|  | | **Experimental Group** | | | | | **Control Group** | | | | | **Effect size** | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome** | **Paper** | **N** | **Mpre** | **Mpost** | **SDpre** | **SDpost** | **N** | **Mpre** | **Mpost** | **SDpre** | **SDpost** | **dppc2** | **σ2 dppc2** |
| Cognitive Flexibility Acc. | Di Lieto et al. (2020a) | 96 | 7.22 | 8.39 | 2.06 | 1.69 | 91 | 7.19 | 8.27 | 2.10 | 1.66 | 0.04 | 0.01 |
| Di Lieto et al. (2020b) | 18 | 5.72 | 6.61 | 2.37 | 2.12 | 18 | 7.05 | 7.05 | 2.15 | 2.41 | 0.38 | 0.07 |
| Inhibition Acc. | Arfè et al. (2019a) | 44 | 4.63 | 1.79 | 4.45 | 2.01 | 36 | 5.76 | 4.16 | 4.36 | 3.72 | 0.21 | 0.02 |
| Arfè et al. (2019b) | 19 | 4.03 | 1.58 | 3.80 | 1.81 | 19 | 3.74 | 2.82 | 2.79 | 2.27 | 0.46 | 0.05 |
| Arfè et al. (2020) | 88 | 5.71 | 1.97 | 6.01 | 2.23 | 91 | 5.66 | 4.12 | 0.26 | 1.50 | 0.44 | 0.01 |
| Di Lieto et al. (2020a) | 96 | 5.72 | 3.39 | 4.62 | 3.42 | 91 | 4.61 | 3.02 | 3.53 | 3.13 | 0.14 | 0.01 |
| Di Lieto et al. (2020b) | 18 | 8.16 | 6.50 | 7.64 | 6.14 | 18 | 6.58 | 5.38 | 4.39 | 6.66 | 0.06 | 0.05 |
| Planning Acc. | Arfè et al. (2019a) | 44 | 7.13 | 9.84 | 2.46 | 2.45 | 36 | 5.75 | 7.57 | 2.91 | 2.80 | 0.30 | 0.02 |
| Arfè et al. (2019b) | 19 | 8.39 | 11.42 | 3.51 | 2.60 | 19 | 8.92 | 8.55 | 3.23 | 3.29 | 0.99 | 0.06 |
| Arfè et al. (2020) | 88 | 6.02 | 9.59 | 2.88 | 2.39 | 91 | 4.95 | 7.05 | 1.34 | 1.18 | 0.61 | 0.01 |
| Problem Solving | Akcaoglu & Koehler (2014) | 20 | -1.11 | -0.07 | 1.23 | 1.11 | 24 | -1.17 | -1.29 | 0.91 | 1.15 | 1.05 | 0.05 |
| Arfè et al. (2019a) | 44 | 4.31 | 6.12 | 1.46 | 1.06 | 36 | 3.09 | 3.68 | 1.60 | 1.92 | 0.79 | 0.03 |
| Arfè et al. (2019b) | 19 | 6.05 | 7.16 | 1.08 | 0.96 | 19 | 5.58 | 5.21 | 1.17 | 1.08 | 1.29 | 0.08 |
| Arfè et al. (2020) | 88 | 3.90 | 5.86 | 1.45 | 0.87 | 91 | 3.57 | 3.74 | 0.08 | 0.08 | 1.75 | 0.02 |
| Erol & Cirak (2021) | 16 | 93.25 | 99.12 | 16.32 | 12.39 | 18 | 89.11 | 86.72 | 10.79 | 10.88 | 0.59 | 0.08 |
| La Paglia et al. (2017) | 30 | 54.19 | 58.09 | 7.52 | 6.89 | 30 | 56.29 | 56.86 | 11.58 | 12.22 | 0.34 | 0.04 |
| Nam et al. (2010) | 30 | 9.55 | 13.36 | 3.50 | 3.55 | 30 | 10.09 | 11.50 | 3.16 | 2.84 | 0.71 | 0.04 |
| Pardamean et al. (2011) | 43 | 9.98 | 12.05 | 3.08 | 2.90 | 42 | 9.35 | 10.76 | 2.02 | 3.23 | 0.26 | 0.02 |
| WonNam et al. (2019) | 25 | 25.72 | 37.16 | 6.29 | 3.88 | 28 | 26.79 | 29.75 | 5.07 | 6.33 | 1.47 | 0.07 |
| Working Memory Acc. | Di Lieto et al. (2020a) | 96 | 3.34 | 4.93 | 1.92 | 2.31 | 91 | 3.15 | 4.23 | 1.76 | 1.90 | 0.26 | 0.01 |
| Di Lieto et al. (2020b) | 18 | 2.36 | 3.34 | 1.25 | 1.94 | 18 | 2.11 | 3.42 | 1.14 | 2.01 | -0.21 | 0.04 |