Study	Experimental Mean SD	Total	Control Mean SD	Total	Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Adelbassett 2020	2.00 0.1200	31	2.46 0.1200	16	12.3%	-0.46 [-0.53; -0.39]	; +
Babu 2022	2.70 1.1000	20	3.10 0.8000	22		-0.40 [-0.99; 0.19]	- i
Hassabi 2023	1.12 0.2400	26	3.61 0.2700	14	12.2%	-2.49 [-2.66; -2.32] 	
Pugh 2013	3.10 0.5700	6	3.50 0.4400	5	10.8%	-0.40 [-1.00; 0.20]	- i
Pugh 2014	3.10 0.7400	13	3.30 0.7800	8	10.5%	-0.20 [-0.87; 0.47]	
Reljic 2021	3.80 0.7000	29	3.60 0.7000	17	11.5%	0.20 [-0.22; 0.62]	_
Rezende 2016	3.13 1.2800	19	3.07 1.0500	21	10.2%	0.06 [-0.67; 0.79]	: •
Stine 2022	2.81 1.0400	18	2.82 0.8600	10	10.2%	-0.01 [-0.73; 0.71]	- ! <mark></mark> --
Takahashi 2015	3.27 0.7100	31	3.76 0.9000	22	11.4%	-0.49 [-0.94; -0.04]	-
Total (95% CI)		193		135	100.0%	-0.50 [-1.13; 0.14]	
Prediction interv				2		[-2.53; 1.54] —	
Heterogeneity: $Tau^2 = 0.6613$; $Chi^2 = 503.81$, $df = 8 (P < 0.01)$; $I^2 = 98\%$							1 1 1 1
							-2 -1 0 1