PFGAR ICMJE DISCLOSURE FORM

| Date: | 5/2/2024 | |
|-------------------------------|--|--|
| Your Name: | Christine MacArthur | |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT | |
| Manuscript Number (if known): | Click or tap here to enter text. | |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|--|---|
| | | Time frame: Since the initial planning | of the work |
| 1 | All support for the present | | |
| | manuscript (e.g., | PfGAR | Received on behalf of my institution |
| | funding, provision of study materials, medical writing, | | Click the tab key to add additional rows. |
| | article processing charges, etc.) No time limit for this item. | | |
| | | Time frame: past 36 month | ns |
| 2 | Grants or contracts from | | |
| | any entity (if not | NIHR Programme Grant 'Chapter' NIHR202869 | Received on behalf of my institution |
| | indicated in item #1 above). | Applied Health Collaboration West Midlands NIHR200165 | Received on behalf of my institution |
| | | The effectiveness and cost-effectiveness of Assets-based feeding help Before and After Birth (ABA) for improving breastfeeding initiation and continuation. NIHR129182 | Received on behalf of my institution |
| | | Chief Scientist Office Scotland 'ProLong20+' HIPS/17/09 | Received on behalf of my institution |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|--|--|---|
| 3 | Royalties or licenses | None | |
| 4 | Consulting fees | None None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | CRADLE4 TSC Chair NIHR Policy Research Unit Commissioning Panel | No funding for me or my institution |
| 10 | Leadership or fiduciary role in other board, | None ■ | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|------|---|--|---|
| | society, committee or advocacy group, paid or unpaid | | |
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | ⊠ None | |
| Plea | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 11/29/2022 |
|-------------------------------|---|
| Your Name: | Debra Bick |
| Manuscript Title: | APPEAL Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--------------------------------------|--|---|
| | | Time frame: Since the initial planning | of the work |
| 1 | All support for the present | [□] None | |
| | manuscript (e.g., | NIHR PfGAR funding as a study co-applicant | Payment to my institution |
| | funding, provision | | |
| | of study materials, medical writing, | | Click the tab key to add additional rows. |
| | article processing | | |
| | charges, etc.) | | |
| | No time limit for | | |
| | this item. | | |
| | | Time frame: past 36 month | s |
| 2 | Grants or contracts from | □ None | |
| | any entity (if not | NIHR RfPB Programme (NIHR202172, NIHR206660, | Payment to my institution |
| | indicated in item | NIHR202165). | |
| | #1 above). | NIHR HS&DR Programme (NIHR134293, NIHR150979, NIHR131250) | Payment to my institution |
| | | NIHR HTA Programme (NIHR131352, NIHR128721, | Payment to my institution |
| | | NIHR 16/77/02) NIHR EME (NIHR131161) | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 3 | Royalties or licenses | None | |
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | ⊠ None | |
| 10 | Leadership or fiduciary role in other board, | □ None Chair of Trustees of The MASIC Charity | Unpaid |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|------|---|--|---|
| | society, committee or advocacy group, paid or unpaid | | |
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | [⊠] None | |
| 13 | Other financial or non-financial interests | Member of HS&DR Research Funding Committee | 01/04/2020 - 31/12/2023. |
| Plea | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 12/20/2023 |
|-------------------------------|--|
| Your Name: | Victoria E Salmon |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

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The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|--|--|
| | | Time frame: Since the initial planning | of the work |
| 1 | All support for the present | □ None | |
| | manuscript (e.g., funding, provision of study materials, | National Institute of Health Research Programme Grant for Applied Research Award ID: RP-PG-0514- 20002 | Received by University of Exeter |
| | medical writing, article processing | | Click the tab key to add additional rows. |
| | charges, etc.) No time limit for this item. | | Click the tab key to add additional 1043. |
| | | Time frame: past 36 month | s |
| 2 | Grants or contracts from | □ None | |
| | any entity (if not indicated in item #1 above). | Academic Health Science Network South West. Exeter Project ID: 1355693 | Received by University of Exeter. Funds to develop video resources related to APPEAL grant |
| | | Health Innovation South West | Employment contract with Health Innovation South West alongside academic role |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|--|--|---|
| 3 | Royalties or licenses | None | |
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | NIHR Programme Grant for Applied Research RP-PG-0514-20002 | Expenses for travel/meetings/accommodation |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|------|---|--|---|
| | society, committee or advocacy group, paid or unpaid | | |
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | ⊠ None | |
| Plea | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 11/29/2022 |
|-------------------------------|--|
| Your Name: | Eleanor Jones |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

