Study	Experimenta Mean SD	l Total Mea	Control SD	Total	Weight	Mean Difference IV, Random, 95% C	I		n Differendom, 9		
Abdelbasset 2020	4.00 0.5500	31 4.9	3 1.8000	16	25.1%	-0.98 [-1.88; -0.08]		-		
Hallsworth 2011	8.80 6.5000	18 5.1	2.5000	8	3.3%	3.70 [0.23; 7.17]	_		<u> </u>	-	
Houghton 2017	1.90 0.8000	12 1.7	1.0000	12	30.3%	0.20 [-0.52; 0.92]					
Pugh 2014	2.80 1.4100	13 3.4	1.9700	8	12.8%	-0.60 [-2.17; 0.97]			-		
Rezende 2016	3.59 3.7900	19 2.7	1.1800	21	10.6%	0.85 [-0.93; 2.63]			-		
Stine 2022	8.80 6.5000	18 12.6	14.9000	18	0.7%	-3.80 [-11.31; 3.71] ——	+		_	
Zelber-Sagi 2014	5.65 2.4100	33 5.9	7 2.7200	31	17.2%	-0.32 [-1.58; 0.94]			-		
Total (95% CI)		144		114	100.0%	-0.13 [-1.10; 0.83]			•		
Prediction interval [-1.64; 1.37]											
Heterogeneity: $Tau^2 = 0.2310$; $Chi^2 = 11.39$, $df = 6$ (P = 0.08); $I^2 = 47\%$								T		l	1
							-10	-5	0	5	10