Study	SMD	SE	Weight
Reed et al. 2023	0.8661	0.283	23.5%
Ketelhut et al. 2023	−0.0981	0.307	21.9%
Hinkka et al 2016	0.0553	0.128	35.7%
Hirvonen et al 2002	0.0560	0.354	18.9%
Total (95% CI)			**100.0%**
Prediction interval			

Heterogeneity: $Tau^2 = 0.1068$; $Chi^2 = 7.67$, $df = 3$ ($P = 0.0534$); $I^2 = 60.9\%$
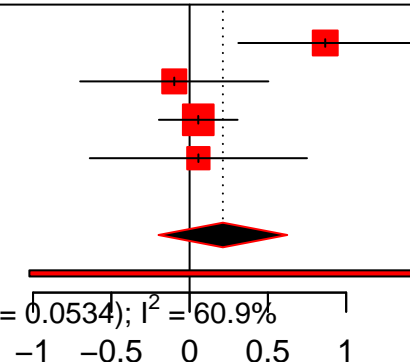
Standardised Mean Difference (Hedges g)