Study	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Adelbassett 2020	9.90	0.5000	31	10.30	0.4000	16	9.6%	−0.40 [−0.66; −0.14]
Babu 2022	1.67	0.7700	20	4.80	0.9000	22	9.2%	−3.13 [−3.64; −2.62]
Hallsworth 2011	5.00	1.7000	11	4.60	0.9000	8	7.0%	0.40 [−0.78; 1.58]
Hallsworth 2015	5.00	0.9000	11	5.20	1.3000	12	8.0%	−0.20 [−1.11; 0.71]
Hassabi 2023	9.60	2.1000	26	9.60	1.9000	14	6.7%	0.00 [−1.28; 1.28]
Keating 2023	3.30	0.5000	7	4.40	0.9000	5	8.1%	−1.10 [−1.97; −0.23]
Pugh 2013	5.20	0.6200	6	5.60	1.0500	5	7.5%	−0.40 [−1.45; 0.65]
Pugh 2014	5.30	0.8300	13	5.30	0.9600	8	8.3%	0.00 [−0.80; 0.80]
Reljic 2021	5.60	0.9000	29	5.50	0.7000	17	9.3%	0.10 [−0.37; 0.57]
Rezende 2016	11.70	2.7000	19	11.20	2.4000	21	5.7%	0.50 [−1.09; 2.09]
Stine 2022	10.40	2.8000	18	10.20	1.4000	10	5.8%	0.20 [−1.36; 1.76]
Sullivan 2012	9.20	0.9000	12	9.30	1.2000	6	7.4%	−0.10 [−1.19; 0.99]
Zelber−Sagi 2014	10.70	2.8000	33	10.10	1.5000	31	7.4%	0.60 [−0.49; 1.69]
Total (95% CI)			**236**			**175**	**100.0%**	**−0.35 [−0.96; 0.27]**
Prediction interval								**[−2.56; 1.87]**

Heterogeneity: $Tau^2 = 0.9211$; $Chi^2 = 123.33$, df = 12 ($P < 0.01$); $I^2 = 90\%$