Study	Experimental			Control			Mean Difference	MD	95%–CI	Weight (common)	Weight (random)
	Total	Mean	SD	Total	Mean	SD					
(Nenadic et al., 2017)	22	−1.25	4.6300	70	−0.22	5.5700		−1.03	[−3.36; 1.30]	7.9%	16.8%
(Kaufmann et al., 2019)	459	2.07	7.3900	459	0.00	6.7200		2.07	[1.16; 2.98]	51.4%	23.0%
(Shahab et al., 2019) – First sample	53	0.14	16.9600	41	0.67	14.7300		−0.53	[−6.95; 5.89]	1.0%	5.4%
(Van Gestel H. et al., 2019)	41	0.83	5.5900	45	−0.15	5.6500		0.98	[−1.40; 3.36]	7.6%	16.6%
(Van Gestel H. et al., 2019) – No lithium	43	4.96	5.6200	45	−0.15	5.6500		5.11	[2.75; 7.47]	7.7%	16.7%
(Tonnesen et al., 2020)	185	−0.02	8.5300	990	−2.77	8.0000		2.75	[1.42; 4.08]	24.4%	21.4%
Common effect model	**803**			**1650**				**2.12**	**[1.46; 2.77]**	**100.0%**	**.**
Random effects model								**1.88**	**[0.19; 3.57]**	**.**	**100.0%**

Heterogeneity: $I^2 = 68.0\%$, $\tau^2 = 3.0119$, $p = 0.0081$