Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Shu−Validation et al.	−2.5518	0.6174		−2.55	[−3.76; −1.34]	23.3%
Shu−Discovery et al.	−2.2278	0.5078		−2.23	[−3.22; −1.23]	24.9%
Byeon et al.	−0.2398	0.3937		−0.24	[−1.01; 0.53]	26.3%
Suvarna et al.	0.1592	0.4589		0.16	[−0.74; 1.06]	25.5%
Random effects model				**−1.17**	**[−2.51; 0.16]**	**100.0%**
Prediction interval					**[−7.37; 5.02]**	

−6 −4 −2 0 2 4 6

Heterogeneity: $I^2 = 86\%$, $p < 0.01$