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The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|---|--|---|
| | | Time frame: Since the initial planning o | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | None Time frame: past 36 months | Click the tab key to add additional rows. |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | NIHR Advanced Fellowship | Received on my behalf by University of Birmingham |
| 3 | Royalties or licenses | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|------|---|--|---|
| 11 | Stock or stock options | [⊠] None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | ⊠ None | |
| 13 | Other financial or non-financial interests | None | |
| Plea | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 11/25/2021 |
|-------------------------------|--|
| Your Name: | Jean Hay-Smith |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| l | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|--|---|
| | | Time frame: Since the initial planning of | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | National Institute of Health Research — Programme grant for APPEAL Time frame: past 36 months | No payments to me or institution as outside the UK Click the tab key to add additional rows. |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | None | |
| 3 | Royalties or licenses | None None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | ⊠ None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|--|---|
| 11 | Stock or stock options | None EBOS (supplier of medical product including continence product) | Have some shares, with share income |
| | | | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | Cochrane Incontinence | Editor, reviewer, peer reviewer. All unpaid. |
| Please place an "X" next to the following statement to indicate your agreement: | | | |
| | I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 11/25/2022 |
|-------------------------------|--|
| Your Name: | Jon Bishop |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

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|---|--|--|---|
| | | Time frame: Since the initial planning | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | NIHR Programme Grant for Applied Research - Funder of APPEAL | Institution Click the tab key to add additional rows. |
| | | Time frame: past 36 month | S |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | None | |
| 3 | Royalties or licenses | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 4 | Consulting fees | None None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | ⊠ None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|--------|---|--|---|
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | None | |
| Plea 🖂 | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 11/25/2022 |
|-------------------------------|--|
| Your Name: | Eleni Gkini |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

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|---|---|--|---|
| | | Time frame: Since the initial planning of | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | NIHR Programme Grant for Applied Research - Funder of APPEAL Time frame: past 36 months | Institution Click the tab key to add additional rows. |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | None | |
| 3 | Royalties or licenses | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 4 | Consulting fees | None None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|---|--|---|
| 11 | Stock or stock options | [⊠] None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | ⊠ None | |
| 13 | Other financial or non-financial interests | None | |
| Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | | |

| Dat | e: | | 2/15/2024 | | | | | | |
|---|---|---------------------------------------|---|---------------------------------------|---------------------------|-----------------|---------------------|---------------------------|----------------|
| Your Name: | | | Karla Hemming | | | | | | |
| Manuscript Title: | | | APPEAL study | | | | | | |
| Mai | nuscript Number (if | known): | Click or tap here to enter text. | | | | | | |
| In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so. The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript. In item #1 below, report all support for the work reported in this manuscript without time limit. For all other items, the time frame for disclosure is the past 36 months. | | | | s may be arily the , even if | | | | | |
| | | | l entities with whom you | | eded) | - | ons/Comments | | ments were |
| | | relations | Time frame: Since | | - | | ou or to your in | stitution | |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | | one | | | Click the tab k | ey to add additiona | rows. | |
| | | | Time fr | rame: past 36 | month | S | | | |
| 2 | Grants or contracts from any entity (if not | [<u></u> N | one Project title | Host | So | urce of | Scheme/rou | Years | Funding |
| | indicated in item #1 above). | | | University | SI | upport | nd | | |
| | π1 αυσνε). | Scale-u Impact Cortico Newbo | nentation Research to p and Evaluate the of Antenatal steroids on Preterm rn Outcomes | Geneva | WHO | | NA | Jan 2023 – Dec 2027 | Unknown |
| | | Optimi: pregna | nt number sing outcomes in nt women with y and their babies: | University of Birmingha | Natio Institu Healt | ute for | Programme Grant | August 2022- August | £2,679,58 4 |

