	Experimental					Control	Standardised Mean										
Study	Total	Mean	SD	Total	Mean	SD			Diff	erence				SMD	95%	-CI	Weight
Hagstrom2002	87	6.83	1.2800	87	6.81	1.2700			+	-				0.02	[-0.28; 0	31]	8.6%
Schillaci2011	24	5.10	0.7000	48	5.20	0.7000			-	-				-0.14	[-0.63; 0	35]	8.3%
Ogard2005	45	4.40	1.0000	40	4.60	0.8000			-	-				-0.22	[-0.64; 0	21]	8.4%
Cansu2015	17	5.52	0.7000	15	5.54	0.4700			\dashv	-				-0.03	[-0.73; 0	66]	7.8%
Farahnak2011	49	5.76	0.8000	49	5.71	1.0200			-	-				0.05	[-0.34; 0	45]	8.5%
Luboshitzky2009	139	5.25	0.9956	111	5.30	1.0551			+	-				-0.05	[-0.30; 0	20]	8.7%
Ring2012	48	5.74	0.8000	48	5.74	0.8000			+	-				0.00	[-0.40; 0	40]	8.5%
Hagstrom2006	30	6.91	1.2000	30	6.83	1.3000			_					0.06	[-0.44; 0	57]	8.3%
Kaji2010	116	5.19	0.9051	116	5.53	0.9904			-+					-0.36	[-0.62; -0	10]	8.7%
Christensson1977	44	6.60	0.2000	44	7.20	0.2000								-2.97	[-3.59; -2	36]	8.0%
Propocio2013	18	5.84	1.0300	64	5.34	0.7300					<u> </u>			0.62	[0.08; 1	15]	8.2%
Luigi2012	30	5.88	0.6775	30	4.97	0.4525					+	\vdash		1.57	[0.99; 2	15]	8.1%
Random effects model	647			682					_<	>				-0.12	[-0.76; 0	53]	100.0%
Heterogeneity: $I^2 = 91\%$, $\tau^2 = 0.9340$, $\rho < 0.01$							-3	-2	-1	0	1	2	3				