Study	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
Adelbassett 2020	6.10	2.7500	31	6.50	0.5000	16	10.0%	−0.17 [−0.78; 0.43]	
Babu 2022	40.60	5.3000	20	38.10	2.8000	22	9.6%	0.59 [−0.03; 1.21]	
Cheng 2017	6.10	0.3400	22	6.20	0.3000	18	9.4%	−0.30 [−0.93; 0.32]	
Hallsworth 2011	6.00	0.7000	11	6.80	1.8000	8	4.7%	−0.60 [−1.54; 0.34]	
Hassabi 2023	5.39	0.8000	26	6.00	1.1400	14	8.5%	−0.64 [−1.31; 0.02]	
Houghton 2017	50.00	13.0000	12	49.00	15.0000	12	6.2%	0.07 [−0.73; 0.87]	
Reljic 2021	5.50	0.7000	29	5.40	1.1000	17	10.1%	0.11 [−0.49; 0.71]	
Rezende 2016	6.74	1.8100	19	6.15	0.6400	21	9.4%	0.43 [−0.19; 1.06]	
Stine 2022	6.10	0.8000	18	6.60	1.7000	10	6.5%	−0.41 [−1.19; 0.37]	
Takahashi 2015	6.00	0.7000	31	6.10	1.0000	22	11.7%	−0.12 [−0.66; 0.43]	
Zelber−Sagi 2014	5.59	0.4900	33	5.59	0.4600	31	13.7%	0.00 [−0.49; 0.49]	
Total (95% CI)			**252**			**191**	**100.0%**	**−0.06 [−0.31; 0.19]**	
Prediction interval								**[−0.49; 0.38]**	

Heterogeneity: Tau^2 = 0.0244; Chi^2 = 12.78, df = 10 (P = 0.24); I^2 = 22%

−1.5 −1 −0.5 0 0.5 1 1.5