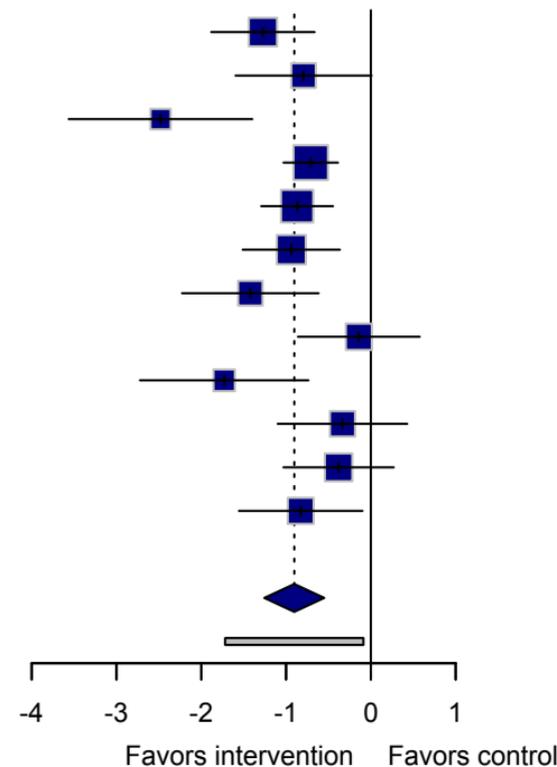


Study	N	Mean	SD	N	Mean	SD	SMD	g	95%-CI	Weight
Griffiths 2016	25	6.64	5.20	25	14.80	7.25	-1.27	-1.27	[-1.88; -0.66]	9.2%
Ross 2016	12	7.10	6.39	14	12.84	7.48	-0.79	-0.79	[-1.60; 0.01]	6.9%
Davis 2021	13	8.50	5.70	11	23.50	6.00	-2.48	-2.48	[-3.56; -1.40]	4.7%
Goodwin 2022	79	19.90	10.54	79	27.30	10.23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



Random effects model (HK)

Prediction interval

Heterogeneity: $I^2 = 53.9\%$, $\tau^2 = 0.1174$, $p = 0.0134$

-0.90 [-1.26; -0.55] 100.0%
[-1.72; -0.09]