Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
3.3.1 intervention duration ≥ 8 weeks								
Basu 2011	−0.13	0.67	15	0.1	0.68	16	6.6%	−0.23 [−0.71, 0.25]
Flanagan 2022	−0.3	1	29	−0.1	1.08	31	5.7%	−0.20 [−0.73, 0.33]
Hormoznejad 2020	0.09	1.13	20	−0.23	0.84	21	4.5%	0.32 [−0.29, 0.93]
Javid 2017	0.08	1.39	9	−0.25	0.72	12	1.9%	0.33 [−0.67, 1.33]
Lee 2008	−0.4	0.39	15	0.2	0.39	15	12.4%	−0.60 [−0.88, −0.32]
Novotny 2015	0.1	0.51	29	0.03	0.5	27	13.0%	0.07 [−0.19, 0.33]
Rahn 2023	−0.03	0.5	18	−0.08	0.75	18	7.9%	0.05 [−0.37, 0.47]
Richter 2021	0	0.71	40	−0.08	0.71	40	11.1%	0.08 [−0.23, 0.39]
Shirazi 2021	−0.26	0.53	46	−0.21	0.51	48	15.4%	−0.05 [−0.26, 0.16]
Subtotal (95% CI)			**221**			**228**	**78.6%**	**−0.08 [−0.27, 0.12]**
Heterogeneity: $Tau^2 = 0.04$; $Chi^2 = 18.86$, df = 8 (P = 0.02); $I^2 = 58\%$								
Test for overall effect: Z = 0.78 (P = 0.43)								
3.3.2 intervention duration < 8 weeks								
Dohadwala 2011	0	0.85	22	−0.03	0.89	22	5.9%	0.03 [−0.48, 0.54]
Duthie 2006	−0.38	0.65	11	−0.2	0.69	9	4.8%	−0.18 [−0.77, 0.41]
Heiss 2022	−0.05	0.56	22	0.04	1.53	22	3.8%	−0.09 [−0.77, 0.59]
Paquette 2017	−0.01	0.76	20	0.17	0.74	21	6.9%	−0.18 [−0.64, 0.28]
Subtotal (95% CI)			**75**			**74**	**21.4%**	**−0.11 [−0.38, 0.16]**
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.43$, df = 3 (P = 0.93); $I^2 = 0\%$								
Test for overall effect: Z = 0.77 (P = 0.44)								
Total (95% CI)			**296**			**302**	**100.0%**	**−0.09 [−0.23, 0.06]**
Heterogeneity: $Tau^2 = 0.02$; $Chi^2 = 19.29$, df = 12 (P = 0.08); $I^2 = 38\%$								
Test for overall effect: Z = 1.19 (P = 0.23)								
Test for subgroup differences: $Chi^2 = 0.03$, df = 1 (P = 0.86), $I^2 = 0\%$								