Research, UK

m

Reducing maternal seizure

2025

| Name all entities with whom you relationship or indicate none (ad | | eded) | | ons/Comments ou or to your in | | ments were |
|--|------------------------------------|-----------------------|----------------------|--|---|------------------------------------|
| risks and assessing long-term safety of antiepileptic drugs | | NIH 56 | IR2041 | | | |
| C-Safe: Optimising maternal and perinatal outcomes through safe and appropriate caesarean sections in low- and middle-income countries (LMIC) MR/V035282/1 | University of Birmingha m | MRC | i | Programme Grant (5 years) | Jan 2023- Dec 2027 | |
| Evaluating 912 in Rwanda: an interrupted time series evaluation NIHR203062 | University of Birmingha m | Healt | ute for | RIGHT call | June 2022 – June 2027 | £3,500,00 0 |
| Developing guidance for design and conduct of cluster randomised trials Cant locate | University of Birmingha m | Medi Resea Coun | | Develop guidance for better research methods | August 2022- January 2024 | £59,976 |
| Geostatistical design and analysis of randomised evaluations with a geographic basis | University of Birmingha m | Medi Resea Coun | | Research Grant | Septemb er 2021- Septemb er 2024 | £190,07 8 |
| MR/V038591/1 Improving testing for cardiometabolic diseases in women with previous gestational diabetes mellitus: an exemplar study on implementation and evaluation of a novel dAta-DrIven rANdomised clinical Trial platform in primary care (RADIANT) | University of Birmingha m | Healt Resea | ute for | Research for Patient Benefit | Novemb er 2021- October 2023 | £345,88 5 |
| Ethical issues in cluster randomized trials: using stakeholder and patient engagement to generate guidance for the ethical design and conduct of trials evaluating clinical, health policy, health systems, and public health interventions | University of Ottawa | Healt Resea | ute for h arch | Project grant | October 2022 – Septemb er 2025 | \$531,674 (Canadian dollars) |
| An International Collaboration to Implement and Evaluate at Scale the Active Prevention and Treatment MR/V005782/1 | University of Liverpool | - | /MRC/NIH elcome | Joint Global Health Trials Committee | October 2020- October 2024 | £503,487 |

| | | Name all entities with whom you relationship or indicate none (ad | | eded) | | ons/Comments ou or to your in | | ments were |
|---|--|--|--------------------------------------|---|---|----------------------------------|--|--|
| | | Effect of urban vs rural context on effectiveness of a community intervention to prevent diarrhoea and stunting in young children in Mali | University of Birmingha m | Media Resea Coun UK MR O11 | rch cil, /To30 | Trials in Global Health | March 2020- March 2023 | £381,205 |
| | | Making football safe for women: implementing an injury prevention program | LaTrobe University , Australia | Austr Natio and N Resea | alian nal Health Medical arch cil Grant | Partnership project | Septemb er 2019 – Septemb er 2023 | \$696, 743 (Australia n dollars) |
| | | Early detection and treatment of post-partum hemorrhage using the MOTIVE bundle: a World Health Organization cluster randomized trial with health economic analysis (the E-MOTIVE study) | University of Birmingha m | Found | nd Ida Gates Idation IOO1393 | NA | Septemb er 2020 – Septemb er 2024 | \$9,350,31 5 (US dollars) |
| 3 | Royalties or licenses | None None | | | | | | |
| 4 | Consulting fees | None | | | | | | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | | | | | | |
| 6 | Payment for expert testimony | None None | | | | | | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) | | | |
|-----------|---|--|---|--|--|--|
| 7 | Support for attending meetings and/or travel | None | | | | |
| 8 | Patents planned, issued or pending | ⊠ None | | | | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | [⊠] None | | | | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | | | | |
| 11 | Stock or stock options | None | | | | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | | | | |
| 13 | Other financial or non-financial interests | None | | | | |
| Plea | Please place an "X" next to the following statement to indicate your agreement: | | | | | |
| [oxtimes] | I certify that I have | answered every question and have not altered the wo | rding of any of the questions on this form. | | | |

