Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Messner–Discovery et al.	−0.7490	0.2155		−0.75	[−1.17; −0.33]	23.8%
Feng et al.	−0.3694	0.6390		−0.37	[−1.62; 0.88]	7.5%
Suvarna et al.	−0.2564	0.2647		−0.26	[−0.78; 0.26]	20.8%
Shu–Validation et al.	−0.2414	0.4988		−0.24	[−1.22; 0.74]	10.7%
Sullivan et al.	0.1616	0.2156		0.16	[−0.26; 0.58]	23.8%
Shu–Discovery et al.	0.4221	0.4166		0.42	[−0.39; 1.24]	13.5%
Random effects model				**−0.19**	**[−0.58; 0.20]**	**100.0%**
Prediction interval					**[−1.30; 0.92]**	

−1.5 −1 −0.5 0 0.5 1 1.5

Heterogeneity: $I^2 = 57\%$, $p = 0.04$