## Efectividad del Inositol vs Control en: IMC (kg/m²) p = 0.1772Con obesidad Bahadur\_2021 (MI+DCI vs Control) g = -0.32 [-0.79, 0.14]Sin obesidad $\Delta = -1.95 \text{ vs } -0.07 (-7.7\% \text{ vs } -0.3\%)$ Efecto Combinado p = 0.5279g = -0.23 [-0.95, 0.48]Soldat\_2021 (MI vs Control) $\Delta = -1.31 \text{ vs } -0.35 \text{ (-4.2\% vs } -1.7\%)$ p = 0.2710g = -0.19 [-0.53, 0.15]Singh\_2020 (MI vs Control) $\Delta = -0.55 \text{ vs } -0.03 \text{ (-1.7\% vs } -0.1\%)$ p = 0.6922g = -0.08 [-0.50, 0.33]Akram\_2024 (MI+DCI vs MI) $\Delta = -0.76 \text{ vs } -0.40 \text{ (-3.0\% vs } -1.5\%)$ p = 0.7044g = -0.08 [-0.47, 0.32]Johra\_2023 (MI vs Control) $\Delta = -1.11 \text{ vs } -0.65 \text{ (-4.1\% vs } -2.4\%)$ g = -0.07 [-0.46, 0.32]Merchant\_2023 (MI vs Control) $\Delta = -2.16 \text{ vs } -1.81 (-7.9\% \text{ vs } -6.5\%)$ p = 0.9072g = -0.04 [-0.73, 0.65]Donne\_2019 (MI+DCI vs Control) $\Delta = -3.60 \text{ vs } -3.30 \text{ (-11.3\% vs } -10.3\%)$ p = 0.8967g = -0.04 [-0.64, 0.56]Thakur\_2020 (MI+MET vs Control) $\Delta = -2.47 \text{ vs } -2.30 \text{ (-8.8\% vs } -8.4\%)$ p = 0.9368g = -0.02 [-0.56, 0.52]Shokrpour\_2019 (MI vs Control) $\Delta = -0.30 \text{ vs } -0.20 \text{ (-1.1% vs } -0.7\%)$ p = 0.9696g = -0.01 [-0.77, 0.74]Donne\_2019 (MI vs Control) $\Delta = -3.40 \text{ vs } -3.30 \text{ (-10.5\% vs -10.3\%)}$ p = 0.9914g = -0.00 [-0.36, 0.36]Agrawal\_2019 (MI+MET vs Control) $\Delta = -1.94 \text{ vs } -1.93 (-7.0\% \text{ vs } -7.0\%)$ p = 0.9589g = 0.02 [-0.70, 0.73]Soldat\_2021 (MI vs Control) $\Delta = -0.29 \text{ vs } -0.35 \text{ (-1.3\% vs } -1.7\%)$ g = 0.10 [-0.41, 0.60]Gul\_2025 (MI+DCI vs Control) $\Delta = -0.91 \text{ vs } -1.40 \text{ (-3.3\% vs -5.4\%)}$ p = 0.6505g = 0.14 [-0.46, 0.75]Thakur 2020 (MI vs Control) $\Delta = -1.76 \text{ vs } -2.30 \ (-6.1\% \text{ vs } -8.4\%)$ p = 0.5253g = 0.14 [-0.30, 0.58]Raj\_2024 (MI vs Control) $\Delta = -1.41 \text{ vs } -2.15 \text{ (-5.5\% vs } -8.4\%)$ p = 0.6008Nazirudeen\_2023 (MI+DCI vs Control) g = 0.14 [-0.39, 0.68] $\Delta = -0.94 \text{ vs } -1.82 \text{ (-2.8\% vs -5.8\%)}$ p = 0.5876g = 0.16 [-0.41, 0.72]Basciani\_2025 (DCI vs Control) $\Delta = -1.35 \text{ vs } -1.80 \text{ (-4.6\% vs } -6.4\%)$ p = 0.3088Rajasekaran\_2021 (MI vs Control) g = 0.21 [-0.19, 0.60] $\Delta = -2.00 \text{ vs } -3.00 \text{ (-7.7\% vs -11.1\%)}$ p = 0.3990g = 0.33 [-0.42, 1.08]Ravn\_2022 (MI vs Control) $\Delta = 0.30 \text{ vs } -2.40 (0.9\% \text{ vs } -6.8\%)$ p = 0.0854Mishra\_2022 (MI vs Control) g = 0.38 [-0.05, 0.81] $\Delta = -0.43 \text{ vs } -1.59 \text{ (-1.8\% vs } -6.2\%)$ p = 0.0100\*g = 0.48 [0.12, 0.85]Tayyba\_2020 (MI vs Control) - $\Delta = -0.67 \text{ vs } -0.98 \ (-2.5\% \text{ vs } -3.6\%)$ Efecto grande |Efecto grande| | Efecto moderado to pequeño to i<mark>nsign</mark>ifica Efecto pequefecto moderado | Efecto Combinado: 0.05 [-0.05, 0.16], p = 0.3272, $I^2 = 0.0\%$ Favorece al inositol Favorece al control -1.5-1.0-0.50.0 0.5 1.0 1.5 2.0 Tamaño del Efecto (g de Hedges)