| Study | TE | seTE | Standardised Mean Difference | SMD | 95%–CI | Weight |
|---|---|---|---|---|---|---|
| Messner–Discovery et al. | −1.03 | 0.2199 | | −1.03 | [−1.46; −0.59] | 17.9% |
| Messner–Validation et al. | −0.57 | 0.2219 | | −0.57 | [−1.00; −0.13] | 17.8% |
| Suvarna et al. | −0.53 | 0.2733 | | −0.53 | [−1.06; 0.01] | 16.4% |
| Geyer et al. | −0.02 | 0.2131 | | −0.02 | [−0.44; 0.40] | 18.1% |
| Sullivan et al. | 0.16 | 0.2156 | | 0.16 | [−0.26; 0.58] | 18.0% |
| Babacic et al. | 0.73 | 0.4510 | | 0.73 | [−0.15; 1.61] | 11.8% |
| | | | | | | |
| **Random effects model** | | | | **−0.26** | **[−0.71; 0.20]** | **100.0%** |
| **Prediction interval** | | | | | **[−1.80; 1.28]** | |

Heterogeneity: $I^2 = 80\%$, $p < 0.01$