Efecto del Inositol en: HOMA-IR p = 0.8733MΙ g = -0.03 [-0.42, 0.36]Johra_2023 (MI) \bigcirc DCI $\Delta = 0.07 (2.2\%)$ MI+DCI p = 0.5170MI+MET g = 0.24 [-0.48, 0.96] Soldat_2021 (MI) $\Delta = -0.37 (-10.4\%)$ Efecto Combinado p = 0.2067g = 0.33 [-0.18, 0.84]Mendoza_2019 (MI+DCI) $\Delta = -0.69 (-26.0\%)$ p = 0.3188g = 0.37 [-0.36, 1.10]Soldat_2021 (MI) $\Delta = -0.29 \ (-13.9\%)$ p = 0.0684g = 0.48 [-0.04, 1.00] Mendoza_2019 (MI+DCI) $\Delta = -0.70 \ (-26.5\%)$ p = 0.0287*Bahadur 2021 (MI+DCI) g = 0.53 [0.06, 1.01] $\Delta = -1.36 (-30.6\%)$ p = 0.0483*g = 0.57 [0.00, 1.13]Shokrpour_2019 (MI) $\Delta = -0.50 \; (-16.1\%)$ p = 0.0368*g = 0.60 [0.04, 1.17]Nazirudeen_2023 (MI+DCI) · $\Delta = -2.25 (-43.3\%)$ p = 0.0129*g = 0.64 [0.14, 1.15]Kachhawa_2021 (MI+DCI) $\Delta = -0.82 (-31.4\%)$ p = 0.0071*g = 0.74 [0.20, 1.28]Akhter_2023 (DCI) $\Delta = -0.80 \ (-21.1\%)$ p = 0.0000*g = 0.90 [0.49, 1.31]Khattak_2024 (MI+MET) $\Delta = -0.93 \ (-22.2\%)$ p = 0.0013*g = 0.92 [0.36, 1.47]Gul_2025 (MI+DCI) $\Delta = -1.76 (-58.3\%)$ p = 0.0017*Basciani_2025 (DCI) g = 1.02 [0.38, 1.65] $\Delta = -1.35 (-29.3\%)$ p = 0.0000*g = 1.10 [0.69, 1.51]Agrawal_2019 (MI+MET) $\Delta = -1.32 (-47.5\%)$ p = 0.0000*g = 1.16 [0.71, 1.62]Rajasekaran_2021 (MI) $\Delta = -2.21 (-42.7\%)$ p = 0.0009*Thakur_2020 (MI) g = 1.19 [0.49, 1.90] $\Delta = -0.96 (-28.7\%)$ p = 0.0005*g = 1.23 [0.54, 1.93]Thakur_2020 (MI+MET) $\Delta = -0.95 (-27.1\%)$ p = 0.0001*Nordio_2023 (DCI) g = 1.59 [0.79, 2.38] $\Delta = -1.40 \ (-31.8\%)$ p = 0.0000*g = 1.67 [1.16, 2.18]Hussein_2024 (MI+DCI) $\Delta = -5.88 (-60.9\%)$ p = 0.0000*g = 2.29 [1.24, 3.35]Unfer_2023 (MI) - $\Delta = -1.10 \ (-26.8\%)$ p = 0.0000*Unfer_2023 (MI) g = 2.71 [1.64, 3.78] $\Delta = -0.50 (-20.0\%)$ Efecto grande Efecto moderado equeño sig Efecto (Efecto m<mark>oderado</mark> <mark>Efect</mark>o grande Efecto Combinado: 0.89 [0.66, 1.12], p = 0.0000, $I^2 = 71.9\%$ | Mejoría | Empeoramiento 3 -10 Tamaño del Efecto (g de Hedges)