| Study | Experimental | | | Control | | | Mean Difference | MD | 95%–CI | Weight (common) | Weight (random) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | Total | Mean | SD | Total | Mean | SD | | | | | |
| Estudo A | 45 | 5.10 | 1.0000 | 55 | 2.00 | 1.1000 | | 3.10 | [2.69; 3.51] | 21.3% | 20.5% |
| Estudo B | 42 | 4.80 | 0.9000 | 50 | 1.90 | 1.0000 | | 2.90 | [2.51; 3.29] | 23.9% | 21.2% |
| Estudo C | 38 | 6.00 | 1.2000 | 65 | 2.50 | 1.3000 | | 3.50 | [3.00; 4.00] | 14.7% | 18.1% |
| Estudo D | 40 | 5.50 | 1.0000 | 48 | 2.20 | 1.0000 | | 3.30 | [2.88; 3.72] | 20.5% | 20.3% |
| Estudo E | 50 | 6.20 | 1.1000 | 60 | 2.30 | 1.2000 | | 3.90 | [3.47; 4.33] | 19.5% | 20.0% |
| **Common effect model** | **215** | | | **278** | | | | **3.31** | **[3.12; 3.50]** | **100.0%** | **.** |
| **Random effects model** | | | | | | | | **3.33** | **[2.99; 3.67]** | **.** | **100.0%** |

Heterogeneity: $I^2 = 69.4\%$, $\tau^2 = 0.1050$, $p = 0.0110$