
Experimental
Control
Std. Mean Difference
Std. Mean Difference
Study or Subgroup Mean SD Total Mean SD Total Weight IV, Random, 95% CI
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Javid 2020 -0.07 0.45 25 0.32 0.78 23 50.3% -0.61 [-1.19, -0.03]
Zhang 2023 81.86 15.01 22 79.31 17.9 22 49.7% 0.15 [-0.44, 0.74]
Total (95% CI) 47 45 100.0% -0.23 [-0.98, 0.51]
Heterogeneity: Tau² = 0.20; Chi² = 3.23, df = 1 (P = 0.07); I² = 69%
Test for overall effect: Z = 0.61 (P = 0.54)
-4
-2
0
2
4
Favours [experimental]
Favours [control]