Efectividad del Inositol vs Control en: IMC (kg/m²)

Leyenda:
- MI
- DCI
- MI+DCI
- MI+MET
- Efecto Combinado

Bahadur_2021 (MI+DCI vs Control)
p = 0.1772
g = -0.32 [-0.79, 0.14]
Δ = -1.95 vs -0.07 (-7.7% vs -0.3%)

Soldat_2021 (MI vs Control)
p = 0.5279
g = -0.23 [-0.95, 0.48]
Δ = -1.31 vs -0.35 (-4.2% vs -1.7%)

Singh_2020 (MI vs Control)
p = 0.2710
g = -0.19 [-0.53, 0.15]
Δ = -0.55 vs -0.03 (-1.7% vs -0.1%)

Akram_2024 (MI+DCI vs MI)
p = 0.6922
g = -0.08 [-0.50, 0.33]
Δ = -0.76 vs -0.40 (-3.0% vs -1.5%)

Johra_2023 (MI vs Control)
p = 0.7044
g = -0.08 [-0.47, 0.32]
Δ = -1.11 vs -0.65 (-4.1% vs -2.4%)

Merchant_2023 (MI vs Control)
p = 0.7185
g = -0.07 [-0.46, 0.32]
Δ = -2.16 vs -1.81 (-7.9% vs -6.5%)

Donne_2019 (MI+DCI vs Control)
p = 0.9072
g = -0.04 [-0.73, 0.65]
Δ = -3.60 vs -3.30 (-11.3% vs -10.3%)

Thakur_2020 (MI+MET vs Control)
p = 0.8967
g = -0.04 [-0.64, 0.56]
Δ = -2.47 vs -2.30 (-8.8% vs -8.4%)

Shokrpour_2019 (MI vs Control)
p = 0.9368
g = -0.02 [-0.56, 0.52]
Δ = -0.30 vs -0.20 (-1.1% vs -0.7%)

Donne_2019 (MI vs Control)
p = 0.9696
g = -0.01 [-0.77, 0.74]
Δ = -3.40 vs -3.30 (-10.5% vs -10.3%)

Agrawal_2019 (MI+MET vs Control)
p = 0.9914
g = -0.00 [-0.36, 0.36]
Δ = -1.94 vs -1.93 (-7.0% vs -7.0%)

Soldat_2021 (MI vs Control)
p = 0.9589
g = 0.02 [-0.70, 0.73]
Δ = -0.29 vs -0.35 (-1.3% vs -1.7%)

Gul_2025 (MI+DCI vs Control)
p = 0.7058
g = 0.10 [-0.41, 0.60]
Δ = -0.91 vs -1.40 (-3.3% vs -5.4%)

Thakur_2020 (MI vs Control)
p = 0.6505
g = 0.14 [-0.46, 0.75]
Δ = -1.76 vs -2.30 (-6.1% vs -8.4%)

Raj_2024 (MI vs Control)
p = 0.5253
g = 0.14 [-0.30, 0.58]
Δ = -1.41 vs -2.15 (-5.5% vs -8.4%)

Nazirudeen_2023 (MI+DCI vs Control)
p = 0.6008
g = 0.14 [-0.39, 0.68]
Δ = -0.94 vs -1.82 (-2.8% vs -5.8%)

Basciani_2025 (DCI vs Control)
p = 0.5876
g = 0.16 [-0.41, 0.72]
Δ = -1.35 vs -1.80 (-4.6% vs -6.4%)

Rajasekaran_2021 (MI vs Control)
p = 0.3088
g = 0.21 [-0.19, 0.60]
Δ = -2.00 vs -3.00 (-7.7% vs -11.1%)

Ravn_2022 (MI vs Control)
p = 0.3990
g = 0.33 [-0.42, 1.08]
Δ = 0.30 vs -2.40 (0.9% vs -6.8%)

Mishra_2022 (MI vs Control)
p = 0.0854
g = 0.38 [-0.05, 0.81]
Δ = -0.43 vs -1.59 (-1.8% vs -6.2%)

Tayyba_2020 (MI vs Control)
p = 0.0100*
g = 0.48 [0.12, 0.85]
Δ = -0.67 vs -0.98 (-2.5% vs -3.6%)

Efecto grande — Efecto moderado — Efecto pequeño — Efecto insignificante — Efecto pequeño — Efecto moderado — Efecto grande

Efecto Combinado: 0.05 [-0.05, 0.16], p = 0.3272, I² = 0.0%

Favorece al control — Favorece al inositol

Tamaño del Efecto (g de Hedges)