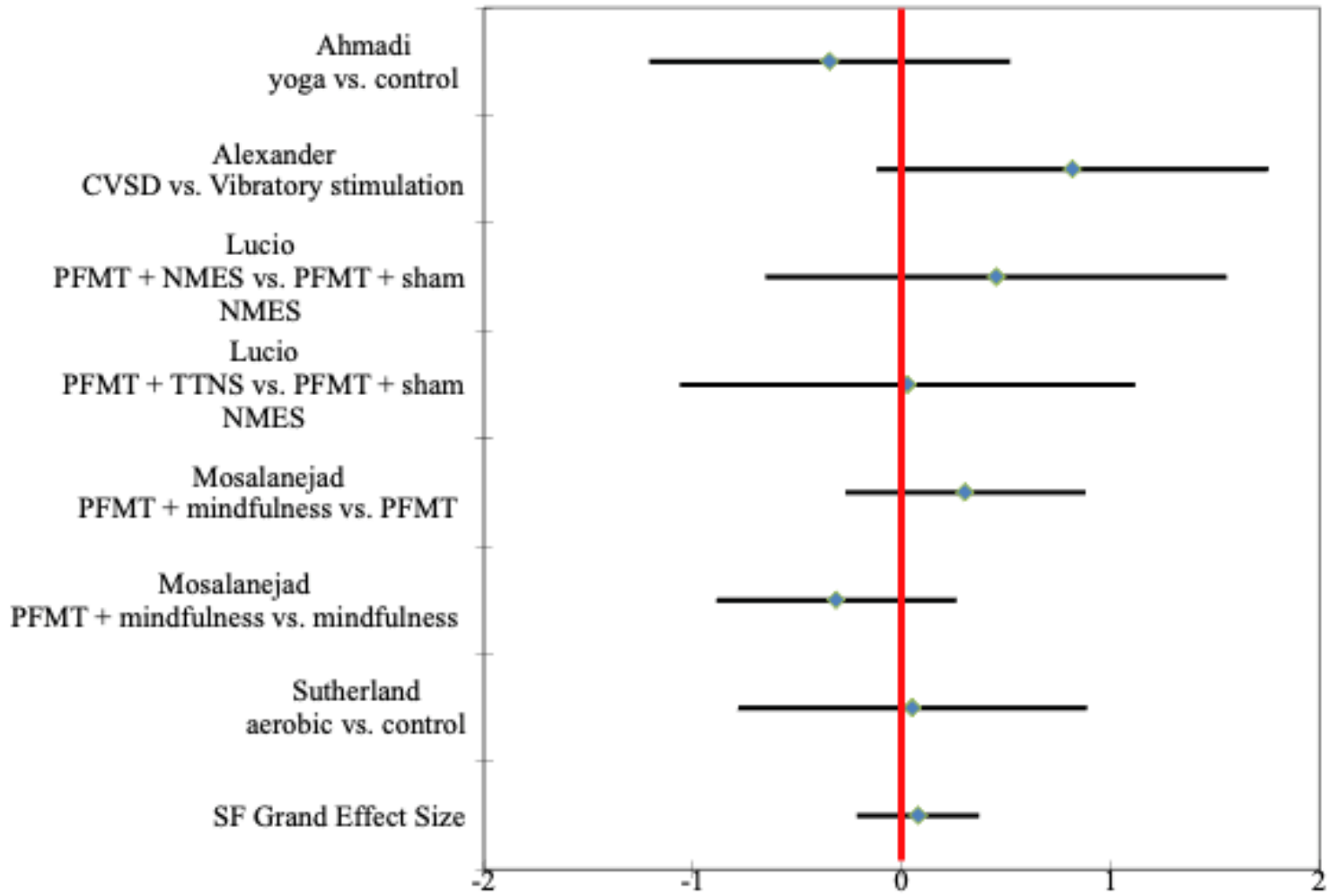
Abbreviations: **CVSD**: clitoral vacuum suction device, **EW**: Emotional well-being, **NMES**: neuromuscular electrical stimulation, **PFMT**: pelvic floor muscle training, **SF**: sexual function, **SS**: sexual satisfaction, **TTNS**: transcutaneous tibial nerve stimulation, **V**: vibratory stimulation

Figure S2. Forest plot of between-group individual and grand effects with 95% confidence intervals for A) sexual function, B) sexual satisfaction, and C) emotional well-being

