Supplementary Fig. 3. Forest plots comparing pre-post study outcomes (subgroup-analysis by types of α1-blockers). The evaluated outcomes included urinary symptom score (A), maximal flow rate (B), and postvoid residual urine volume (C). SD, standard deviation; CI, confidence interval; df, degrees of freedom.

### Urinary symptom score

| Study and Subgroup | Post-treatment Mean | Pre-treatment Mean | Mean Difference | Mean Difference 95% Confidence Interval |
|--------------------|---------------------|-------------------|----------------|----------------------------------------|
| **Male**           |                     |                   |                |                                        |
| Africare           | 14.2                | 14.6              | -0.4           | [-0.7, -0.1]                           |
| Lee 2013           | 14.7                | 14.2              | 0.5            | [0.2, 0.8]                             |
| **Subgroup C**     | 13.8                | 14.5              | -0.7           | [-1.0, -0.4]                           |
| **Heterogeneity**  |                     |                   |                |                                        |
| Tau²               | 0.21                |                   |                |                                        |
| Q                   | 6.9                 |                   |                |                                        |
| **Test for overall effect** | 2.39 (P = 0.023) |                   |                |                                        |

### Maximal flow rate

| Study and Subgroup | Post-treatment Mean | Pre-treatment Mean | Mean Difference | Mean Difference 95% Confidence Interval |
|--------------------|---------------------|-------------------|----------------|----------------------------------------|
| **Male**           |                     |                   |                |                                        |
| Africare           | 4.5                 | 4.6               | -0.1           | [-0.2, 0.0]                            |
| Lee 2013           | 4.3                 | 4.2               | 0.1            | [0.0, 0.2]                             |
| **Subgroup C**     | 4.2                 | 4.3               | -0.1           | [-0.2, 0.0]                            |
| **Heterogeneity**  |                     |                   |                |                                        |
| Tau²               | 0.003               |                   |                |                                        |
| Q                   | 0.5                 |                   |                |                                        |
| **Test for overall effect** | 1.49 (P = 0.019) |                   |                |                                        |

### Postvoid residual urine

| Study and Subgroup | Post-treatment Mean | Pre-treatment Mean | Mean Difference | Mean Difference 95% Confidence Interval |
|--------------------|---------------------|-------------------|----------------|----------------------------------------|
| **Male**           |                     |                   |                |                                        |
| Africare           | 18.0                | 18.9              | -1.0           | [-1.4, -0.6]                           |
| Lee 2013           | 18.0                | 18.3              | -0.3           | [-0.6, 0.0]                            |
| **Subgroup C**     | 18.1                | 18.5              | -0.4           | [-0.7, -0.1]                           |
| **Heterogeneity**  |                     |                   |                |                                        |
| Tau²               | 0.022               |                   |                |                                        |
| Q                   | 1.9                 |                   |                |                                        |
| **Test for overall effect** | 2.47 (P = 0.026) |                   |                |                                        |