Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%-CI	Weight
Shu–Discovery et al.	−1.1191	0.4589		−1.12	[−2.02; −0.22]	5.7%
Messner–Discovery et al.	−0.5212	0.2230		−0.52	[−0.96; −0.08]	22.0%
Shen et al.	−0.2967	0.2405		−0.30	[−0.77; 0.17]	19.2%
Byeon et al.	−0.1587	0.3091		−0.16	[−0.76; 0.45]	12.2%
Sullivan et al.	−0.1510	0.2155		−0.15	[−0.57; 0.27]	23.3%
Babacic et al.	−0.1244	0.5921		−0.12	[−1.28; 1.04]	3.5%
Di et al.	0.2455	0.4098		0.25	[−0.56; 1.05]	7.1%
Sahin et al.	0.5766	0.7489		0.58	[−0.89; 2.04]	2.2%
Shu–Validation et al.	0.6419	0.5060		0.64	[−0.35; 1.63]	4.7%
Random effects model				**−0.23**	**[−0.45; −0.02]**	**100.0%**
Prediction interval					**[−0.56; 0.10]**	

−2 −1 0 1 2

Heterogeneity: $I^2 = 29\%$, $p = 0.19$