Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%-CI	Weight
Wang, J (2016)	−10.4161	6.5275		−10.42	[−23.21; 2.38]	0.0%
Wang, J (2016)	−9.6730	5.6982		−9.67	[−20.84; 1.50]	0.1%
Shen, J (2009)	−9.4208	6.5168		−9.42	[−22.19; 3.35]	0.0%
Liu, Q (2014)	−8.3490	1.9427		−8.35	[−12.16; −4.54]	0.4%
Sun, J (2012)	−7.0773	3.1294		−7.08	[−13.21; −0.94]	0.2%
Sun, J (2012)	−6.6669	2.8474		−6.67	[−12.25; −1.09]	0.2%
Hu, S (2012)	−6.0698	0.7007		−6.07	[−7.44; −4.70]	1.0%
Liang, D (2018)	−5.8393	1.0524		−5.84	[−7.90; −3.78]	0.8%
Zhou, M (2015)	−5.3550	1.1461		−5.36	[−7.60; −3.11]	0.7%
Xu, C (2012)	−5.3365	2.4986		−5.34	[−10.23; −0.44]	0.3%
Ren, C (2008)	−5.2906	2.4161		−5.29	[−10.03; −0.56]	0.3%
Sun, J (2012)	−5.1321	1.9419		−5.13	[−8.94; −1.33]	0.4%
Ren, C (2008)	−4.7427	2.0725		−4.74	[−8.80; −0.68]	0.3%
Gao, X (2017)	−4.4146	1.4136		−4.41	[−7.19; −1.64]	0.6%
Xu, W (2016)	−4.2298	1.0788		−4.23	[−6.34; −2.12]	0.7%
Liu, M (2018)	−4.2128	1.0728		−4.21	[−6.32; −2.11]	0.7%
Li, P (2016)	−4.1062	1.0359		−4.11	[−6.14; −2.08]	0.8%
Huang, D (2017)	−4.0209	1.2084		−4.02	[−6.39; −1.65]	0.7%
Doeppner, T (2018)	−3.6837	0.5003		−3.68	[−4.66; −2.70]	1.1%
Zhou, F (2015)	−3.5685	1.0367		−3.57	[−5.60; −1.54]	0.8%
Xiao, B (2017)	−3.3845	0.4864		−3.38	[−4.34; −2.43]	1.1%
Shen, J (2009)	−3.3369	1.3423		−3.34	[−5.97; −0.71]	0.6%
Zhang, Y (2018)	−3.3283	0.5962		−3.33	[−4.50; −2.16]	1.1%
Sun, J (2012)	−3.2832	1.1640		−3.28	[−5.56; −1.00]	0.7%
Ren, C (2009)	−3.2606	0.9998		−3.26	[−5.22; −1.30]	0.8%
Bonova, P (2016)	−3.2382	0.7702		−3.24	[−4.75; −1.73]	0.9%
Pignataro, G (2013)	−3.1993	1.5677		−3.20	[−6.27; −0.13]	0.5%
Chen, G (2014)	−3.0774	0.7279		−3.08	[−4.50; −1.65]	1.0%
Doeppner, T (2018)	−2.7985	0.6262		−2.80	[−4.03; −1.57]	1.0%
Ren, C (2008)	−2.7192	0.6414		−2.72	[−3.98; −1.46]	1.0%
Wang, Q (2011)	−2.6917	0.3811		−2.69	[−3.44; −1.94]	1.2%
Chen, G (2018)	−2.6844	0.6336		−2.68	[−3.93; −1.44]	1.0%
Ren, C (2011)	−2.6618	0.5040		−2.66	[−3.65; −1.67]	1.1%
Bonova, P (2015)	−2.5714	0.6672		−2.57	[−3.88; −1.26]	1.0%
Pignataro, G (2013)	−2.5696	1.2952		−2.57	[−5.11; −0.03]	0.6%
Gao, X (2017)	−2.5435	0.8032		−2.54	[−4.12; −0.97]	0.9%
Hoda, M (2013)	−2.5278	0.4808		−2.53	[−3.47; −1.59]	1.1%
Qi, Z (2015)	−2.3928	0.6136		−2.39	[−3.60; −1.19]	1.1%
Liu, X (2014)	−2.3730	0.5680		−2.37	[−3.49; −1.26]	1.1%
Lu, X (2010)	−2.3337	0.3440		−2.33	[−3.01; −1.66]	1.2%
Zhang, Y (2012)	−2.3318	0.4199		−2.33	[−3.15; −1.51]	1.2%
Guo, H (2018)	−2.1599	0.5277		−2.16	[−3.19; −1.13]	1.1%
Cheng, Z (2014)	−2.1523	0.6316		−2.15	[−3.39; −0.91]	1.0%
Zhao, Y (2019)	−2.1491	0.3943		−2.15	[−2.92; −1.38]	1.2%
Chen, C (2018)	−2.1489	0.3943		−2.15	[−2.92; −1.38]	1.2%
Chen, G (2016)	−2.1062	0.5182		−2.11	[−3.12; −1.09]	1.1%
Xiao, Y (2015)	−2.0343	0.4687		−2.03	[−2.95; −1.12]	1.2%
Wei, D (2012)	−2.0212	0.5035		−2.02	[−3.01; −1.03]	1.1%
Zong, Y (2015)	−2.0127	0.6025		−2.01	[−3.19; −0.83]	1.1%
Xu, C (2012)	−1.9480	0.8530		−1.95	[−3.62; −0.28]	0.9%
Liu, C (2018)	−1.9148	0.4861		−1.91	[−2.87; −0.96]	1.1%
