Study	SMD	SE(SMD)	Standardised Mean Difference	SMD	95%–CI	Weight
Messner–Discovery et al.	−0.1674	0.3153		−0.17	[−0.79; 0.45]	13.6%
Sullivan et al.	−0.0602	0.2153		−0.06	[−0.48; 0.36]	29.2%
Shen et al.	−0.0048	0.2391		−0.00	[−0.47; 0.46]	23.7%
Byeon et al.	0.0859	0.3924		0.09	[−0.68; 0.86]	8.8%
Messner–Validation et al.	0.1171	0.2341		0.12	[−0.34; 0.58]	24.7%
Random effects model				**−0.01**	**[−0.23; 0.22]**	**100.0%**
Prediction interval					**[−0.38; 0.37]**	

−0.5   0   0.5

Heterogeneity: $I^2 = 0\%$, $p = 0.96$