Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Shu et al.	−1.12	0.4589		−1.12	[−2.02; −0.22]	6.6%
Messner−Discovery et al.	−0.52	0.2230		−0.52	[−0.96; −0.08]	27.7%
Shen et al.	−0.30	0.2405		−0.30	[−0.77; 0.17]	23.9%
Sullivan et al.	−0.15	0.2155		−0.15	[−0.57; 0.27]	29.6%
Babacic et al.	−0.12	0.5921		−0.12	[−1.28; 1.04]	4.0%
Di et al.	0.25	0.4098		0.25	[−0.56; 1.05]	8.3%
Random effects model				**−0.32**	**[−0.55; −0.09]**	**100.0%**
Prediction interval					**[−0.65; 0.01]**	

Heterogeneity: $I^2 = 23\%$, $p = 0.26$