Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Javid 2020	163.68	75.88	22	171.63	73.89	22	30.2%	-0.10 [-0.70, 0.49]
Wang 2022	161.9	39	27	171.5	55.5	29	38.3%	-0.20 [-0.72, 0.33]
Zhang 2023	-18	84.6	25	32.4	84.6	23	31.5%	-0.59 [-1.17, -0.01]
Total (95% CI)			**74**			**74**	**100.0%**	**-0.29 [-0.62, 0.03]**

Heterogeneity: Tau² = 0.00; Chi² = 1.50, df = 2 (P = 0.47); I² = 0%

Test for overall effect: Z = 1.76 (P = 0.08)

