Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Zhang et al.	−0.46	0.2483		−0.46	[−0.95; 0.03]	11.5%
Shen et al.	−0.00	0.2391		−0.00	[−0.47; 0.47]	11.5%
Geyer et al.	0.03	0.2051		0.03	[−0.37; 0.43]	11.7%
Overmyer et al.	0.23	0.2169		0.23	[−0.20; 0.65]	11.7%
Babacic et al.	0.30	0.4412		0.30	[−0.56; 1.16]	10.1%
Messner–Discovery et al.	0.53	0.2218		0.53	[0.10; 0.96]	11.6%
Suvarna et al.	0.90	0.2746		0.90	[0.36; 1.44]	11.3%
Messner–Validation et al.	2.10	0.2706		2.10	[1.57; 2.63]	11.4%
Shu et al.	2.85	0.5595		2.85	[1.75; 3.94]	9.1%
Random effects model				**0.67**	**[0.01; 1.33]**	**100.0%**
Prediction interval					**[−1.72; 3.06]**	

Heterogeneity: $I^2 = 90\%$, $p < 0.01$