

Study	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total		
Haufe 2021	12.83	6.6700	154	12.48	5.8100	154	90.4%	0.35 [-1.05; 1.75]
Reljic 2021	14.00	10.9000	29	11.50	4.5000	29	9.6%	2.50 [-1.79; 6.79]
Total (95% CI)			183			183	100.0%	0.56 [-7.48; 8.60]
Heterogeneity: $\text{Tau}^2 = 0$; $\text{Chi}^2 = 0.87$, $\text{df} = 1$ ($P = 0.35$); $I^2 = 0\%$								

