Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Shu–Discovery et al.	−1.6504	0.4673		−1.65	[−2.57; −0.73]	17.5%
Shu–Validation et al.	−0.8926	0.5138		−0.89	[−1.90; 0.11]	16.4%
Suvarna et al.	−0.4433	0.3268		−0.44	[−1.08; 0.20]	21.1%
Sullivan et al.	0.1402	0.2180		0.14	[−0.29; 0.57]	23.6%
Byeon et al.	0.2690	0.3101		0.27	[−0.34; 0.88]	21.5%
Random effects model				**−0.44**	**[−1.10; 0.23]**	**100.0%**
Prediction interval					**[−2.82; 1.94]**	

−2 −1 0 1 2

Heterogeneity: $I^2 = 76\%$, $p < 0.01$