Std. Mean Difference Study Change SE 95% CI Weight IV, Fixed, 95% CI Sharman2004 -7.7 41.8 [-89.7; 74.3] 1.6% Hyde2019 -4.0 43.6 [-89.5; 81.5] 1.5% Al-Sarraj2010 -2.2 44.1 [-88.7; 84.3] 1.4% Goday2016 -2.1 51.0 [-102.1; 97.9] 1.1% Saslow2014 -2.1 42.4 [-85.1; 80.9] 1.6% Volek2009 -2.0 44.6 [-89.3; 85.3] 1.4% Westman2008 1.3 36.8 [-70.8; 73.4]2.1% Sharman2002 4.7 43.9 [-81.3; 90.6] 1.5% Partsalaki2012 5.4 36.7 [-66.6; 77.4] 2.1% Volek2013 1.6% 6.0 41.7 [-75.8; 87.8] Saslow2017 6.9 18.6 [-29.5; 43.3] 8.1% Klein2003 7.0 35.6 [-62.8; 76.8] 2.2% Jabbek2010 7.8 55.1 [-100.2; 115.7] 0.9% Zajac2014 10.7 6.6 [-2.3; 23.7] 63.6% Urbain2017 11.9 45.9 [-78.1; 101.9] 1.3% Volek2003 16.6 41.6 [-64.9; 98.1] 1.6% Retterstol2018 34.9 34.7 [-33.1; 102.8] 2.3% Sun2019 34.9 60.5 [-83.8; 153.6] 0.8% Buren2021 70.5 28.8 [14.2; 126.9] 3.4% Total (95% CI) 11.5 [1.1; 21.8] 100.0% Heterogeneity: $Tau^2 = 0$; $Chi^2 = 5.78$, df = 18 (P = 1.00); $I^2 = 0$ %

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