Study	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Adelbassett 2020	40.75	4.4300	31	45.40	4.7000	16	13.0%	−4.65 [−7.43; −1.87]	
Babu 2022	46.60	21.8000	20	58.00	43.7000	22	2.4%	−11.40 [−32.01; 9.21]	
Balducci 2015	36.60	13.8000	303	34.20	13.1000	303	13.4%	2.40 [0.26; 4.54]	
Cheng 2017	21.30	10.1500	22	23.50	9.0500	18	10.0%	−2.20 [−8.16; 3.76]	
Hallsworth 2011	59.60	39.0000	11	61.40	44.0000	8	0.8%	−1.80 [−40.02; 36.42]	
Hallsworth 2015	42.00	20.0000	12	51.00	24.0000	11	2.9%	−9.00 [−27.14; 9.14]	
Hassabi 2023	37.96	23.0600	26	44.21	16.5800	14	5.1%	−6.25 [−18.66; 6.16]	
Haufe 2021	31.71	16.4300	132	46.86	37.4200	142	9.3%	−15.15 [−21.91; −8.39]	
Houghton 2017	52.00	18.0000	12	75.00	52.0000	12	1.2%	−23.00 [−54.13; 8.13]	
Keating 2023	50.60	34.6000	7	53.80	31.6000	5	0.8%	−3.20 [−40.94; 34.54]	
Kelardeh 2020	23.02	4.9600	12	25.83	6.9800	11	11.0%	−2.81 [−7.80; 2.18]	
Pugh 2013	29.00	7.1500	6	43.00	11.2800	5	5.6%	−14.00 [−25.42; −2.58]	
Pugh 2014	39.80	18.4500	13	59.30	30.9200	8	1.9%	−19.50 [−43.16; 4.16]	
Reljic 2021	29.00	10.0000	29	27.00	16.0000	17	7.8%	2.00 [−6.43; 10.43]	
Rezende 2016	44.37	37.4900	19	36.15	18.4400	21	2.8%	8.22 [−10.39; 26.83]	
Stine 2022	44.20	16.1000	18	52.60	15.7000	10	5.2%	−8.40 [−20.65; 3.85]	
Sullivan 2012	39.30	25.6300	12	39.30	22.5400	6	2.0%	0.00 [−23.14; 23.14]	
Takahashi 2015	56.30	49.7000	31	71.00	38.4000	22	1.9%	−14.70 [−38.44; 9.04]	
Zelber−Sagi 2014	53.00	35.6100	33	50.13	37.2000	31	3.0%	2.87 [−14.99; 20.73]	
Total (95% CI)			**749**			**682**	**100.0%**	**−4.77 [−8.11; −1.43]**	
Prediction interval								**[−15.46; 5.92]**	

Heterogeneity: Tau^2 = 22.4975; Chi^2 = 48.62, df = 18 (P < 0.01); I^2 = 63%

−40 −20 0 20 40