| Date: | | | 14.12.23 | | |
|-------------------|--|---------------------------------------|--|--|--|
| Your Name: | | | Sara Webb | | |
| Manuscript Title: | | | Teaching effective pelvic floor muscle exercises in antenatal care: design and development of a training package for community midwives in the United Kingdom. | | |
| Ma | anuscript Number (if | known): | Click or tap here to enter text. | | |
| cor aff inc | ntent of your manusc fected by the content dicate a bias. If you ar | ript. "Rela of the ma e in doub | ated" means any relation with for-profit or no nuscript. Disclosure represents a commitment t about whether to list a relationship/activity | /interest, it is preferable that you do so. | |
| ер | | ension, yo | • | example, if your manuscript pertains to the acturers of antihypertensive medication, even if | |
| | item #1 below, report ame for disclosure is th | | | ithout time limit. For all other items, the time | |
| | | | all entities with whom you have this aship or indicate none (add rows as | Specifications/Comments (e.g., if payments were made to you or to your institution) | |
| | | | Time frame: Since the initial planning | of the work | |
| 1 | A11 . C . I | l | | | |
| | All support for the | | None | | |
| | present manuscript (e.g., funding, | 1 <u> </u> | nal Institute of Health Research UK grant | Grant funding to Institution | |
| | present manuscript (e.g., funding, provision of study | Nation | | Article processing charge | |
| | present manuscript (e.g., funding, provision of study materials, medical | Nation | nal Institute of Health Research UK grant | | |
| | present manuscript (e.g., funding, provision of study | Nation | nal Institute of Health Research UK grant | Article processing charge | |
| | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) | Nation | nal Institute of Health Research UK grant | Article processing charge | |
| | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for | Nation | nal Institute of Health Research UK grant | Article processing charge | |
| | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) | Nation | nal Institute of Health Research UK grant rsity of Exeter | Article processing charge Click the tab key to add additional rows. | |
| | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for | Nation Univer | nal Institute of Health Research UK grant rsity of Exeter Time frame: past 36 month | Article processing charge Click the tab key to add additional rows. | |
| 2 | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or | Nation Univer | nal Institute of Health Research UK grant rsity of Exeter | Article processing charge Click the tab key to add additional rows. | |
| 2 | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or contracts from | Nation Univer | nal Institute of Health Research UK grant rsity of Exeter Time frame: past 36 month | Article processing charge Click the tab key to add additional rows. | |
| 2 | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or | Nation Univer | Time frame: past 36 month | Article processing charge Click the tab key to add additional rows. | |
| 2 | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or contracts from any entity (if not indicated in item #1 | Nation Univer | Time frame: past 36 month | Article processing charge Click the tab key to add additional rows. | |
| 2 | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or contracts from any entity (if not indicated | Nation Univer | Time frame: past 36 month | Article processing charge Click the tab key to add additional rows. | |
| 2 | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or contracts from any entity (if not indicated in item #1 | Nation Univer | Time frame: past 36 month | Article processing charge Click the tab key to add additional rows. | |
| | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or contracts from any entity (if not indicated in item #1 above). Royalties or | Nation Univer | Time frame: past 36 month None nal Institute of Health Research UK grant Time frame: past 36 month None nal Institute of Health Research PGfR 02869 | Article processing charge Click the tab key to add additional rows. | |
| | present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. Grants or contracts from any entity (if not indicated in item #1 above). Royalties or | Nation Univer | Time frame: past 36 month None nal Institute of Health Research UK grant Time frame: past 36 month None nal Institute of Health Research PGfR 02869 | Article processing charge Click the tab key to add additional rows. | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 4 | Consulting fees | ✓ None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None | |
| 6 | Payment for expert testimony | ✓ None | |
| 7 | Support for attending meetings and/or travel | ✓ None | |
| 8 | Patents planned, issued or pending | ✓ None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | ✓ None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | ✓ None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|--|--|---|
| 11 | Stock or stock options | ✓ None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | ✓ None | |
| 13 | Other financial or non- financial interests | ✓ None | |

