

Study	Experimental			Control			Standardised Mean Difference	SMD	95%–CI	Weight
	Total	Mean	SD	Total	Mean	SD				
Amiri 2019	15	–2.37	4.8000	15	–4.80	1.3700		0.67	[–0.07; 1.41]	48.0%
Jespersen 2019	18	–8.70	3.8000	15	–11.20	3.0000		0.70	[–0.00; 1.41]	52.0%
<b>Random effects model</b>	<b>33</b>			<b>30</b>				<b>0.69</b>	<b>[ 0.18; 1.20]</b>	<b>100.0%</b>
Heterogeneity: $I^2 = 0\%$ , $\tau^2 = 0$ , $p = 0.95$										

