Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Shen et al.	−0.21	0.2398		−0.21	[−0.68; 0.26]	29.1%
Shu et al.	−0.18	0.4222		−0.18	[−1.01; 0.65]	23.7%
Suvarna et al.	−0.09	0.3624		−0.09	[−0.80; 0.62]	25.6%
Babacic et al.	1.56	0.4909		1.56	[0.60; 2.53]	21.6%
Random effects model				**0.21**	**[−0.56; 0.98]**	**100.0%**
Prediction interval					**[−3.19; 3.61]**	

Heterogeneity: $I^2 = 73\%$, $p = 0.01$