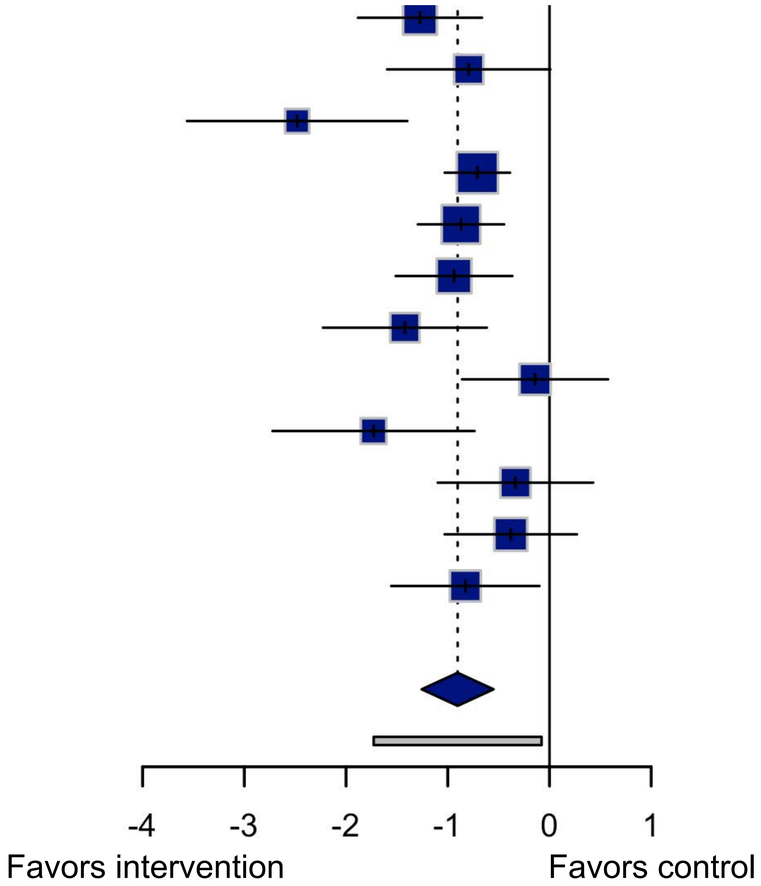
| Study | Intervention N | Intervention mean | Intervention SD | Control N | Control mean | Control SD | Weights (%) | Standardized Mean Difference | 95% CI |
|---|---|---|---|---|---|---|---|---|---|
| Griffiths 2016 | 25 | 6.64 | 5.20 | 25 | 14.80 | 7.25 | 9.2% | -1.27 | [-1.88; -0.66] |
| Ross 2016 | 12 | 7.10 | 6.39 | 14 | 12.84 | 7.48 | 6.9% | -0.79 | [-1.60; 0.01] |
| Davis 2021 | 13 | 8.50 | 5.70 | 11 | 23.50 | 6.00 | 4.7% | -2.48 | [-3.56; -1.40] |
| Goodwin 2022 | 79 | 19.90 | 10.54 | 79 | 27.30 | 10.23 | 13.7% | -0.71 | [-1.03; -0.39] |
| Raison 2023 | 50 | 16.10 | 13.00 | 44 | 27.30 | 12.50 | 12.0% | -0.87 | [-1.29; -0.45] |
| von Rotz 2023 | 26 | 11.16 | 9.77 | 26 | 20.70 | 10.24 | 9.7% | -0.94 | [-1.51; -0.36] |
| Back 2024 | 15 | 6.33 | 6.72 | 15 | 19.07 | 10.34 | 6.9% | -1.42 | [-2.23; -0.62] |
| Rosenblat 2024 | 16 | 23.44 | 8.69 | 14 | 24.57 | 6.52 | 7.8% | -0.14 | [-0.86; 0.58] |
| Lewis 2025 | 12 | 4.80 | 2.50 | 10 | 9.90 | 3.20 | 5.3% | -1.73 | [-2.72; -0.74] |
| Luquiens 2025 | 20 | 12.00 | 13.00 | 10 | 16.00 | 8.00 | 7.3% | -0.33 | [-1.10; 0.43] |
| Rieser 2025 | 18 | 7.17 | 7.13 | 19 | 10.79 | 10.97 | 8.7% | -0.38 | [-1.03; 0.27] |
| Ross 2025 | 14 | 4.84 | 4.26 | 18 | 8.38 | 4.10 | 7.7% | -0.83 | [-1.56; -0.10] |
| **Random effects model (HK)** | | | | | | | **100.0%** | **-0.90** | **[-1.26; -0.55]** |
| **Prediction interval** | | | | | | | | | **[-1.73; -0.08]** |

Heterogeneity: $I^2 = 54\%$, $\tau^2 = 0.1174$, $p = 0.01$