| Study | SMD | SE(SMD) | Standardised Mean Difference | SMD | 95%–CI | Weight |
|-------|-----|---------|------------------------------|-----|--------|--------|
| Byeon et al. | −0.5780 | 0.5115 | | −0.58 | [−1.58; 0.42] | 42.1% |
| Spick et al. | 0.2825 | 0.3800 | | 0.28 | [−0.46; 1.03] | 57.9% |
| **Random effects model** | | | | **−0.08** | **[−0.91; 0.75]** | **100.0%** |

−1.5 −1 −0.5 0 0.5 1 1.5

Heterogeneity: $I^2 = 45\%$, $p = 0.18$