Study	Experi Mean	imental SD		Mean	Control SD		Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Babu 2022	14.94	9.3500	20	14.18	10.0000	22	25.4%	0.76 [-5.09; 6.61]	-
Hallsworth 2011	12.20	9.0000	11	11.50	7.4000	8	23.1%	0.70 [-6.69; 8.09]	: •
Hallsworth 2015	7.80	2.4000	11	10.40	3.9000	12	29.4%	-2.60 [-5.22; 0.02]	
Keating 2023	13.00	9.2000	7	33.10	5.0000	5	22.0%	-20.10 [-28.20; -12.00]	
Total (95% CI) 4			49	49			100.0% -4.84 [-19.97; 10.30] [-37.34; 27.66]		
Heterogeneity: $Tau^2 = 43.6757$; $Chi^2 = 19.74$, $df = 3$ (P < 0.01); $I^2 = 85\%$									
									-30 -20 -10 0 10 20 30