Please place an "X" next to the following statement to indicate your agreement:

× I certify that I have answered every question and have not altered the wording of any of the questions on this form.

| Date: | 12/15/2023 |
|-------------------------------|--|
| Your Name: | Mark Pearson |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|-----------------------------------|---|--|---|
| | | Time frame: Since the initial planning | of the work |
| present manuscri funding, p | provision materials, writing, occessing etc.) | None Time frame: past 36 months | Click the tab key to add additional rows. |
| 1 ' | ts from ity (if not ed in item | Research grants from: EU Horizon Europe Award 101057292; MRC Public Health Intervention Development(MR/X503034/1); National Health & Medical Research Council (GNT2010701); National Health & Medical Research Council Medical Research Future Fund; NIHR Health Services & Delivery Research (131606; 132931; 135128); NIHR Policy Research Programme (206122); NIHR Programme Grant for Applied Research (203682); NIHR Public Health Research (158758); NIHR Research for Patient Benefit (203123; 204349; 204312; 206252); NIHR School for Social Care | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|---|---|
| | | Research; UKRI Arts & Humanities Research Council; Yorkshire Cancer Research (RA/2021/R2/108) | |
| 3 | Royalties or licenses | None None | |
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety | ⊠ None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) | |
|-------------|---|--|---|--|
| | Monitoring Board or Advisory Board | | | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | | |
| 11 | Stock or stock options | None | | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | | |
| 13 | Other financial or non-financial interests | Member of the NIHR HS&DR Funding Committee 01/01/19-31/01/22 | | |
| Plea [⊠] | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | | |

| Date: | 11/25/2022 |
|-------------------------------|--|
| Your Name: | Tim Coleman |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|---|--|---|
| | | Time frame: Since the initial planning | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | None None | Click the tab key to add additional rows. |
| | | Time frame: past 36 month | ns |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | None Research grants from NIHR | Received on my behalf by University of Nottingham. |
| | | Two other NIHR research programmes. NIHR Senior Investigator Award (2017 to date) NIHR HTA RCT grant NIHR Programme Development Grant (awarded, not yet active) | RP-PG-0109-10020 &RP-PG-0615-20003 NIHR205052 HTA Project:NIHR129210 NIHR206513 |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|--|--|---|
| 3 | Royalties or licenses | None None | |
| 4 | Consulting fees | None None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None None | |
| 10 | Leadership or fiduciary role in other board, | ⊠ None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|------|--|--|---|
| | society, committee or advocacy group, paid or unpaid | | |
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | None HTA Clinical Evaluation and Trials Committee (2015 to 2019) Programmes for Applied Health Research (NIHR committee). 2022 to date NIHR Health for Patient Benefit Committee (E Mids). 2022 to date | |
| Plea | Please place an "X" next to the following statement to indicate your agreement: | | |

I certify that I have answered every question and have not altered the wording of any of the questions on this form.

