| Study | SMD | SE(SMD) | Standardised Mean Difference | SMD | 95%–CI | Weight |
|---|---|---|---|---|---|---|
| GuYY_2017_Acarbose_D90 | −0.8400 | 0.1700 | | −0.84 | [−1.17; −0.51] | 13.8% |
| ZhangXY_2021_Acarbose_D168 | −1.3500 | 0.2500 | | −1.35 | [−1.84; −0.86] | 10.5% |
| ZhangYF_2020_Berberine_D84 | −1.2000 | 0.1400 | | −1.20 | [−1.47; −0.93] | 15.1% |
| WuH_2018_Metformin_D60 | −0.8300 | 0.1600 | | −0.83 | [−1.14; −0.52] | 14.2% |
| WuH_2018_Metformin_D120 | −0.6700 | 0.1800 | | −0.67 | [−1.02; −0.32] | 13.3% |
| Ren_2023_Metformin_D90 | −1.8200 | 0.2600 | | −1.82 | [−2.33; −1.31] | 10.1% |
| ZhangXY_2021_Vlidagliptin_D168 | −1.4700 | 0.2500 | | −1.47 | [−1.96; −0.98] | 10.5% |
| GuYY_2017_Glipizide_D90 | −1.1500 | 0.2000 | | −1.15 | [−1.54; −0.76] | 12.5% |
| | | | | | | |
| **Random effects model (HK)** | | | | **−1.13** | **[−1.44; −0.82]** | **100.0%** |
| **Prediction interval** | | | | | **[−1.87; −0.38]** | |

Heterogeneity: $I^2 = 68\%$, $\tau^2 = 0.0783$, $p < 0.01$