

## Supplementary file 2.

	Intervention	Absolute change <sup>#</sup>	Change per period (95% confidence intervals)		Intervention effect (p-value)
		T0–T2	T0–T1	T1–T2	
<b>ICIQ-LUTSqol</b>	Change needed	0.12	-0.39 (-5.33; 4.54)	0.51 (-4.89; 5.91)	0.960
	No change needed	0.34	0.89 (-2.81; 4.61)	-0.55 (-4.02; 2.92)	
<b>ICIQ-UI-SF</b>	Change needed	-2.37	-1.57 (-3.31; 0.16)	-0.80 (-2.71; 1.11)	0.176
	No change needed	-0.31	-0.17 (-1.32; 0.98)	-0.14 (-1.28; 1.01)	
<b>ICIQ-PadPROM</b>					
Pad design & physical effects	Change needed	-1.11	-1.41 (-2.74; -0.09)	0.30 (-1.05; 1.65)	0.565
	No change needed	0.46	-1.17 (-2.12; -0.21)	0.71 (-0.24; 1.66)	
Psychological effects	Change needed	-0.91	-0.99 (-2.08; 0.10)	0.08 (-1.00; 1.17)	0.159
	No change needed	0.41	0.31 (-0.49; 1.10)	0.10 (-0.69; 0.89)	
Social effects	Change needed	0.79	-0.03 (-1.50; 1.43)	0.82 (-0.67; 2.31)	0.236
	No change needed	-0.69	-0.37 (-1.41; 0.66)	-0.32 (-1.33; 0.68)	
Leakage and burden of pad use	Change needed	-0.70	-0.60 (-1.74; 0.55)	-0.10 (-1.26; 1.07)	0.494
	No change needed	-0.02	-0.38 (-1.21; 0.44)	0.36 (-0.44; 1.17)	
<b>Satisfaction</b>					
Incontinence material	Change needed	1.02	1.37 (0.14; 2.59)	-0.35 (-1.62; 0.92)	0.656
	No change needed	0.55	0.65 (-0.21; 1.50)	-0.10 (-0.97; 0.76)	

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Incontinence care	Change needed	1.33	1.13 (-0.01; 2.27)	0.20 (-0.95; 1.35)	0.209
	No change needed	0.11	1.00 (0.22; 1.77)	-0.89 (-1.67; -0.11)	

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Abbreviations: ICIQ = The International Consultation on Incontinence Questionnaire; LUTSqol = Lower Urinary Tract Symptoms Quality of Life Module; PadPROM = Absorbent Pads; T0 = baseline; T1 = 3 months' follow-up; 6 months' follow-up; UI-SF = Urinary Incontinence Short Form.

Improvement is a negative score for UI-SF, LUTSqol, and PadPROM and a positive score for satisfaction

# Absolute change was calculated form the model estimates