**Table 2.** Summary of effect sizes and statistical indicators for included studies.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Standardized mean difference** | **Standard error** | **Variance** | **Lower limit** | **Upper limit** | **Z-Value** | ***p*-Value** |
| Brog et al. [74] | -2.423 | 0.271 | 0.073 | -2.954 | -1.892 | -8.944 | 0.000 |
| Hill et al. [75] | -0.676 | 0.208 | 0.043 | -1.083 | -0.27 | -3.259 | 0.001 |
| Iyer et al. [76] | -3.854 | 0.325 | 0.106 | -4.492 | -3.217 | -11.849 | 0.000 |
| Karkosz et al. [77] | -0.47 | 0.225 | 0.051 | -0.911 | -0.028 | -2.086 | 0.037 |
| Robinson et al. [78] | -1.544 | 0.391 | 0.153 | -2.31 | -0.778 | -3.951 | 0.000 |
| Schwindenhammer [73] | -0.094 | 0.224 | 0.05 | -0.536 | 0.348 | -0.418 | 0.676 |
| N. Shapira et al. [67] | -2.104 | 0.361 | 0.13 | -2.812 | -1.397 | -5.835 | 0.000 |
| S. Shapira et al. [79] | -1.544 | 0.293 | 0.086 | -2.119 | -0.97 | -5.274 | 0.000 |
| Sun [80] | -5.392 | 0.556 | 0.309 | -6.481 | -4.303 | -9.701 | 0.000 |
|  |  |  |  |  |  |  |  |
| **Pooled** | **-1.961** | **0.465** | **0.216** | **-2.873** | **-1.049** | **-4.215** | **0.000** |
| Prediction Interval |  |  |  | **-**5.351 | 1.43 |  |  |