Study	Expe Mean	rimental SD	Total	Mean	Control SD		Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Babu 2022	83.90	98.1000	20	86.00	103.0000	22	1.0%	-2.10 [-62.93; 58.73]	
Balducci 2015	27.70	22.9000	303	31.50	25.4000	303	20.2%	-3.80 [ -7.65; 0.05]	
Cheng 2017	27.40	14.6600	22	30.70	12.0700	18	15.9%	-3.30 [-11.58; 4.98]	<del>-                                      </del>
Hallsworth 2015	33.00	17.0000	11	58.00	51.0000	12	3.6%	-25.00 [-55.55; 5.55]	<del></del>
Haufe 2021	35.89	25.1600	132	50.41	52.1900	142	14.6%	-14.52 [-24.12; -4.92]	<del>-                                    </del>
Houghton 2017	56.00	33.0000	12	96.00	53.0000	12	2.8%	-40.00 [-75.32; -4.68]	<del></del>
Keating 20237	58.70	5.0000	83	51.00	27.6000	5	5.2%	7.70 [-16.52; 31.92]	<del>-   •</del>
Pugh 2013	41.00	13.3400	6	80.00	34.6300	5	3.3%	-39.00 [-71.18; -6.82]	
Pugh 2014	54.80	53.0400	13	60.60	38.4000	8	2.3%	-5.80 [-45.03; 33.43]	<del></del>
Reljic 2021	32.00	17.0000	29	24.00	15.0000	17	14.7%	8.00 [ -1.44; 17.44]	<u></u> <del>  ■</del> -
Rezende 2016	59.05	67.5000	19	50.84	30.6900	21	3.2%	8.21 [-24.86; 41.28]	<del>-   •</del>
Takahashi 2015	43.90	34.1000	31	59.10	28.4000	22	8.6%	-15.20 [-32.08; 1.68]	<del>- ■ ;  </del>
Zelber–Sagi 2014	55.69	73.8800	33	45.65	30.4400	31	4.3%	10.04 [–17.35; 37.43]	<del>-                                      </del>
Total (95% CI)			714			618	100.0%	-5.93 [-13.84; 1.98]	÷
Prediction interval [–22.81; 10.95]									
Heterogeneity: $Tau^2 = 48.3048$ ; $Chi^2 = 25.31$ , $df = 12$ (P = 0.01); $I^2 = 53\%$									
									-60-40-20 0 20 40 6