Study or Subgroup	Experimental Mean	SD	Total	Control Mean	SD	Total	Weight	Std. Mean Difference IV, Random, 95% CI
Groele 2021	0.5296	1.2849	45	1.7582	4.2655	45	37.8%	-0.39 [-0.80, 0.03]
Ho 2019	1.59	3.95	17	-0.24	1.52	21	28.6%	0.62 [-0.03, 1.28]
Wang 2022	39.2	47.5	27	49.3	57.2	29	33.5%	-0.19 [-0.71, 0.34]
Total (95% CI)			**89**			**95**	**100.0%**	**-0.03 [-0.58, 0.52]**

Heterogeneity: Tau² = 0.16; Chi² = 6.58, df = 2 (P = 0.04); I² = 70%

Test for overall effect: Z = 0.11 (P = 0.91)

