Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Babacic et al.	−0.9814	0.4602		−0.98	[−1.88; −0.08]	29.8%
Byeon et al.	−0.2109	0.5016		−0.21	[−1.19; 0.77]	25.4%
Spick et al.	−0.1702	0.3691		−0.17	[−0.89; 0.55]	44.8%
Random effects model				**−0.42**	**[−0.93; 0.09]**	**100.0%**
Prediction interval					**[−4.04; 3.20]**	

−4 −2 0 2 4

Heterogeneity: $I^2 = 6\%$, $p = 0.35$