Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Shu et al.	−1.57	0.4623		−1.57	[−2.47; −0.66]	7.8%
Babacic et al.	−0.98	0.4600		−0.98	[−1.88; −0.07]	7.8%
Shen et al.	−0.41	0.2417		−0.41	[−0.88; 0.06]	9.4%
Di et al.	−0.26	0.4002		−0.26	[−1.05; 0.52]	8.3%
Overmyer et al.	−0.25	0.2170		−0.25	[−0.67; 0.18]	9.6%
Sullivan et al.	−0.12	0.2154		−0.12	[−0.54; 0.31]	9.6%
Geyer et al.	−0.08	0.1900		−0.08	[−0.45; 0.30]	9.7%
Zhang et al.	0.00	0.2271		0.00	[−0.44; 0.45]	9.5%
Suvarna et al.	0.03	0.2646		0.03	[−0.49; 0.55]	9.3%
Messner–Validation et al.	0.05	0.2177		0.05	[−0.38; 0.47]	9.6%
Messner–Discovery et al.	2.14	0.2518		2.14	[1.65; 2.64]	9.4%
Random effects model				**−0.09**	**[−0.61; 0.43]**	**100.0%**
Prediction interval					**[−2.06; 1.87]**	

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