Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI	Year
3.6.1 intervention duration ≥ 8 weeks									
Lee 2008	−0.1	3.1	15	0.4	3.1	15	15.5%	−0.50 [−2.72, 1.72]	2008
Novotny 2015	−0.03	3.42	29	0.18	3.72	27	17.0%	−0.21 [−2.09, 1.67]	2015
Hormoznejad 2020	−2.35	1.59	20	−0.85	1.62	21	20.9%	−1.50 [−2.48, −0.52]	2020
Shirazi 2021	−4.7	2.72	46	−0.59	2.98	48	20.2%	−4.11 [−5.26, −2.96]	2021
Richter 2021	0.2	3.35	40	0.1	3.29	40	18.9%	0.10 [−1.36, 1.56]	2021
Subtotal (95% CI)			**150**			**151**	**92.5%**	**−1.33 [−2.97, 0.31]**	
Heterogeneity: Tau^2 = 2.87; Chi^2 = 26.37, df = 4 (P < 0.0001); I^2 = 85%									
Test for overall effect: Z = 1.59 (P = 0.11)									
3.6.2 intervention duration < 8 weeks									
Dohadwala 2011	−1	8	22	0	7.55	22	7.5%	−1.00 [−5.60, 3.60]	2011
Subtotal (95% CI)			**22**			**22**	**7.5%**	**−1.00 [−5.60, 3.60]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 0.43 (P = 0.67)									
Total (95% CI)			**172**			**173**	**100.0%**	**−1.31 [−2.85, 0.22]**	
Heterogeneity: Tau^2 = 2.68; Chi^2 = 26.46, df = 5 (P < 0.0001); I^2 = 81%									
Test for overall effect: Z = 1.68 (P = 0.09)									
Test for subgroup differences: Chi^2 = 0.02, df = 1 (P = 0.89), I^2 = 0%									