| Study | SMD | SE(SMD) | Standardised Mean Difference | SMD | 95%–CI | Weight |
|-------|-----|---------|------------------------------|-----|--------|--------|
| Di et al. | 0.1833 | 0.4722 | | 0.18 | [−0.74; 1.11] | 14.3% |
| Shen et al. | 0.3653 | 0.2943 | | 0.37 | [−0.21; 0.94] | 36.7% |
| Geyer et al. | 0.5850 | 0.3005 | | 0.59 | [−0.00; 1.17] | 35.2% |
| Babacic et al. | 1.3630 | 0.4790 | | 1.36 | [ 0.42; 2.30] | 13.9% |
| **Random effects model** | | | | **0.55** | **[ 0.21; 0.90]** | **100.0%** |
| **Prediction interval** | | | | | **[−0.21; 1.32]** | |



Heterogeneity: $I^2 = 23\%$, $p = 0.27$