Study	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Adelbassett 2020	9.74	0.5300	31	11.12	0.6400	16	10.9%	−1.38 [−1.74; −1.02]	
Babu 2022	1.67	0.7700	20	1.84	1.1200	22	8.7%	−0.17 [−0.75; 0.41]	
Cheng 2017	2.00	1.1300	22	2.20	1.0100	18	7.8%	−0.20 [−0.86; 0.46]	
Hallsworth 2011	1.62	0.5500	11	1.50	0.7500	8	8.3%	0.12 [−0.49; 0.73]	
Hallsworth 2015	1.70	0.5000	11	1.70	0.8000	12	9.0%	0.00 [−0.54; 0.54]	
Hassabi 2023	10.19	5.2600	26	11.77	3.8600	14	1.0%	−1.58 [−4.44; 1.28]	
Houghton 2017	1.70	0.8000	12	2.30	1.0000	12	7.3%	−0.60 [−1.32; 0.12]	
Keating 2023	1.60	0.5000	7	1.60	0.6000	5	8.0%	0.00 [−0.64; 0.64]	
Pugh 2013	1.80	0.5200	6	2.50	0.9300	5	5.8%	−0.70 [−1.62; 0.22]	
Pugh 2014	1.90	0.5000	13	2.00	0.9600	8	7.3%	−0.10 [−0.82; 0.62]	
Reljic 2021	1.60	0.6000	29	1.50	0.7000	17	10.5%	0.10 [−0.30; 0.50]	
Rezende 2016	8.41	3.5600	19	9.37	4.0400	21	1.4%	−0.96 [−3.32; 1.40]	
Stine 2022	9.55	4.2200	18	12.67	6.0100	10	0.5%	−3.12 [−7.32; 1.08]	
Sullivan 2012	9.21	0.2500	12	9.30	0.5100	6	10.2%	−0.09 [−0.52; 0.34]	
Takahashi 2015	8.06	4.9100	31	9.40	4.7700	22	1.1%	−1.34 [−3.98; 1.30]	
Zelber−Sagi 2014	8.04	4.2000	33	7.92	3.0600	31	2.2%	0.12 [−1.67; 1.91]	
Total (95% CI)			**301**			**227**	**100.0%**	**−0.32 [−0.60; −0.03]**	
Prediction interval								**[−1.26; 0.63]**	

Heterogeneity: Tau^2 = 0.1724; Chi^2 = 47.41, df = 15 (P < 0.01); I^2 = 68%