Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%-CI	Weight
Shu–Discovery et al.	−2.0599	0.4951		−2.06	[−3.03; −1.09]	9.7%
Shu–Validation et al.	−1.6145	0.5487		−1.61	[−2.69; −0.54]	9.0%
Suvarna et al.	−0.4996	0.3123		−0.50	[−1.11; 0.11]	11.9%
Feng et al.	−0.3274	0.5819		−0.33	[−1.47; 0.81]	8.6%
Byeon et al.	−0.3229	0.5036		−0.32	[−1.31; 0.66]	9.6%
Shen et al.	−0.1532	0.2395		−0.15	[−0.62; 0.32]	12.7%
Geyer et al.	−0.1307	0.1902		−0.13	[−0.50; 0.24]	13.1%
Spick et al.	0.3332	0.2621		0.33	[−0.18; 0.85]	12.4%
Messner–Discovery et al.	0.6879	0.2147		0.69	[0.27; 1.11]	12.9%
Random effects model				**−0.37**	**[−0.91; 0.17]**	**100.0%**
Prediction interval					**[−2.23; 1.49]**	

Heterogeneity: $I^2 = 81\%$, $p < 0.01$