Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Messner–Validation et al.	−0.9383	0.2666		−0.94	[−1.46; −0.42]	46.7%
Messner–Discovery et al.	−0.4627	0.2373		−0.46	[−0.93; 0.00]	53.3%
Random effects model				**−0.69**	**[−1.15; −0.22]**	**100.0%**

$-1 \quad -0.5 \quad 0 \quad 0.5 \quad 1$

Heterogeneity: $I^2 = 44\%$, $p = 0.18$