Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Babacic et al.	−1.2852	0.4747		−1.29	[−2.22; −0.35]	29.8%
Spick et al.	−0.2022	0.2935		−0.20	[−0.78; 0.37]	37.2%
Byeon et al.	0.3826	0.3960		0.38	[−0.39; 1.16]	33.0%
Random effects model				**−0.33**	**[−1.23; 0.56]**	**100.0%**
Prediction interval					**[−10.84; 10.18]**	

−10 −5 0 5 10

Heterogeneity: $I^2 = 73\%$, $p = 0.03$