Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Groot 2020	4.33	0.34	15	4.38	0.25	15	49.6%	-0.16 [-0.88, 0.55]
Ho 2019	5.13	0.08	17	5.23	0.09	21	50.4%	-1.14 [-1.84, -0.45]
Total (95% CI)			**32**			**36**	**100.0%**	**-0.66 [-1.62, 0.30]**

Heterogeneity: Tau² = 0.35; Chi² = 3.70, df = 1 (P = 0.05); I² = 73%

Test for overall effect: Z = 1.34 (P = 0.18)

