

Chedrawe et al. Mediation analysis of adherence to pelvic floor muscle training and weekly self-monitoring on urinary symptoms in men with localized prostate cancer: A secondary analysis of the Prostate Cancer-Patient Empowerment Program (PC-PEP) randomized controlled trial

APPENDIX

| Supplementary Table 1. Mediation of early vs late intervention on post-intervention EPIC urinary irritative/ obstructive score | | | | | | | | | |
|---|-----------------------------|-----------|----------|-----------------------------|-----------|----------|-----------------------------|-----------|-------------------|
| | Total | | | Direct | | | Indirect | | % Mediated |
| Mediator | Effect size (95% CI) | SE | p | Effect size (95% CI) | SE | p | Effect size (95% CI) | SE | |
| Survey completion rate | 0.67 (-3.11, 4.45) | 1.91 | 0.727 | -1.83 (-6.10, 2.44) | 2.16 | 0.398 | 2.50 (-0.16, 5.08) | 1.33 | – |
| Mean weekly PFMT | -0.45 (-4.21, 3.30) | 1.89 | 0.811 | -0.54 (-4.35, 3.26) | 1.92 | 0.778 | 0.09 (-0.59, 0.98) | 0.37 | – |

Mediation analyses were adjusted for prognostic covariates: age, Charleson comorbidity index, treatment modality, time between randomization and treatment, and pre-intervention EPIC urinary irritative/obstructive scores. CI: confidence interval; epic: Expanded Prostate Cancer Index Composite; PFMT: pelvic floor muscle training; SE: standard error.

| Supplementary Table 2. Mediation of early vs late intervention on post-intervention IPSS total score | | | | | | | | | |
|---|-----------------------------|-----------|----------|-----------------------------|-----------|----------|-----------------------------|-----------|-------------------|
| | Total | | | Direct | | | Indirect | | % mediated |
| Mediator | Effect size (95% CI) | SE | p | Effect size (95% CI) | SE | p | Effect Size (95% CI) | SE | |
| Survey completion rate | 0.87 (-0.99, 2.74) | 0.94 | 0.4 | 1.04 (-1.11, 3.19) | 1.09 | 0.3 | -0.16 (-1.18, 0.91) | 0.52 | – |
| Mean weekly PFMT | 1.12 (-0.86, 3.09) | 1.00 | 0.3 | 0.94 (-1.05, 2.92) | 1.00 | 0.4 | 0.18 (-0.15, 0.71) | 0.22 | – |

Mediation analyses were adjusted for prognostic covariates: age, Charleson comorbidity index, treatment modality, time between randomization and treatment, and pre-intervention I-PSS total scores. CI: confidence interval; epic: Expanded Prostate Cancer Index Composite; PFMT: pelvic floor muscle training; SE: standard error.