Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Messner–Discovery et al.	−0.29	0.2156		−0.29	[−0.71; 0.13]	18.4%
Shen et al.	−0.27	0.2402		−0.27	[−0.74; 0.21]	17.4%
Shu et al.	−0.25	0.4142		−0.25	[−1.06; 0.56]	11.1%
Babacic et al.	0.10	0.4394		0.10	[−0.76; 0.96]	10.4%
Sullivan et al.	0.21	0.2158		0.21	[−0.21; 0.64]	18.4%
Messner–Validation et al.	0.76	0.6463		0.76	[−0.51; 2.03]	6.3%
Overmyer et al.	0.82	0.2225		0.82	[0.39; 1.26]	18.1%
Random effects model				**0.12**	**[−0.25; 0.49]**	**100.0%**
Prediction interval					**[−0.98; 1.21]**	

Heterogeneity: $I^2 = 67\%$, $p < 0.01$