Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Suvarna et al.	−0.8306	0.5709		−0.83	[−1.95; 0.29]	38.5%
Shu−Discovery et al.	−0.7422	0.4513		−0.74	[−1.63; 0.14]	61.5%
Random effects model				**−0.78**	**[−1.47; −0.08]**	**100.0%**

−1 0 1

Heterogeneity: $I^2 = 0\%$, $p = 0.90$