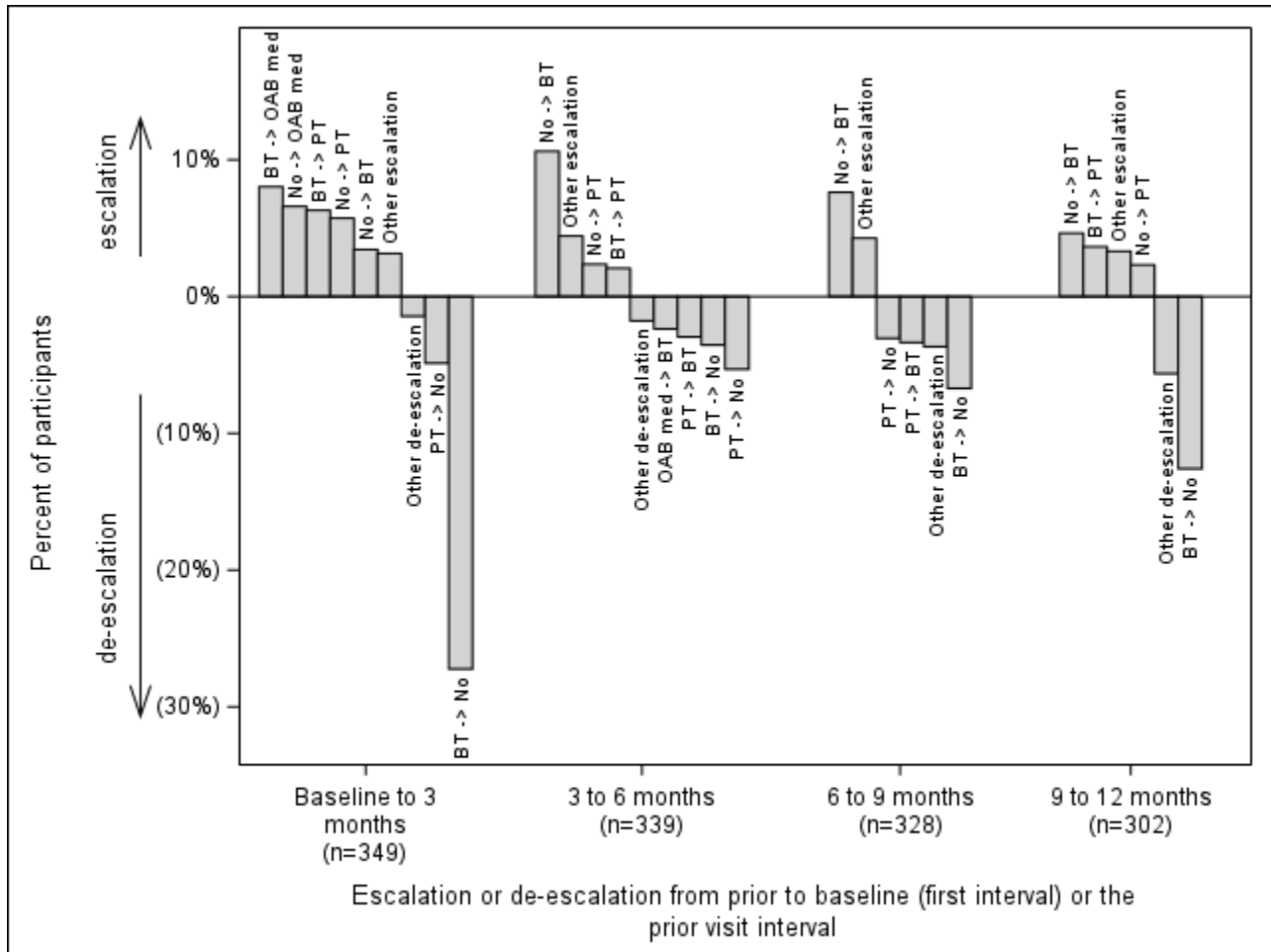


463 **Supplementary Figure 1: Bar charts of treatment escalation and de-escalation between**  
 464 **visits.** BT, behavioral therapy; PT, pelvic floor physical therapy; OAB med, overactive bladder  
 465 medication.

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471 **Supplementary Table 1: Treatments included in behavioral therapy and overactive**  
 472 **bladder medications.**

Treatment	Treatments Included
Overactive Bladder Medication	Darifenacin, Tolterodine, Oxybutynin, Trospium chloride, Solifenacin succinate, Festerodine fumerate, Mirabegron
Behavioral Therapy	Nutraceutical/Herbal Remedy, Kegel Exercises, Acupuncture, Yoga, Meditation, Counseling/Talk Therapy, Hypnosis, Biofeedback, Behavioral Modification, Intermittent Catheterization*, Indwelling Catheterization*, Bladder Reflex Training, Bladder Expression, Weight Loss, Reduced Fluid Consumption, Increased Fluid Consumption, Absorbent Pad or Undergarments, Pessary, Urethral Insert, Continuous Positive Airway Pressure, Exercise, Dietary Changes

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474 \*No participants at baseline were performing Intermittent Catheterization or required Indwelling  
 475 Catheterization

476 **Supplementary Table 2: Predictors of the highest level of treatment during 12-month**  
 477 **study follow-up. Results from ordinal logistic regression (proportional odds model).** BT,  
 478 behavioral therapy; PT, pelvic floor physical therapy; OAB med, overactive bladder medication;  
 479 HS, high school; GED, General Educational Development; ACB, anticholinergic burden score.