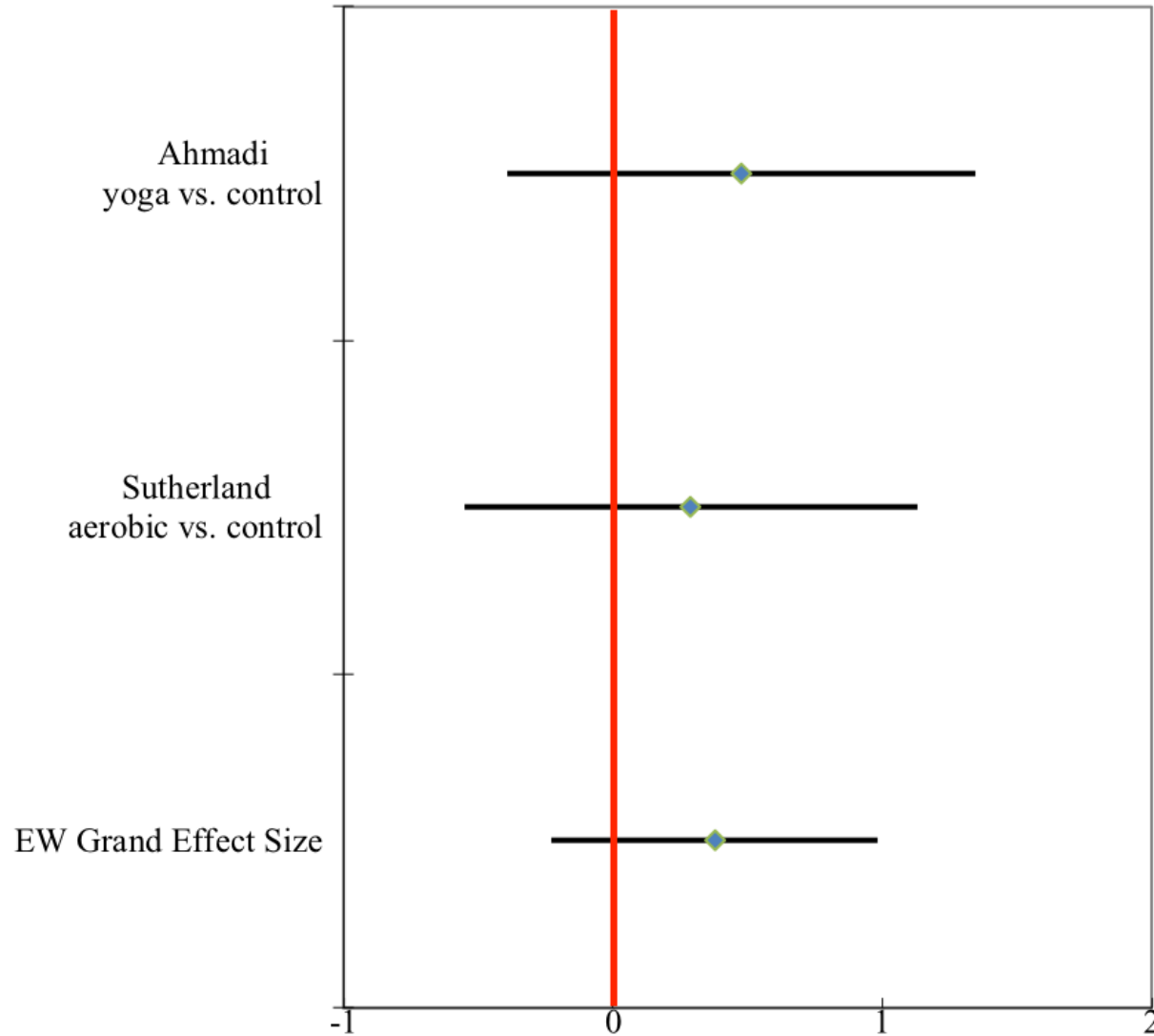
A)



B)



C)



Between-group analyses for A) sexual function, B) sexual satisfaction, and C) emotional well-being with individual effect sizes, 95% CIs and grand effect sizes. Abbreviations: **CVSD**: clitoral vacuum suction device, **EW**: Emotional well-being, **NMES**: neuromuscular electrical stimulation, **PFMT**: pelvic floor muscle training, **SF**: sexual function, **SS**: sexual satisfaction, **TTNS**: transcutaneous tibial nerve stimulation, **V**: vibratory stimulation