Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Di et al.	−0.97	0.5039		−0.97	[−1.96; 0.02]	2.5%
Babacic et al.	−0.49	0.4445		−0.49	[−1.36; 0.38]	3.2%
Shen et al.	−0.33	0.2408		−0.33	[−0.80; 0.14]	10.8%
Geyer et al.	−0.22	0.2628		−0.22	[−0.73; 0.30]	9.1%
Sullivan et al.	−0.21	0.2158		−0.21	[−0.63; 0.21]	13.4%
Overmyer et al.	−0.12	0.2166		−0.12	[−0.55; 0.30]	13.3%
Messner–Discovery et al.	−0.08	0.2120		−0.08	[−0.50; 0.34]	13.9%
Suvarna et al.	0.05	0.2815		0.05	[−0.51; 0.60]	7.9%
Zhang et al.	0.05	0.2621		0.05	[−0.46; 0.56]	9.1%
Messner–Validation et al.	0.19	0.2181		0.19	[−0.24; 0.61]	13.2%
Shu et al.	0.33	0.4152		0.33	[−0.48; 1.14]	3.6%
Random effects model				**−0.11**	**[−0.26; 0.05]**	**100.0%**
Prediction interval					**[−0.28; 0.07]**	

Heterogeneity: $I^2 = 0\%$, $p = 0.58$