

Study	SMD	SE	Weight
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Blades et al. 2024	0.2151	0.227	34.1%
Ketelhut et al. 2023	0.2621	0.314	32.3%
Faid et al 2022	-1.3354	0.252	33.6%

**Total (95% CI)** **100.0%**

**Prediction interval**

Heterogeneity:  $\text{Tau}^2 = 0.7619$ ;  $\text{Chi}^2 = 25.22$ ,  $\text{df} = 2$  ( $P < 0.0001$ );  $I^2 = 92.1\%$

Standardised Mean Difference (Hedges g)

