








Table I – Patients' perception of improvement

| Questions – “From zero to ten...” | Answers categorized into groups – n(n%); n=40 |
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| <p>1. How satisfied are you with the digital group physiotherapy for urinary incontinence?</p>  <p>Consider: 0 – Totally unsatisfied 10 – Completely satisfied</p> | <p>0: Totally unsatisfied – 0(0) 1-3: Unsatisfied – 0(0) 4-6: Little satisfied – 4(10) 7-9: Satisfied – 10(25.0) 10: Completely satisfied – 26(65.0)</p> |
| <p>2. Would you recommend the digital group physiotherapy for urinary incontinence to other people?</p>  <p>Consider: 0 – Would not recommend 10 – Would strongly recommend</p> | <p>0: Would not recommend – 0(0) 1-3: Probably would not recommend – 0(0) 4-6: Maybe would recommend – 3(7.5) 7-9: Would recommend – 5(12.5) 10: Would strongly recommend – 32(80.0)</p> |
| <p>3. How much has your urinary leakage improved?</p>  <p>Consider: 0 – Didn't improve 10 – Improved completely (no UI anymore)</p> | <p>0: Didn't improve – 4(10.0) 1-3: Improved very little – 1(2.5) 4-6: Partially improved – 19(47.5) 7-9: Improved a lot – 12(30.0) 10: Improved completely (no UI anymore) - 4(10.0)</p> |
| <p>4. How useful was the written material for your treatment?</p>  <p>Consider: 0 – Was not useful 10 – Was very useful</p> | <p>0: Not useful – 1(2.5) 1-3: Little useful – 2(5.0) 4-6: Partially useful – 0(0) 7-9: Useful – 10(25.0) 10: Very useful – 27(67.5)</p> |

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| <p>5. How useful were the videos for your treatment?</p>  <p>Consider: 0- Were not useful 10- Were very useful</p> | <p>0: Not useful – 1(2.5) 1-3: Little useful – 0(0) 4-6: Partially useful – 0(0) 7-9: Useful – 10 (25.0) 10: Very useful – 28(70.0)</p> |
| <p>6. How often did you practice the exercises at home?</p>  <p>Consider: 0- I didn't practice 10- I practiced exactly as recommended</p> | <p>0: Didn't practice – 1(2.5) 1-3: Practiced very little – 0(0) 4-6: Practiced sporadically – 7(17.5) 7-9: Practiced very often – 15(37.5) 10: Practiced exactly as recommended – 17(42.5)</p> |
| <p>7. How often did you follow the behavioral counseling?</p>  <p>Consider: 0- I didn't follow 10- I followed exactly as recommended</p> | <p>0: Didn't follow – 0(0) 1-3: Followed very little – 0(0) 4-6: Followed sporadically – 3(7.5) 7-9: Followed very often – 12(30.0) 10: Followed exactly as recommended – 25(62.5)</p> |