Liu, Y (2011)	−1.9074	0.2910		−1.91	[−2.48; −1.34]	1.3%
Pignataro, G (2013)	−1.8696	1.0622		−1.87	[−3.95; 0.21]	0.8%
Brager, A (2016)	−1.8683	0.4788		−1.87	[−2.81; −0.93]	1.1%
Lu, X (2010)	−1.8514	0.2959		−1.85	[−2.43; −1.27]	1.3%
Zhang, W (2017)	−1.8148	0.4706		−1.81	[−2.74; −0.89]	1.2%
Yang, J (2018)	−1.7906	0.3502		−1.79	[−2.48; −1.10]	1.2%
Qi, Z (2012)	−1.7803	0.6486		−1.78	[−3.05; −0.51]	1.0%
Bonova, P (2015)	−1.7772	0.5102		−1.78	[−2.78; −0.78]	1.1%
Ren, C (2008)	−1.7610	0.6723		−1.76	[−3.08; −0.44]	1.0%
Jin, W (2016)	−1.7546	0.4616		−1.75	[−2.66; −0.85]	1.2%
Qi, Z (2012)	−1.7522	0.6439		−1.75	[−3.01; −0.49]	1.0%
Ma, L (2013)	−1.7109	0.3313		−1.71	[−2.36; −1.06]	1.2%
Gang−ling, C (2015)	−1.6673	0.4492		−1.67	[−2.55; −0.79]	1.2%
Doeppner, T (2018)	−1.5903	0.2670		−1.59	[−2.11; −1.07]	1.3%
Ma, J (2016)	−1.5870	0.1384		−1.59	[−1.86; −1.32]	1.3%
Qi, Z (2015)	−1.5601	0.4764		−1.56	[−2.49; −0.63]	1.1%
Wang, Y (2018)	−1.5226	0.4299		−1.52	[−2.37; −0.68]	1.2%
Zhao, H (2007)	−1.4981	0.6935		−1.50	[−2.86; −0.14]	1.0%
Ren, C (2008)	−1.4949	0.8063		−1.49	[−3.08; 0.09]	0.9%
Xia, M (2016)	−1.4313	0.3140		−1.43	[−2.05; −0.82]	1.2%
Silachev, D (2017)	−1.3571	0.3574		−1.36	[−2.06; −0.66]	1.2%
Zhao, H (2007)	−1.3022	0.6707		−1.30	[−2.62; 0.01]	1.0%
Cheng, X (2018)	−1.2858	0.4022		−1.29	[−2.07; −0.50]	1.2%
Li, S (2015)	−1.2654	0.1500		−1.27	[−1.56; −0.97]	1.3%
Hoda, M (2012)	−1.2609	0.3209		−1.26	[−1.89; −0.63]	1.2%
Kong, Y (2013)	−1.2102	0.4732		−1.21	[−2.14; −0.28]	1.2%
Li, J (2018)	−1.1600	0.2921		−1.16	[−1.73; −0.59]	1.3%
Ren, C (2009)	−1.1002	0.6855		−1.10	[−2.44; 0.24]	1.0%
Ma, L (2013)	−1.0327	0.2796		−1.03	[−1.58; −0.48]	1.3%
Zhao, H (2007)	−1.0171	0.6431		−1.02	[−2.28; 0.24]	1.0%
Qi, Z (2012)	−0.8853	0.5367		−0.89	[−1.94; 0.17]	1.1%
Qi, W (2016)	−0.8470	0.1282		−0.85	[−1.10; −0.60]	1.3%
Zhao, H (2007)	−0.8388	0.6293		−0.84	[−2.07; 0.39]	1.0%
Chen, Q (2016)	−0.8228	0.4339		−0.82	[−1.67; 0.03]	1.2%
Ren, C (2009)	−0.8163	0.7083		−0.82	[−2.20; 0.57]	1.0%
Ren, C (2017)	−0.8042	0.2702		−0.80	[−1.33; −0.27]	1.3%
Hahn, C (2011)	−0.7986	0.2604		−0.80	[−1.31; −0.29]	1.3%
Zhao, H (2007)	−0.5963	0.6148		−0.60	[−1.80; 0.61]	1.1%
Liu, Z (2015)	−0.5902	0.1739		−0.59	[−0.93; −0.25]	1.3%
Pignataro, G (2013)	−0.5652	0.8240		−0.57	[−2.18; 1.05]	0.9%
Hahn, C (2011)	−0.4115	0.2423		−0.41	[−0.89; 0.06]	1.3%
Gao, X (2017)	−0.3097	0.5045		−0.31	[−1.30; 0.68]	1.1%
Kitagawa, K (2018)	−0.2127	0.4017		−0.21	[−1.00; 0.57]	1.2%
Ren, C (2008)	−0.0668	0.5002		−0.07	[−1.05; 0.91]	1.2%
Silachev, D (2017)	−0.0376	0.2436		−0.04	[−0.52; 0.44]	1.3%
Pignataro, G (2013)	0.0801	0.8005		0.08	[−1.49; 1.65]	0.9%
Pignataro, G (2013)	0.3402	0.8087		0.34	[−1.24; 1.93]	0.9%
Kitagawa, K (2018)	0.4213	0.4067		0.42	[−0.38; 1.22]	1.2%
Silachev, D (2017)	0.6570	0.2703		0.66	[0.13; 1.19]	1.3%
Kitagawa, K (2018)	0.8629	0.4279		0.86	[0.02; 1.70]	1.2%
Shan, L (2013)	2.8310	0.3655		2.83	[2.11; 3.55]	1.2%
Random effects model				**−1.85**	**[−2.13; −1.58]**	**100.0%**

Heterogeneity: $I^2 = 85\%$, $\tau^2 = 1.4905$, $p < 0.01$