Study	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Babu 2022	6.30	0.7000	20	6.10	0.7000	22	13.8%	0.20 [−0.22; 0.62]	
Cheng 2017	7.70	2.1400	22	8.10	2.0100	18	4.8%	−0.40 [−1.69; 0.89]	
Hallsworth 2011	5.20	0.9000	11	6.40	3.3000	8	1.8%	−1.20 [−3.55; 1.15]	
Hallsworth 2015	8.80	3.8000	22	7.50	3.9000	12	1.4%	1.30 [−1.42; 4.02]	
Houghton 2017	6.60	1.6000	12	5.80	1.8000	12	4.4%	0.80 [−0.56; 2.16]	
Keating 2023	7.60	2.3000	7	7.60	1.4000	5	2.2%	0.00 [−2.10; 2.10]	
Pugh 2013	4.70	0.5700	6	5.70	0.4800	5	10.9%	−1.00 [−1.62; −0.38]	
Pugh 2014	4.70	0.5800	13	5.50	0.7200	8	11.3%	−0.80 [−1.39; −0.21]	
Reljic 2021	5.50	0.7000	29	5.60	1.1000	17	11.5%	−0.10 [−0.68; 0.48]	
Rezende 2016	6.60	1.1000	19	6.10	1.1000	21	10.1%	0.50 [−0.18; 1.18]	
Stine 2022	6.50	1.6000	18	8.70	4.9000	18	1.7%	−2.20 [−4.58; 0.18]	
Takahashi 2015	6.00	0.9000	31	6.20	1.4000	22	10.3%	−0.20 [−0.87; 0.47]	
Zelber−Sagi 2014	4.70	0.5000	33	4.70	0.6000	31	15.9%	0.00 [−0.27; 0.27]	
Total (95% CI)			**243**			**199**	**100.0%**	**−0.18 [−0.55; 0.19]**	
Prediction interval								**[−1.13; 0.77]**	

Heterogeneity: Tau^2 = 0.1592; Chi^2 = 25.72, df = 12 (P = 0.01); I^2 = 53%