**Forest plot table**

| Study | Experimental Total | Experimental Mean | Experimental SD | Control Total | Control Mean | Control SD | Standardised Mean Difference | SMD | 95%-CI | Weight (common) | Weight (random) |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Gazzola, et al. [10] | 36 | 126.53 | 49.4400 | 41 | 154.71 | 55.1000 | | -0.53 | [-0.99; -0.08] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 5.16 | 4.9000 | 41 | 1.86 | 1.0500 | | 0.95 | [0.48; 1.42] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 6.69 | 7.8300 | 41 | 1.77 | 0.9800 | | 0.91 | [0.43; 1.38] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 32 | 20.94 | 13.7300 | 41 | 10.59 | 7.9400 | | 0.94 | [0.46; 1.43] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 3.90 | 3.0600 | 41 | 2.16 | 0.9900 | | 0.78 | [0.31; 1.24] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 3.86 | 3.0400 | 41 | 2.09 | 1.0300 | | 0.79 | [0.33; 1.26] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 4.07 | 3.1200 | 41 | 2.27 | 1.2900 | | 0.76 | [0.30; 1.23] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 4.01 | 2.4700 | 41 | 2.06 | 1.1300 | | 1.03 | [0.55; 1.51] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 4.98 | 4.5400 | 41 | 2.30 | 1.2100 | | 0.82 | [0.36; 1.29] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 7.24 | 5.0900 | 41 | 3.17 | 1.8300 | | 1.08 | [0.60; 1.56] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 5.60 | 4.1100 | 41 | 3.62 | 1.8300 | | 0.63 | [0.17; 1.09] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.17 | 0.4600 | 41 | 0.89 | 0.2600 | | 0.75 | [0.29; 1.22] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 35 | 1.59 | 0.6700 | 41 | 1.11 | 0.4100 | | 0.87 | [0.40; 1.34] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 32 | 3.45 | 1.1500 | 41 | 2.87 | 1.3600 | | 0.45 | [-0.02; 0.92] | 0.7% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.46 | 0.5900 | 41 | 1.25 | 0.6500 | | 0.34 | [-0.11; 0.79] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.36 | 0.4900 | 41 | 1.25 | 0.5500 | | 0.21 | [-0.24; 0.66] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.33 | 0.4700 | 41 | 1.19 | 0.5200 | | 0.28 | [-0.17; 0.73] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.41 | 0.5400 | 41 | 1.14 | 0.4700 | | 0.53 | [0.07; 0.99] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.50 | 0.7200 | 41 | 1.14 | 0.4600 | | 0.60 | [0.14; 1.06] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.86 | 0.8300 | 41 | 1.47 | 0.6500 | | 0.52 | [0.24; 1.09] | 0.8% | 0.6% |
| Gazzola, et al. [10] | 36 | 1.79 | 0.4000 | 41 | 1.69 | 0.6900 | | 0.15 | [-0.30; 0.60] | 0.8% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.05 | 0.7600 | 45 | 0.73 | 0.2800 | | 0.55 | [0.13; 0.98] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.47 | 1.0300 | 45 | 0.91 | 0.2900 | | 0.73 | [0.31; 1.16] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 3.40 | 2.3200 | 45 | 2.51 | 0.9300 | | 0.50 | [0.08; 0.92] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.19 | 0.5700 | 45 | 0.99 | 0.4200 | | 0.40 | [-0.02; 0.81] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.23 | 0.8500 | 45 | 0.90 | 0.2700 | | 0.52 | [0.10; 0.94] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.26 | 0.6800 | 45 | 0.91 | 0.3000 | | 0.66 | [0.24; 1.09] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.13 | 0.5200 | 45 | 0.91 | 0.3000 | | 0.51 | [0.09; 0.93] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.25 | 0.7000 | 45 | 9.30 | 0.3200 | | -14.66 | [-16.89; -12.44] | 0.0% | 0.2% |
| Monteiro, et al. [33] | 45 | 1.60 | 0.6500 | 45 | 1.17 | 0.4300 | | 0.77 | [0.34; 1.20] | 0.9% | 0.6% |
| Monteiro, et al. [33] | 45 | 1.58 | 0.5500 | 45 | 1.28 | 0.4100 | | 0.61 | [0.19; 1.04] | 0.9% | 0.6% |
