Study	Total	Experimental Mean	SD	Total	Control Mean	SD	Mean Difference	MD	95%–CI	Weight (common)	Weight (random)
(Kaufmann et al., 2019)	208	0.86	6.5300	208	0.00	6.2800		0.86	[−0.37; 2.09]	10.6%	10.6%
(Bashyam et al., 2020)	204	0.73	5.5700	204	0.11	6.1600		0.62	[−0.52; 1.76]	12.3%	12.3%
(Christman et al., 2020)	76	7.46	7.5600	94	7.33	5.5400		0.13	[−1.91; 2.17]	3.9%	3.9%
(Christman et al., 2020) – Late life	118	3.69	7.1600	36	−1.23	7.6200		4.92	[2.12; 7.72]	2.0%	2.0%
(Han et al., 2020)	2675	0.68	8.8200	2126	−0.20	8.4400		0.88	[0.39; 1.37]	66.6%	66.6%
(Kuo et al., 2020)	30	2.16	5.5500	109	0.17	4.6200		1.99	[−0.18; 4.16]	3.4%	3.4%
(Dunlop et al., 2021)	112	5.49	12.6500	97	3.38	14.0600		2.11	[−1.54; 5.76]	1.2%	1.2%
Common effect model	**3423**			**2874**				**0.95**	**[0.55; 1.35]**	**100.0%**	**.**
Random effects model								**0.95**	**[0.55; 1.35]**	**.**	**100.0%**

Heterogeneity: $I^2 = 40.1\%$, $\tau^2 < 0.0001$, $p = 0.1240$

−6 −4 −2 0 2 4 6