Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Javid 2020	56.04	9.29	25	51.22	8.24	23	50.7%	0.54 [-0.04, 1.12]
Zhang 2023	0	0.21	22	0	0.13	22	49.3%	0.00 [-0.59, 0.59]
Total (95% CI)			**47**			**45**	**100.0%**	**0.27 [-0.25, 0.80]**

Heterogeneity: Tau² = 0.06; Chi² = 1.63, df = 1 (P = 0.20); I² = 39%

Test for overall effect: Z = 1.01 (P = 0.31)