| Cusin, et al. [26] | 30 | 0.80 | 0.4500 | 40 | 0.73 | 0.2700 | | 0.19 | [-0.28; 0.67] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.13 | 0.6300 | 40 | 0.90 | 0.2700 | | 0.50 | [0.01; 0.98] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 2.49 | 0.9600 | 40 | 2.44 | 0.9400 | | 0.05 | [-0.42; 0.53] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.01 | 0.5200 | 40 | 0.98 | 0.4300 | | 0.06 | [-0.41; 0.54] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.00 | 0.3200 | 40 | 0.88 | 0.2600 | | 0.41 | [-0.07; 0.89] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.07 | 0.5300 | 40 | 0.88 | 0.2900 | | 0.46 | [-0.02; 0.94] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.08 | 0.4500 | 40 | 0.89 | 0.2800 | | 0.52 | [0.04; 1.00] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.08 | 0.4600 | 40 | 0.91 | 0.3200 | | 0.44 | [-0.04; 0.91] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.40 | 0.5800 | 40 | 1.18 | 0.4400 | | 0.43 | [-0.05; 0.91] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.47 | 0.6000 | 40 | 1.30 | 0.4100 | | 0.34 | [-0.14; 0.81] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 2.83 | 2.2500 | 40 | 1.68 | 0.9300 | | 0.70 | [0.21; 1.19] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 4.49 | 5.5000 | 40 | 1.80 | 1.1500 | | 0.72 | [0.23; 1.21] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 9.70 | 7.8900 | 40 | 7.62 | 4.3300 | | 0.34 | [-0.14; 0.81] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 1.95 | 1.4300 | 40 | 1.46 | 1.1500 | | 0.38 | [-0.10; 0.86] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 2.62 | 2.8900 | 40 | 1.57 | 1.0100 | | 0.51 | [0.03; 0.99] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 3.50 | 4.5600 | 40 | 1.43 | 0.9900 | | 0.67 | [0.18; 1.15] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 3.26 | 3.2400 | 40 | 1.58 | 1.4700 | | 0.69 | [0.21; 1.18] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 3.90 | 5.1300 | 40 | 1.82 | 1.6400 | | 0.58 | [0.09; 1.06] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 4.87 | 5.1100 | 40 | 2.31 | 1.8200 | | 0.70 | [0.21; 1.19] | 0.7% | 0.6% |
| Cusin, et al. [26] | 30 | 4.30 | 4.1300 | 40 | 2.41 | 1.5800 | | 0.63 | [0.15; 1.12] | 0.7% | 0.6% |
| Lança, et al. [29] | 21 | 5.06 | 7.5200 | 21 | 3.31 | 2.8700 | | 0.30 | [-0.31; 0.91] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 3.24 | 3.8100 | 21 | 4.84 | 3.8700 | | -0.41 | [-1.02; 0.20] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 8.98 | 10.1400 | 21 | 11.79 | 9.5500 | | -0.28 | [-0.89; 0.33] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 2.42 | 2.3300 | 21 | 2.35 | 2.0300 | | 0.03 | [-0.57; 0.64] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 2.88 | 3.3700 | 21 | 2.46 | 2.5500 | | 0.14 | [-0.47; 0.74] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 3.04 | 3.8200 | 21 | 1.91 | 1.5700 | | 0.38 | [-0.23; 0.99] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 2.78 | 3.8300 | 21 | 2.28 | 1.8700 | | 0.16 | [-0.44; 0.77] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 4.79 | 5.7900 | 21 | 5.02 | 4.5200 | | -0.04 | [-0.65; 0.56] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 4.01 | 3.3500 | 21 | 4.62 | 4.1900 | | -0.16 | [-0.76; 0.45] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 0.86 | 0.3400 | 21 | 0.96 | 0.3600 | | -0.28 | [-0.89; 0.33] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.06 | 0.5200 | 21 | 1.35 | 0.6100 | | -0.50 | [-1.12; 0.11] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 2.02 | 0.8700 | 21 | 2.46 | 1.0100 | | -0.46 | [-1.07; 0.16] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.17 | 0.4200 | 21 | 1.25 | 0.4300 | | -0.18 | [-0.79; 0.42] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.04 | 0.4500 | 21 | 1.10 | 0.4600 | | -0.13 | [-0.73; 0.48] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.10 | 0.5200 | 21 | 1.11 | 0.3900 | | -0.02 | [-0.63; 0.58] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.07 | 0.4900 | 21 | 1.11 | 0.4300 | | -0.09 | [-0.69; 0.52] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.08 | 0.5300 | 21 | 1.17 | 0.4600 | | -0.18 | [-0.78; 0.43] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.51 | 0.6300 | 21 | 1.83 | 0.8900 | | -0.41 | [-1.02; 0.20] | 0.4% | 0.5% |