| Date: | 1/2/2024 |
|-------------------------------|--|
| Your Name: | Rohini Terry |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|---|---|
| | | Time frame: Since the initial planning | of the work |
| | All support for the present | □ None | |
| | manuscript (e.g., funding, provision of study materials, medical writing, | National Institute of Health Research (NIHR) Programme Grant for Applied Research. Award ID: RP-PG-0514-20002 | Received on my behalf by the University of Exeter |
| | article processing charges, etc.) | | Click the tab key to add additional rows. |
| 2 | Grants or contracts from | Time frame: past 36 month | ns |
| | any entity (if not indicated in item #1 above). | NIHR Research for Patient Benefit "What are the barriers to health promotion advice delivered by staff working in urgent care and emergency departments? – promoted study: NIHR204030 | Received on my behalf by the University of Exeter (co-app) |
| | | NIHR Health Technology Assessment "CPOP" Award ID: NIHR 151938 | Received on my behalf by the University of Exeter (named researcher) |
| | | NIHR School for Primary Care Research – Exeter internal fund, "Pflexi" Award code: SPCR-R-FR1-(513), Exeter Project ID: 856766 | Received on my behalf by the University of Exeter (named researcher) |
| | | NIHR Research for Patient Benefit "Mikrobe" Award ID: NIHR 200428 | Received on my behalf by the University of Exeter (researcher) |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|--|---|---|
| 3 | Royalties or licenses | None | |
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | □ None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | Image: square of the square o | |
| 10 | Leadership or fiduciary role in other board, | None | |

| | | | ons/Comments (e.g., if payments were ou or to your institution) |
|-------------|--|-----------|---|
| | society, committee or advocacy group, paid or unpaid | | |
| 11 | Stock or stock options | None None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | None | |
| Plea | Please place an "X" next to the following statement to indicate your agreement: | | |
| \boxtimes | I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 12/1/2022 |
|-------------------------------|----------------------------------|
| Your Name: | Elizabeth Edwards |
| Manuscript Title: | Click or tap here to enter text. |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | | tities with whom you have this or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|---|----------|--|---|
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | [⊠] None | Time frame: Since the initial planning | of the work Click the tab key to add additional rows. |
| | | | Time frame: past 36 month | S |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | ⊠ None | | |
| 3 | Royalties or licenses | ⊠ None | | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|------|--|--|---|
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | None | |
| Plea | Please place an "X" next to the following statement to indicate your agreement: | | |
| | I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 8/26/2021 |
|-------------------------------|--|
| Your Name: | Helena Frawley |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|---|---|---|
| | | Time frame: Since the initial planning of | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | None | Click the tab key to add additional rows. |
| | | Time frame: past 36 months | s |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | Support from Medical Research Future Fund (Australia) and Victorian Cancer Agency (Australia), received on my behalf by The University of Melbourne | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|--|---|
| 3 | Royalties or licenses | None None | |
| 4 | Consulting fees | None None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | □ None I am a member of the Trial Advisory and Safety Committee for a randomized controlled trial that I lead | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|--------|---|--|---|
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | |
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | None | |
| Plea 🖂 | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 1/3/2024 |
|-------------------------------|---|
| Your Name: | Eivor Oborn |
| Manuscript Title: | Antenatal pelvic floor muscle exercise intervention led by midwives to reduce postnatal urinary incontinence: APPEAL research programme including a feasibility and pilot randomised controlled trial |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|---|--|---|
| | | Time frame: Since the initial planning of | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing charges, etc.) No time limit for this item. | NIHR ARC West Midlands Time frame: past 36 months | Click the tab key to add additional rows. |
| 2 | Grants or contracts from any entity (if not indicated in item #1 above). | None | |
| 3 | Royalties or licenses | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----|---|--|---|
| 4 | Consulting fees | None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None None | |
| 6 | Payment for expert testimony | None | |
| 7 | Support for attending meetings and/or travel | None | |
| 8 | Patents planned, issued or pending | None | |
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----------|---|--|---|
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | ⊠ None | |
| 13 | Other financial or non-financial interests | None | |
| Plea [⊠] | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |

| Date: | 12/20/2023 |
|-------------------------------|---|
| Your Name: | Sarah Dean |
| Manuscript Title: | •Antenatal pelvic floor muscle exercise intervention to reduce postnatal urinary incontinence: the Antenatal Preventative Pelvic floor Exercises And Localisation (APPEAL) research programme including a feasibility and pilot cluster RCT |
| Manuscript Number (if known): | Click or tap here to enter text. |

