Study	TE	seTE	Standardised Mean Difference	SMD	95%–CI	Weight
Islam et al.	−8.70	1.0679		−8.70	[−10.79; −6.60]	15.1%
Koskinen et al.	−3.06	0.4202		−3.06	[−3.88; −2.24]	17.4%
Hofstad et al.	−3.01	0.8340		−3.01	[−4.65; −1.38]	16.0%
Mori et al.	−2.69	0.5137		−2.69	[−3.69; −1.68]	17.1%
Demirel et al.	−2.03	0.5135		−2.03	[−3.04; −1.03]	17.1%
Zulbaran−Rojas et al.	−0.83	0.4763		−0.83	[−1.76; 0.11]	17.2%
NA	.	.				0.0%
Random effects model				**−3.28**	**[−6.04; −0.51]**	**100.0%**
Prediction interval					**[−10.70; 4.15]**	

Heterogeneity: $I^2 = 90\%$, $\tau^2 = 6.0648$, $p < 0.01$