

The following publication Kannan, P., & Winser, S. (2021). Efficacy of Mind-Body Therapies for the Treatment of Urinary Incontinence in Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Archives of Physical Medicine and Rehabilitation, 102(4), e21-e22 is available at <https://doi.org/10.1016/j.apmr.2021.01.005>

Efficacy of Mind-Body Therapies for the Treatment of Urinary Incontinence in Women: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

Objective(s)

To determine the efficacy of mind-body therapies for the treatment of urinary incontinence in women.

Data Sources

Databases AMED, CINAHL, EMBASE, Medline, Physiotherapy Evidence Database, PubMed, Scopus, and Web of Science were searched from database inception-May 2020.

Study Selection

Randomised controlled trials that compared mind-body therapies such as Qigong, Tai Chi, yoga, Pilates, or Paula exercise to control were included.

Data Extraction

Two independent reviewers did data extraction for each included study. Methodological quality and the quality of evidence were assessed using the PEDro scale and the grading of recommendations, assessment, development and evaluation tool, respectively.

Data Synthesis

Six studies met the inclusion criteria and were included in the review. Data from one methodologically low-quality, low-grade study identified a statistically significant decrease in the number of stress urinary incontinence episodes in the yoga group than in the control group (MD – 0.92 [95% CI – 1.81 to – 0.03]; $p = 0.04$; $n = 18$). Pooled analysis of three methodologically low-quality, very low-grade studies revealed no significant difference between groups receiving Paula exercise and pelvic floor muscle training on grams of urine lost in the 1 h pad test (MD 0.15 [95% CI

– 1.15 to 1.46] $p = 0.82$; $n = 360$) or the number of women reporting small leaks (RR 1.27 [95% CI 0.89 to 1.81] $p = 0.19$; $n = 444$) during the 12-week follow-up period.

Conclusions

Data from a single study found yoga to be beneficial for stress urinary incontinence. The effect of Paula exercise on stress urinary incontinence remains inconclusive. Further high-quality research on other mind-body therapies, such as Pilates, Qigong and Tai Chi, which have currently received little attention, is also recommended.

Author(s) Disclosures

The authors have no conflicts of interest to declare.

Keywords

Paula Exercise, Pelvic Floor Muscle Training, Yoga, Urinary Incontinence, Tai Chi