Study	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Mean Difference IV, Random, 95% CI
Abdelbasset 2020	4.00	0.5500	31	4.98	1.8000	16	23.7%	−0.98 [−1.88; −0.08]
Hallsworth 2011	8.80	6.5000	18	5.10	2.5000	8	4.2%	3.70 [0.23; 7.17]
Houghton 2017	1.90	0.8000	12	1.70	1.0000	12	26.9%	0.20 [−0.52; 0.92]
Pugh 2014	2.80	1.4100	13	3.40	1.9700	8	14.2%	−0.60 [−2.17; 0.97]
Rezende 2016	3.59	3.7900	19	2.74	1.1800	21	12.1%	0.85 [−0.93; 2.63]
Stine 2022	8.80	6.5000	18	12.60	14.9000	18	1.0%	−3.80 [−11.31; 3.71]
Zelber−Sagi 2014	5.65	2.4100	33	5.97	2.7200	31	18.0%	−0.32 [−1.58; 0.94]
Total (95% CI)			**144**			**114**	**100.0%**	**−0.10 [−1.15; 0.95]**
Prediction interval								**[−2.04; 1.85]**

Heterogeneity: Tau^2 = 0.4224; Chi^2 = 11.39, df = 6 (P = 0.08); I^2 = 47%