Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%-CI	Weight
Shu–Discovery et al.	−3.3082	0.6962		−3.31	[−4.67; −1.94]	30.6%
Suvarna et al.	−1.2991	0.4015		−1.30	[−2.09; −0.51]	35.4%
Byeon et al.	−0.2779	0.5027		−0.28	[−1.26; 0.71]	33.9%
Random effects model				−1.57	[−3.24; 0.10]	100.0%
Prediction interval					[−22.14; 19.01]	

−20   −10   0   10   20

Heterogeneity: $I^2 = 84\%$, $p < 0.01$