Study	Experimental Mean SD						Weight	Mean Difference IV, Random, 95% C	l	Mean Difference IV, Random, 95% CI				
Houghton 2017 Reljic 2021 Stine 2022	-0.50	1.1200 0.1000 0.9300	29	0.47	1.5300 1.7000 2.0400	17	51.7%	-0.52 [-1.59; 0.55] -0.97 [-1.78; -0.16] -0.06 [-1.40; 1.28]				_		
Total (95% CI) 59 Prediction interval Heterogeneity: Tau <sup>2</sup> = 0; Chi <sup>2</sup> = 1.40, df							100.0%	-0.67 [-1.74; 0.40] [-4.43; 3.10]						
									<b>–</b> 4	-2	0	2	4	