Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Javid 2020	1.807	2.259	22	2.293	1.899	22	31.0%	-0.23 [-0.82, 0.36]
Tougaard 2022	1.7482	0.4569	50	2.307	1.003	50	37.3%	-0.71 [-1.12, -0.31]
Zhang 2023	0.2	0.43	25	0.08	0.47	23	31.8%	0.26 [-0.31, 0.83]
Total (95% CI)			**97**			**95**	**100.0%**	**-0.25 [-0.84, 0.33]**

Heterogeneity: Tau² = 0.20; Chi² = 7.68, df = 2 (P = 0.02); I² = 74%

Test for overall effect: Z = 0.84 (P = 0.40)

