

Study	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Adelbassett 2020	1.00	0.0800	31	0.96	0.1100	16	20.9%	0.04 [−0.02; 0.10]
Babu 2022	1.46	0.4200	20	1.34	0.3400	22	5.9%	0.12 [−0.11; 0.35]
Hassabi 2023	2.67	0.8200	26	2.70	0.5700	14	2.0%	−0.03 [−0.46; 0.40]
Keating 2023	0.90	0.2000	7	0.90	0.1000	5	9.1%	0.00 [−0.17; 0.17]
Pugh 2013	1.30	0.1900	6	1.20	0.0800	5	9.4%	0.10 [−0.07; 0.27]
Pugh 2014	1.40	0.2500	13	1.20	0.1200	8	10.0%	0.20 [ 0.04; 0.36]
Reljic 2021	1.30	0.3000	29	1.30	0.3000	17	8.6%	0.00 [−0.18; 0.18]
Rezende 2016	1.56	0.6300	19	1.32	0.3900	21	3.3%	0.24 [−0.09; 0.57]
Stine 2022	1.14	0.1800	18	0.77	0.3000	10	7.2%	0.37 [ 0.17; 0.57]
Sullivan 2012	1.03	0.0600	12	1.00	0.0800	6	19.4%	0.03 [−0.04; 0.10]
Takahashi 2015	1.49	0.7000	31	1.35	0.3600	22	4.2%	0.14 [−0.15; 0.43]

**Total (95% CI)**

**212**

**146 100.0%**

**0.09 [ 0.02; 0.16]**

**Prediction interval**

**[−0.07; 0.25]**

Heterogeneity:  $\text{Tau}^2 = 0.0042$ ;  $\text{Chi}^2 = 15.88$ ,  $\text{df} = 10$  ( $P = 0.10$ );  $I^2 = 37\%$

