Study	Experi Mean	mental SD	Total	(Mean	Control SD	Total	Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Adelbassett 2020	9.90	0.5000	31	10.30	0.4000	16	9.2%	-0.40 [-0.66; -0.14]	·
Babu 2022	1.67	0.7700	20	4.80	0.9000	22	8.9%	-3.13 [-3.64; -2.62]	
Hallsworth 2011	5.00	1.7000	11	4.60	0.9000	8	7.2%	0.40 [-0.78; 1.58]	-
Hallsworth 2015	5.00	0.9000	11	5.20	1.3000	12	7.9%	-0.20 [-1.11; 0.71]	-
Hassabi 2023	9.60	2.1000	26	9.60	1.9000	14	6.9%	0.00 [-1.28; 1.28]	
Keating 2023	3.30	0.5000	7	4.40	0.9000	5	8.0%	-1.10 [-1.97; -0.23]	
Pugh 2013	5.20	0.6200	6	5.60	1.0500	5	7.6%	-0.40 [-1.45; 0.65]	- •
Pugh 2014	5.30	0.8300	13	5.30	0.9600	8	8.2%	0.00 [-0.80; 0.80]	- <mark> </mark>
Reljic 2021	5.60	0.9000	29	5.50	0.7000	17	8.9%	0.10 [-0.37; 0.57]	
Rezende 2016	11.70	2.7000	19	11.20	2.4000	21	6.1%	0.50 [-1.09; 2.09]	-
Stine 2022	10.40	2.8000	18	10.20	1.4000	10	6.2%	0.20 [-1.36; 1.76]	
Sullivan 2012	9.20	0.9000	12	9.30	1.2000	6	7.5%	-0.10 [-1.19; 0.99]	-
Zelber–Sagi 2014	10.70	2.8000	33	10.10	1.5000	31	7.4%	0.60 [-0.49; 1.69]	
Total (95% CI)			236			175	100.0%	-0.33 [-0.94; 0.28]	
Prediction interval [-2.87; 2.21] Heterogeneity: $Tau^2 = 1.2204$; $Chi^2 = 123.33$, $df = 12 (P < 0.01)$; $I^2 = 90\%$									
reterogeneity. Tau	= 1.220) 4 , UIII =	= 123.3	3, ui =	12 (F < U	.01), 1	= 90%		-3 -2 -1 0 1 2