The effect of prebiotics, alone or as part of synbiotics, on cardiometabolic parameters in women with polycystic ovary syndrome: a systematic review and meta-analysis of randomized controlled trials

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Supplementary Table S8 Meta-analysis showing the effect of prebiotics and synbiotics interventions on blood pressure parameters (all analyses were conducted using a random-effects model).

Outcomes	Meta-analysis					Heterogeneity			
	Study group	Number of studies	Number of participants	WMD (95% CI) (kg)	*P* effect	Q statistic	*P* within group [1]	*I*-squared (%)	*P* between group [2]
SBP (mmHg)	Overall	3	236	-1.302 (-4.668, 2.064)	0.448	4.37	0.224	31.4	-
DBP (mmHg)	Overall	3	236	-2.218 (-4.425 , -0.010)	0.049	0.82	0.845	0.0	-

[1] Calculated from a random-effects model

[2] Calculated from a fixed-effect model

Abbreviations**:** SBP, Systolic Blood Pressure; DBP, Diastolic Blood Pressure; BMI, body mass index; WMD, weighted mean difference.

(Negative signs in WMD indicate a negative difference in the outcome).