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|--|--|
| | | Time frame: Since the initial planning | of the work |
| 1 | All support for the present manuscript (e.g., funding, provision of study materials, medical writing, article processing | National Institute of Health Research (NIHR) Programme Grant for Applied Research. Award | Funding received on my behalf by the University of Exeter |
| | | ID: RP-PG-0514-20002 NIHR Applied Research Collaboration: South West Peninsula (PenARC). | Funding received on my behalf by the University University of Exeter |
| | charges, etc.) No time limit for this item. | Academic Health Science Network South West. Exeter Project ID: 1355693 | C Funding received on my behalf by the University of Exeter lick the tab key to add additional rows. |
| | Time frame: past 36 months | | |
| 2 | Grants or contracts from | □ None | |
| | any entity (if not indicated in item | NIHR Health Technology Assessment "CPOP" Award ID: NIHR 151938 | Grant funding received on my behalf by the University of Exeter |
| | #1 above). | NIHR Research for Patient Benefit "Understanding Discordance" Award ID: NIHR 204099 | Grant funding received on my behalf by the University of Exeter |
| | | NIHR Programme Grant for Applied Research "PERFORM" Award ID: NIHR 202020 | Grant funding received on my behalf by the University of Exeter |
| | | NIHR Programme Grant for Applied Research "PROGROUP" Award ID: NIHR 201038 | Grant funding received on my behalf by the University of Exeter |
| | | NIHR Programme Grant for Applied Research "SPOCC" Award ID: NIHR 201070 | Grant funding received on my behalf by the University of Exeter |
| | | NIHR Research for Patient Benefit "Mikrobe" Award ID: NIHR 200428 | Grant funding received on my behalf by the University of Exeter |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|---|--|--|---|
| | | Gillings Family Foundation "The ERICA Trial" Exeter Project ID: 943008 The Stroke Association "Evaluating Peer Support" Exeter Project ID: 901902 NIHR School for Primary Care Research – Exeter internal fund, "Pflexi" Award code: SPCR-R-FR1-(513), Exeter Project ID: 856766 | Grant funding received on my behalf by the University of Exeter Grant funding received on my behalf by the University of Exeter Grant funding received on my behalf by the University of Exeter |
| 3 | Royalties or licenses | □ None John Wiley & Sons | Textbook royalties paid to me |
| 4 | Consulting fees | None None | |
| 5 | Payment or honoraria for lectures, presentations, speakers bureaus, manuscript writing or educational events | None | |
| 6 | Payment for expert testimony | ⊠ None | |
| 7 | Support for attending meetings and/or travel | NIHR Programme Grant for Applied Research RP-PG-0514-20002 Health Research Council, New Zealand "COPER" Project ID 21/826 Health Research Council, New Zealand, "i-Self Help" Project ID 18/254 | Expenses reimbursed to me for travel / meetings / conference attendances Expenses reimbursed to me for travel / attend meetings Expenses reimbursed to me for travel / attend meetings |
| 8 | Patents planned, issued or pending | ⊠ None | |

| | | Name all entities with whom you have this relationship or indicate none (add rows as needed) | Specifications/Comments (e.g., if payments were made to you or to your institution) |
|----------|---|--|---|
| 9 | Participation on a Data Safety Monitoring Board or Advisory Board | None | |
| 10 | Leadership or fiduciary role in other board, society, committee or advocacy group, paid or unpaid | NIHR Programme Grant for Applied Research funding panel committee The Stroke Association research funding panel | Membership since 2021-ongoing Membership since 2018-ongoing |
| 11 | Stock or stock options | None | |
| 12 | Receipt of equipment, materials, drugs, medical writing, gifts or other services | None | |
| 13 | Other financial or non-financial interests | None | |
| Plea [⊠] | Please place an "X" next to the following statement to indicate your agreement: I certify that I have answered every question and have not altered the wording of any of the questions on this form. | | |