**Abstract:** A submission of no more than 450 words that include Objectives, Methods, Results, and Conclusions of a study and up to 2 figures and/or tables. All tables must be submitted in WORD. Legends MUST appear in the body of the abstract and clearly labeled. DO NOT include legends with your figures and tables uploads. Figures and tables will appear at the end of your abstract on the proof and for publication.

**Figures and Tables Limit:** You may add a total of two figures and/or tables. **Tables must be submitted as a Word document**. **DO NOT** include legends with your figure/table upload. All legends should appear in the body of the abstract and be clearly labeled. Figures and tables cannot be in color. Figures and tables will appear at the end of your abstract, both on the proof and for publication.

**Title (xx/80 characters):** Women on the Go: A Randomized Controlled Trial

**Objectives:** (1) To compare the proportion of participants who engaged weekly, for four weeks, with Women on the Go, an online continence promotion program, in the arm with and without tailoring; (2) To explore if tailoring increased adoption and maintenance of health behaviors that promote continence.

**Methods:**

Participants were recruited through paid advertisements on social media (e.g., Facebook) and cooperative efforts with community agency partners nationwide.

A two-arm, parallel, randomized, controlled trial of Women on the Go compared standard weekly reminders to tailored weekly reminders. Women in the treatment arm received tailored reminders for 12 weeks based on their weekly characteristics, symptoms, behaviors, and subsequent inputs assessed through 3-5 questions. Women randomized to the comparator group received weekly emails for 12 weeks inviting them to return to the program.

The primary outcome is the proportion of participants who engage with the program at least weekly in the first four weeks because we hypothesize participants will utilize the program most during this period. We will also assess health behavior changes and symptom reduction over 24 weeks to explore the impacts of tailoring over time.

**Results:**

**Conclusions:**

**Table 1.** Sample Description Stratified by Allocation Arm.

|  |  |  |  |
| --- | --- | --- | --- |
| **Characteristic** | **Control Arm (N=226)** | **Treatment Arm (N=219)** | **P-value** |
| Age (y) | 60.1 ± 8.2 | 59.7 ± 7.9 | .593 |
| BMI (kg/m2) | 29.1 ± 7.3 | 28.3 ± 7.2 | .287 |
| Race  American Indian or Alaska Native  Asian or Asian American  Black or African American  Native Hawaiian or Pacific Islander  White  More than one race  Other  Do not wish to provide | 4 (1.8)  3 (1.3)  41 (18.1)  0 (0)  174 (77.0)  1 (0.4)  1 (0.4)  2 (0.9) | 2 (0.9)  3 (1.4)  34 (15.5)  0 (0)  175 (79.9)  3 (1.4)  1 (0.5)  1 (0.5) | .863 |
| Ethnicity Hispanic, Latina, or Spanish origin | 5 (2.2) | 4 (1.8) | .564 |
| Education  8th grade or lower  Some high school  High school diploma or GED  Vocational school or other specialized training  Some college  College degree (Associate’s or Bachelor’s)  Master’s or Doctorate degree | 0 (0)  0 (0)  4 (1.8)  10 (4.4)  13 (5.8)  85 (37.6)  114 (50.4) | 0 (0)  0 (0)  7 (3.2)  5 (2.3)  23 (10.5)  67 (30.6)  117 (53.4) | .120 |
| Work status  Retired  Not working due to a disability  Not working for another reason  Stay at home parent or caregiver  Working full-time  Working part-time  Looking for work | 60 (26.5)  3 (1.3)  5 (2.2)  5 (2.2)  131 (58.0)  22 (9.7)  0 (0) | 60 (27.4)  6 (2.7)  5 (2.3)  1 (0.5)  118 (53.9)  29 (13.2)  0 (0) | .392 |
| Health insurance  I do not have any health insurance  Medicare  Medicaid  A plan provided by an employer or union  A plan purchased directly from an insurance company, through an insurance exchange, or through a group such as AARP  TRI-CARE, CHAMPUS, or CHAMP-VA  I get care from the Department of Veterans Affairs  Something else  I’m not sure | 2 (0.9)  71 (51.1)  31 (13.7)  113 (50.0)  46 (20.4)  5 (2.2)  5 (2.2)  3 (1.3)  1 (0.4) | 3 (1.4)  68 (48.9)  31 (14.2)  108 (49.3)  28 (12.8)  7 (3.2)  3 (1.4)  11 (5.0)  2 (0.9) | .628  .934  .894  .885  **.032**  .522  .504  **.026**  .544 |
| Medical history  High blood pressure  Diabetes  Obesity  Memory problems  Anxiety  Depression  Cancer  Chronic pain | 57 (25.2)  12 (5.3)  46 (20.4)  16 (7.1)  72 (31.9)  66 (29.2)  5 (2.2)  32 (14.2) | 58 (26.5)  13 (5.9)  40 (18.3)  11 (5.0)  60 (27.4)  52 (23.7)  7 (3.2)  40 (18.3) | .761  .774  .577  .364  .303  .192  .522  .240 |
| Surgical history  Hysterectomy  Cholecystectomy  Surgery for pelvic or prolapse  Mesh sling for urinary incontinence  Other surgery for urinary incontinence  Surgery for bowel incontinence | 36 (15.9)  30 (13.3)  5 (2.2)  7 (3.1)  15 (6.6)  0 (0) | 36 (15.9)  20 (9.1)  6 (2.7)  6 (2.7)  10 (4.6)  3 (1.4) | .884  .167  .720  .823  .343  .077 |
| Overall health excellent or very good | 94 (41.6) | 112 (51.1) | **.043** |

**Table 2.** Differences from baseline to 4 months in the control group compared with the treatment group

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Control group** | | | | **Treatment group** | | | |
|  | **Baseline** | **1 month** | **Delta** | **P-value** | **Baseline** | **1 month** | **Delta** | **P-value** |
| BMI (kg/m2) | 29.1 ± 7.3 |  |  |  | 28.3 ± 7.2 |  |  |  |
| ICIQ-UI SF |  |  |  |  |  |  |  |  |
| SMIS |  |  |  |  |  |  |  |  |

Variables to compare baseline versus 1 month

Overall health rating

BMI

Kegel frequency

1 month info that would be interesting to look at

Satisfaction with program

GPI – level of improvement

EPI – percent improvement

Would recommend WotG

Program page visits