Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Shu−Discovery et al.	−1.2272	0.4648		−1.23	[−2.14; −0.32]	11.7%
Babacic et al.	−0.4831	0.4444		−0.48	[−1.35; 0.39]	12.3%
Spick et al.	−0.2043	0.2759		−0.20	[−0.75; 0.34]	18.3%
Di et al.	−0.1322	0.4159		−0.13	[−0.95; 0.68]	13.2%
Byeon et al.	0.0728	0.5002		0.07	[−0.91; 1.05]	10.8%
Ciccosanti et al.	0.3914	0.3908		0.39	[−0.37; 1.16]	14.0%
Shen et al.	0.4868	0.2427		0.49	[0.01; 0.96]	19.7%
Random effects model				**−0.10**	**[−0.52; 0.32]**	**100.0%**
Prediction interval					**[−1.29; 1.09]**	

Heterogeneity: $I^2 = 57\%$, $p = 0.03$