	•	rimental			Control			Mean Difference	Mean Difference
Study	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
Hallsworth 2015	64.00	16.0000	12	62.00	18.0000	11	10.0%	2.00 [–11.97; 15.97]	
Haufe 2021	73.43	18.8400	132	74.80	22.8800	142	79.9%	-1.37 [ -6.32; 3.58]	
Kelardeh 2020	364.66	86.0500	12	387.81	74.7500	11	0.5%	-23.15 [-88.89; 42.59] <b>—</b>	<del></del>
Rezende 2016	84.16	29.3800	19	76.00	26.6400	21	6.4%	8.16 [ -9.29; 25.61]	<del>-   • -</del>
Stine 2022	89.90	33.9000	18	86.30	39.9000	10	2.3%	3.60 [-25.67; 32.87]	<del></del>
Takahashi 2015	256.10	91.1000	31	234.00	78.0000	22	0.9%	22.10 [-23.62; 67.82]	
Total (95% CI)			224			217	100.0%	-0.19 [ -4.40; 4.03]	•
Prediction interval								[ -6.45; 6.08]	+
Heterogeneity: $Tau^2 = 0$ ; $Chi^2 = 2.64$ , $df = 5$ (P = 0.76); $I^2 = 0$ %									
- •									<b>-50</b> 0 <b>50</b>