	OR	95% CI Lower	95% CI Upper	P- value
Level of treatment as of baseline				<.0001
0 (ref)				
1=BT	0.74	0.47	1.18	0.207
2=PT	0.99	0.49	2.01	0.970
3=OAB medication	7.76	3.24	18.58	<.0001
4=Surgeries	14.55	2.08	101.77	0.007
Had Sling before baseline	0.70	0.37	1.31	0.264
Education				0.070
HS Diploma/GED or lower (ref)				
Some college/tech school or Associates degree	1.77	0.93	3.37	0.082
Bachelor's degree	1.08	0.54	2.14	0.830
Graduate degree	1.87	0.91	3.84	0.089
Hypertension	1.65	1.08	2.49	0.019
Leaked urine in connection with a sudden need to rush	1.32	1.10	1.59	0.003

to urinate (0=never to 4=almost always)				
Stress urinary incontinence (0=never to 4=almost always)	0.79	0.67	0.93	0.005
ACB score at baseline	1.17	1.06	1.30	0.003

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Notes: (1) Covariates level of treatment as of baseline and leaked urine in connection with a sudden need to rush to urinate were tested as violating the proportional odds assumption in the proportional odds model. Therefore, separate binary logistic regression models were performed by varying the cutoff of the outcome (see Supplementary Table 3 for results). Results from the unified proportional odds model were presented in the main results as the model performance between the unified proportional odds model and the separate binary logistic regression models did not seem to differ much. (2) Model results were similar in a sensitivity analysis that included only participants who completed the 12-month follow-up visit (n=302 [87%] out of 349 participants).

**Supplementary Table 3: Predictors of higher vs. lower level of treatment during 12-month study follow-up. Results from binary logistic regression models.** BT, behavioral therapy; PT, pelvic floor physical therapy; OAB med, overactive bladder medication; HS, high school; GED, General Educational Development; ACB, anticholinergic burden score.

	Level 1-4 vs. 0				Level 2-4 vs. 0-1				Level 3-4 vs. 0-2				Level 4 vs. 0-3			
	OR	95% CI Lower	95% CI Upper	P- val ue	OR	95% CI Lower	95% CI Upper	P- val ue	OR	95% CI Lower	95% CI Upper	P- val ue	OR	95% CI Lower	95% CI Upper	P- val ue
Level of treatment as of baseline *				0.866				0.103				0.540				0.011
0 (ref)																
1=BT	0.69	0.35	1.35	0.277	0.63	0.37	1.09	0.097	0.80	0.43	1.50	0.494	2.68	0.55	13.07	0.222
2=PT	0.67	0.26	1.75	0.415	1.72	0.74	3.98	0.208	0.59	0.20	1.71	0.330	4.95	0.73	33.71	0.102
3=OAB medication	>999.999	<0.001	>999.999	0.961	>999.999	<0.001	>999.999	0.965	>999.999	<0.001	>999.999	0.965	6.37	1.09	37.35	0.040
4=Surgeries	>999.999	<0.001	>999.999	0.986	>999.999	<0.001	>999.999	0.988	3.99	0.45	35.74	0.217	72.63	5.38	981.44	0.001
Had Sling before baseline	0.89	0.37	2.16	0.802	0.85	0.39	1.86	0.689	0.39	0.12	1.26	0.116	0.72	0.14	3.87	0.705
Education				0.0				0.4				0.2				0.733

				27				45				70				32
HS Diploma/G ED or lower (ref)																
Some college/t ech school or	2.49	1.05	5.89	0.0 39	1.45	0.67	3.16	0.3 48	1.44	0.60	3.44	0.4 15	0.97	0.21	4.44	0.9 73
Associat es degree																
Bachelo r's degree	1.38	0.58	3.30	0.4 73	1.00	0.44	2.29	0.9 92	0.67	0.25	1.82	0.4 35	1.00	0.19	5.24	1.0 00
Graduat e degree	3.64	1.31	10.17	0.0 14	1.58	0.67	3.76	0.2 98	1.15	0.43	3.09	0.7 83	1.82	0.36	9.31	0.4 70
Hypertensi on	1.52	0.82	2.82	0.1 89	1.62	0.97	2.70	0.0 64	2.07	1.16	3.70	0.0 14	2.04	0.78	5.31	0.1 46
Leaked urine in connectio n with a sudden need to rush to urinate (0=never	1.24	0.95	1.60	0.1 13	1.22	0.97	1.52	0.0 85	1.50	1.14	1.97	0.0 04	1.32	0.85	2.05	0.2 12

to 4=almost always) *																	
Stress urinary incontinence (0=never to 4=almost always)	0.81	0.64	1.02	0.068	0.83	0.68	1.02	0.076	0.79	0.62	1.01	0.055	0.72	0.47	1.10	0.129	
ACB score at baseline	1.14	0.96	1.35	0.151	1.17	1.02	1.35	0.021	1.23	1.07	1.42	0.005	1.18	0.96	1.45	0.112	

\* These covariates were tested as violating the proportional odds assumption in the ordinal logistic regression (proportional odds model) presented in Supplementary Table 2.