Study	Expe Mean	rimental SD		Mean	Control SD	Total	Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
Adelbassett 2020	40.75	4.4300	31	45.40	4.7000	16	12.9%	-4.65 [-7.43; -1.87]	÷
Babu 2022	46.60	21.8000	20	58.00	43.7000	22	2.4%	-11.40 [-32.01; 9.21]	
Balducci 2015	36.60	13.8000	303	34.20	13.1000	303	13.4%	2.40 [0.26; 4.54]	
Cheng 2017	21.30	10.1500	22	23.50	9.0500	18	10.0%	-2.20 [-8.16; 3.76]	-
Hallsworth 2011	59.60	39.0000	11	61.40	44.0000	8	0.8%	-1.80 [-40.02; 36.42]	
Hallsworth 2015	42.00	20.0000	12	51.00	24.0000	11	3.0%	-9.00 [-27.14; 9.14]	
Hassabi 2023	37.96	23.0600	26	44.21	16.5800	14	5.1%	-6.25 [-18.66; 6.16]	- •
Haufe 2021	31.71	16.4300	132	46.86	37.4200	142	9.2%	-15.15 [-21.91; -8.39]	 :
Houghton 2017	52.00	18.0000	12	75.00	52.0000	12	1.2%	-23.00 [-54.13; 8.13]	• <u> </u>
Keating 2023	50.60	34.6000	7	53.80	31.6000	5	0.8%	-3.20 [-40.94; 34.54]	
Kelardeh 2020	23.02	4.9600	12	25.83	6.9800	11	11.0%	-2.81 [-7.80; 2.18]	
Pugh 2013	29.00	7.1500	6	43.00	11.2800	5	5.7%	-14.00 [-25.42; -2.58]	
Pugh 2014	39.80	18.4500	13	59.30	30.9200	8	1.9%	-19.50 [-43.16; 4.16]	
Reljic 2021	29.00	10.0000	29	27.00	16.0000	17	7.8%	2.00 [-6.43; 10.43]	÷
Rezende 2016	44.37	37.4900	19	36.15	18.4400	21	2.8%	8.22 [-10.39; 26.83]	- •
Stine 2022	44.20	16.1000	18	52.60	15.7000	10	5.2%	-8.40 [-20.65; 3.85]	- ■ :+
Sullivan 2012	39.30	25.6300	12	39.30	22.5400	6	2.0%	0.00 [-23.14; 23.14]	- •
Takahashi 2015	56.30	49.7000	31	71.00	38.4000	22	1.9%	-14.70 [-38.44; 9.04]	
Zelber–Sagi 2014	53.00	35.6100	33	50.13	37.2000	31	3.0%	2.87 [-14.99; 20.73]	
Total (95% CI)			749			682	100.0%	-4.78 [-8.12; -1.43]	•
Prediction interval [-15.55; 5.99]									
Heterogeneity: Tau ²	= 22.85	537; Chi ² =	= 48.62	df = 18	3 (P < 0.01); $I^2 =$	63%		
									-40 -20 0 20 <i>i</i>