	Experimental			Control		ntrol				Weight	Weight
Study	Total	Mean	SD	Total	Mean	SD	Mean Difference	MD	95%-CI	(fixed)	(random)
Zavorsky et al. (2019)	8	109.0	32.0	8	111.0	31.0		-2.0	[-32.9; 28.9]	0.0%	0.0%
Zavorsky & Newton (2018)	_	55.5		9	_		<del></del>		[-3.3; 5.1]		0.6%
Sztajzel et al. (2000)	15	4.7	0.6	15	4.5	0.6	<u> </u>	0.1	[-0.3; 0.5]	65.8%	65.8%
Boone & Gilmore (1995)	11	3.4	0.7	11	3.5	0.7	<b>+</b>	-0.1	[ -0.7; 0.5]	33.6%	33.6%
Fixed effect model Random effects model	43			43			Į		[ -0.3; 0.4] [ -0.3; 0.4]		 100.0%
Heterogeneity: $I^2 = 0\%$ , $\tau^2 = 0$	p = 0	.92							[ -0.3, 0.4]		100.0 /6
							-30 -20 -10 0 10 20				
Favo						Fav	ors Abstinence Fa	avors sex			