

Supplementary File 1. LEI Interview guide.

Objective	Open-ended questions
A. Understanding the emotions and daily lives of women with urinary incontinence	- Thinking about your experience, how would you describe urinary incontinence? - How would you define it yourself? What does it represent for you? - How does incontinence affect your life and your daily activities? - Would you like to share a specific episode in which you particularly felt the impact of incontinence? - How do you perceive the changes in your body as a result of urine leakage? - How did you feel when you realized you were experiencing urine leakage? What emotions did you feel? - And now, how do you feel when you notice urine leakage? What emotions do you experience? - Who did you confide in or discuss with when you had the first episodes of incontinence? <i>[Was it with experts, friends, family members, confidants, or perhaps peers?]</i> - Who do you talk to about it today? - What strategies have been suggested to you for dealing with incontinence? - Have you ever talked to anyone about any sexual issues related to incontinence? Who did you talk to? - What kind of discomfort do you experience in this regard, and how do you feel about it? <i>[If applicable]</i> - How have these discomforts affected your sexual desire, initiative, or relationship life? - How does your [cultural or social] context influence the way you perceive, cope with, or talk about incontinence?
B. Understanding the behavioral strategies implemented to cope with the problem	- Can you tell me how you cope with the problem of urinary incontinence? <i>[To bring out strategies, treatments, behaviors, or tools]</i> - Due to urinary leakage, are there any activities, moments in life, or situations you have had to give up for a certain period? - Have you had to make any permanent sacrifices? Would you like to share what they are? - How do you feel when you do physical activity or are at an event with other people? - What do you think about the information you have gathered on urinary incontinence? - How has this information influenced the way you approach the issue? - What do you think about the sources of information you have used? - Are there any treatments or solutions you have received information about that you would like to try personally?
C. Collecting women's perceptions regarding their experience with urinary incontinence care	- What made you decide to contact the pelvic floor rehabilitation clinic? - Can you tell me if there was a moment, situation, or person who suggested or encouraged you to seek help? - What sensations do you experience while undergoing treatment for your condition? <i>[To bring out the emotions felt during the care process]</i> - How do you perceive your current health? - What do you hope for the future regarding your health? <i>[perineal health]</i> - Is there anything we, as healthcare professionals, could do to improve or change what we do for you?