Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Suvarna et al.	−1.3849	0.4530		−1.38	[−2.27; −0.50]	50.8%
Shu−Validation et al.	0.7136	0.5250		0.71	[−0.32; 1.74]	49.2%
Random effects model				**−0.35**	**[−2.41; 1.70]**	**100.0%**

Heterogeneity: $I^2 = 89\%$, $p < 0.01$