Study	Experimental Mean SD					Total	Weight	Mean Difference IV, Random, 95% CI		Mean Difference IV, Random, 95% CI	
Keating 2023	5.40	5.6000	7	7.50	3.4000	5	5.2%	-2.10 [-7.21; 3.01]	-		
Pugh 2014	13.40	9.9000	13	13.90	6.9000	8	2.6%	-0.50 [-7.70; 6.70]	<u> </u>	•	
Stine 2022	1.07	1.2200	18	3.48	1.7300	10	92.2%	-2.41 [-3.62; -1.20]	-	-	
Total (95% CI) Prediction interval			38	38			23 100.0% -2.34 [-3.29; -1.40] [-9.88; 5.20]		•	·	
Heterogeneity: $Tau^2 = 0$; $Chi^2 = 0.27$, $df = 2$ (P = 0.87); $I^2 = 0\%$											
									- 5	0 5	