	Experimental Control					Control	Standardised Mean			
Study	Total	Mean	SD	Total	Mean	SD	Difference	SMD	95%-CI	Weight
Hagstrom2002	87	6.83	1.2800	87	6.81	6.8100		0.00	[-0.29; 0.30]	13.5%
Schillaci2011	24	5.10	0.7000	48	5.20	5.2000		-0.02	[-0.51; 0.47]	5.0%
Ogard2005	45	4.40	1.0000	40	4.60	4.6000		-0.06	[-0.49; 0.36]	6.6%
Cansu2015	17	5.52	0.7000	15	5.54	5.5400	+	-0.01	[-0.70; 0.69]	2.5%
Farahnak2011	49	5.76	0.8000	49	5.71	5.7100		0.01	[-0.38; 0.41]	7.6%
Luboshitzky2009	139	5.25	0.9956	111	5.30	5.3039	- 1	-0.01	[-0.26; 0.24]	19.1%
Ring2012	48	5.74	0.8000	48	5.74	5.7400		0.00	[-0.40; 0.40]	7.4%
Hagstrom2006	30	6.91	1.2000	30	6.83	6.8300		0.02	[-0.49; 0.52]	4.6%
Kaji2010	116	5.19	0.9051	116	5.53	5.5340		-0.09	[-0.34; 0.17]	18.0%
Christensson1977	44	6.60	0.2000	44	7.20	7.2000		-0.12	[-0.54; 0.30]	6.8%
Propocio2013	18	5.84	1.0300	64	5.34	5.3400		0.10	[-0.42; 0.63]	4.3%
Luigi2012	30	5.88	0.6775	30	4.97	4.9651	-	- 0.25	[-0.25; 0.76]	4.6%
Random effects model	647			682			<u> </u>	-0.01	[-0.06; 0.04]	100.0%
Heterogeneity: $I^2 = 0\%$, $\tau^2 = 0$, p = 1.0	0					-0.6 -0.4 -0.2 0 0.2 0.4 0.6			