

Table S1 Descriptions and interpretation of outcome scales

Scale	Items (n)	Score range; direction
ICIQ-SF	4	0–21; higher = more severe symptoms
IIQ-7	7	0–100 (percentage); higher = greater QoL impact
UDI-6/UDI	6/19	0–100; higher = greater bother
OABSS	4	0–15; higher = more severe OAB symptoms

ICIQ-SF, International Consultation on Incontinence Questionnaire-Short Form; IIQ-7, Incontinence Impact Questionnaire-7; OAB, overactive bladder; OABSS, Overactive Bladder Symptom Score; QoL, quality of life; UDI, Urogenital Distress Inventory.

Table S2 Detailed risk-of-bias assessment

Study	Random sequence generation (selection)	Allocation concealment (selection)	Blinding of participants & personnel (performance)	Blinding of outcome assessment (detection)	Incomplete outcome data (attrition)	Selective reporting (reporting)	Other bias	Overall judgement*
Lin K 2021	✓	✓	? [†]	✓	✓	✓	?	Low
Long C 2020	✓	?	✗ [‡]	?	✓	✓	?	Some concerns
Padoa A 2024	✓	✓	? [†]	✓	✗ [§]	✓	?	Some concerns
Wang 2024	✓	✓	✗ [‡]	✓	✓	✓	?	Some concerns

Cochrane RoB 2.0 domains; ✓, low risk; ?, unclear risk; ✗, high risk. *, overall judgement follows Cochrane guidance (low/some concerns/high); [†], device intervention made participant blinding difficult; sham-probe use was either not reported (unclear) or impossible; [‡], operator and patient could not be blinded; intervention nature confers a performance-bias risk; [§], >10% attrition without intention-to-treat analysis.