	Experimental			Control	Standardised Mean			
Study	Total Mea	n SD Tota	l Mean	SD	Difference	SMD	95%-CI	Weight
Jiang et al, 2020a	123 6.1	0000 .00		7.5000	<u> </u>		[-0.28; 0.22]	
Ruff et al, 2021	155 15.6	4 11.7057 91	17.41	10.3941		-0.16	[-0.42; 0.10]	28.5%
Jiang et al, 2019	98 6.9	0 6.8000 89	7.10	7.8000	+	-0.03	[-0.31; 0.26]	23.3%
Rodrigues et al, 2020	54 6.9	4 6.5600 54	6.94	7.4200	-	0.00	[-0.38; 0.38]	13.5%
Vollu et al, 2019	13 3.9	0 5.1000 13	3 4.50	7.5000		-0.09	[-0.86; 0.68]	3.2%
Random effects mode Heterogeneity: $I^2 = 0\%$, τ^2	_	377	,	Γ			[-0.20; 0.08]	100.0%
rictorogenous. 7 = 070, t	- 0, p = 0.55			-3	-2 -1 0 1 2	3		