

**Table IV - Group, time and interaction pairwise comparisons using generalized estimating equations**

Variables	T1		T2		T3		*GEE <i>p</i> value		
	group PFMT (n=32)	home PFMT (n=32)	group PFMT (n=18)	home PFMT (n=20)	group PFMT (n=17)	home PFMT (n=17)	Group	Time	Interaction
PISQ-12 (score)	32.06 ±8.20aA	27.88 ±10.65aA	32.29 ±8.43bB	25.95±10.85b A	33.71 ±6.04bB	28.71 ±8.76aB	0.001*	0.006*	0.023*
ICIQ-SF (score)	14.97 ±3.98aA	14.84 ±3.81aA	10.22 ±3.65bB	12.90±5.08aB	7.59 ±5.43bB	11.59 ±5.70aA	0.049*	≤0.0001*	0.047*
MVC mean (cmH <sub>2</sub> O)	22.46 ±12.58		20.15 ±13.60		25.56 ±18.73		0.576	0.154	0.441
Power (PFM strength by Modified Oxford Scale)	2.63 ±0.90		3.34 ±0.96		3.44 ±0.92		0.163	≤0.0001*	0.120
Endurance (seconds)	5.61 ±2.54		6.47 ±2.25		6.06 ±1.63		0.808	0.071	0.248
Repetitions (number)	3.45 ±1.34		4.08 ±1.40		4.00 ±1.41		0.484	0.008*	0.167
Fast contractions (number)	6.66 ±2.47		7.18 ±2.90		7.44 ±2.63		0.169	0.075	0.760

T1 = Initial assessment; T2 = Evaluation after 12 weeks; T3 = Final evaluation; Group, Time and Interactions (group x time) effects were observed by variables and measurements (moments) pairwise comparisons using Generalized Estimating Equations (GEE). Data expressed as mean ± standard deviation of the mean. n = absolute frequency. Ab Different lowercase letters indicate difference proportion among the studied groups. AB Different uppercase letters show the evolution of a certain group over time. Significance set as  $p \leq 0.05$  for all analyse