Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Islam et al.	−8.70	1.0679		−8.70	[−10.79; −6.60]	18.5%
Koskinen et al.	−3.06	0.4202		−3.06	[−3.88; −2.24]	20.8%
Hofstad et al.	−3.01	0.8340		−3.01	[−4.65; −1.38]	19.5%
Demirel et al.	−2.03	0.5135		−2.03	[−3.04; −1.03]	20.5%
Zulbaran−Rojas et al.	−0.83	0.4763		−0.83	[−1.76; 0.11]	20.6%
Random effects model				**−3.42**	**[−7.10; 0.25]**	**100.0%**
Prediction interval					**[−13.26; 6.41]**	

Heterogeneity: $I^2 = 92\%$, $\tau^2 = 7.8818$, $p < 0.01$

−10 −5 0 5 10