	Experimenta	I Control		Mean Difference	Mean Difference
Study	Mean SD	Total Mean SD	Total Weight	IV, Random, 95% CI	IV, Random, 95% CI
Babu 2022	2.50 3.1000	20 2.40 3.1000	22 12.8%	0.10 [-1.78; 1.98]	+
Haufe 2021	3.30 3.2000	154 3.20 3.4000	154 82.7%	0.10 [-0.64; 0.84]	😛
Houghton 2017	4.90 4.9000	12 3.10 3.0000	12 4.3%	1.80 [-1.45; 5.05]	
Keating 2023	5.50 8.1000	7 12.20 11.5000	5 0.3%	-6.70 [-18.43; 5.03]	
Total (95% CI) Prediction inte		193		0.15 [-0.81; 1.11] [-1.32; 1.62]	•
Heterogeneity: $Tau^2 < 0.0001$; $Chi^2 = 2.32$, $df = 3$ (P = 0.51); $I^2 = 0\%$					
					-15 <i>-</i> 10 <i>-</i> 5 0 5 10 15