

Study	N(Drug, Pla)	Drug, dose	SMD [95% CI]
Chamberlain, 2006	20, 20	Citalopram 30mg	-0.18 [-0.80, 0.44]
Langley, 2023	32, 34	Escitalopram 20mg /day	-0.26 [-0.75, 0.22]
Skandali, 2018	31, 33	Escitalopram 20mg	-0.28 [-0.77, 0.22]
Thirkettle, 2019	22, 22	Tryptophan 0.8g	0.01 [-0.58, 0.60]
Evers, 2004	15, 15	TD	0.29 [-0.43, 1.01]
Cools, 2008	12	TD	0.09 [-0.34, 0.51]
Worbe, 2015	18, 18	TD	0.78 [0.10, 1.46]
Worbe, 2016	22, 22	TD	0.79 [0.18, 1.41]
Kanen, 2020	30, 32	TD	-0.04 [-0.54, 0.46]
Gilger, 2024	98, 98	TD	-0.02 [-0.30, 0.26]
Random-effects meta-analysis:			0.06 [-0.13, 0.26]

