		Experimental			Control		Standardised Mean Difference	SMD	95%–CI	Weight
Study	Total	Mean	SD	Total	Mean	SD				
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		−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		0.62	[0.08; 1.15]	8.2%
Luigi2012	30	5.88	0.6775	30	4.97	0.4525		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%, τ^2 = 0.9340, $p < 0.01$

Test for overall effect: t_{11} = −0.40 (p = 0.70)