Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Messner–Validation et al.	0.03	0.2728		0.03	[−0.51; 0.56]	9.8%
Shu et al.	0.06	0.4129		0.06	[−0.75; 0.87]	4.9%
Overmyer et al.	0.14	0.2166		0.14	[−0.29; 0.56]	13.8%
Shen et al.	0.37	0.2412		0.37	[−0.10; 0.84]	11.8%
Sullivan et al.	0.55	0.2187		0.55	[0.12; 0.98]	13.6%
Suvarna et al.	0.62	0.2932		0.62	[0.05; 1.20]	8.7%
Messner–Discovery et al.	0.64	0.2327		0.64	[0.18; 1.09]	12.5%
Geyer et al.	0.71	0.1952		0.71	[0.33; 1.09]	15.9%
Babacic et al.	0.82	0.4540		0.82	[−0.07; 1.71]	4.1%
Di et al.	1.19	0.4073		1.19	[0.39; 1.98]	5.0%
Random effects model				**0.48**	**[0.29; 0.67]**	**100.0%**
Prediction interval					**[0.08; 0.88]**	

Heterogeneity: $I^2 = 27\%$, $p = 0.20$