Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Messner–Discovery et al.	−1.20	0.2996		−1.20	[−1.79; −0.62]	17.0%
Messner–Validation et al.	−0.98	0.2772		−0.98	[−1.53; −0.44]	17.5%
Geyer et al.	−0.23	0.2805		−0.23	[−0.78; 0.32]	17.4%
Di et al.	−0.07	0.3789		−0.07	[−0.82; 0.67]	15.1%
Overmyer et al.	0.28	0.2171		0.28	[−0.15; 0.70]	18.8%
Shu et al.	0.48	0.4177		0.48	[−0.34; 1.29]	14.3%
Random effects model				**−0.31**	**[−0.85; 0.23]**	**100.0%**
Prediction interval					**[−2.13; 1.52]**	

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