| Lança, et al. [29] | 21 | 1.62 | 0.5100 | 21 | 1.91 | 0.5400 | | -0.54 | [-1.16; 0.08] | 0.4% | 0.5% |
| Meldrum, et al. [31] | 35 | 1.31 | 0.2000 | 35 | 1.38 | 0.1600 | | -0.38 | [-0.86; 0.09] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 22.13 | 2.3300 | 35 | 22.38 | 1.9200 | | -0.12 | [-0.58; 0.35] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 68.23 | 14.0300 | 35 | 65.53 | 14.7400 | | 0.19 | [-0.28; 0.66] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 74.33 | 21.2500 | 35 | 81.54 | 14.0700 | | -0.40 | [-0.87; 0.08] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 22.40 | 16.1500 | 35 | 17.48 | 14.7600 | | 0.31 | [-0.16; 0.79] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 10.77 | 7.7200 | 35 | 8.61 | 7.3200 | | 0.28 | [-0.19; 0.75] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 23.45 | 3.5300 | 35 | 22.91 | 2.9900 | | 0.16 | [-0.31; 0.63] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 1.25 | 0.1800 | 35 | 1.29 | 0.1500 | | -0.24 | [-0.71; 0.23] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 1.10 | 0.2100 | 35 | 1.14 | 0.1800 | | -0.20 | [-0.67; 0.27] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 25.52 | 4.7300 | 35 | 25.14 | 3.5800 | | 0.09 | [-0.38; 0.56] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 1.15 | 0.1900 | 35 | 1.18 | 1.7000 | | -0.02 | [-0.49; 0.44] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 0.17 | 0.0500 | 35 | 0.17 | 0.0400 | | 0.00 | [-0.47; 0.47] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 0.86 | 0.2900 | 35 | 0.91 | 0.2400 | | -0.19 | [-0.66; 0.28] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 30.78 | 8.2000 | 35 | 29.28 | 6.0200 | | 0.21 | [-0.26; 0.68] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 1.02 | 0.2800 | 35 | 1.07 | 0.2000 | | -0.20 | [-0.67; 0.27] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 0.20 | 0.0700 | 35 | 0.19 | 0.0600 | | 0.15 | [-0.32; 0.62] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 26.11 | 16.6400 | 35 | 20.95 | 16.3000 | | 0.31 | [-0.16; 0.78] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 18.78 | 20.6200 | 35 | 14.14 | 19.1100 | | 0.23 | [-0.24; 0.70] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 19.14 | 17.3200 | 35 | 16.53 | 19.5900 | | 0.14 | [-0.33; 0.61] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 35.51 | 24.7300 | 35 | 29.99 | 22.0500 | | 0.23 | [-0.24; 0.70] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 24.64 | 18.9000 | 35 | 18.92 | 16.8200 | | 0.32 | [-0.16; 0.79] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 0.84 | 0.0900 | 35 | 0.83 | 0.1600 | | 0.08 | [-0.39; 0.54] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 0.43 | 0.3000 | 35 | 0.38 | 0.3000 | | 0.16 | [-0.30; 0.63] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 6.32 | 4.0500 | 35 | 5.53 | 4.9500 | | 0.17 | [-0.30; 0.64] | 0.7% | 0.6% |
| Meldrum, et al. [31] | 35 | 4.29 | 4.0100 | 35 | 3.11 | 2.8300 | | 0.34 | [-0.14; 0.81] | 0.7% | 0.6% |
| Viziano, et al. [38] | 23 | 0.51 | 0.0500 | 24 | 0.43 | 0.0400 | | 1.74 | [1.06; 2.42] | 0.3% | 0.5% |
| Viziano, et al. [38] | 23 | 6.50 | 1.4400 | 24 | 7.60 | 1.5800 | | -0.71 | [-1.31; -0.12] | 0.5% | 0.5% |
| Viziano, et al. [38] | 23 | 6.05 | 1.5100 | 24 | 7.29 | 1.8600 | | -0.72 | [-1.31; -0.13] | 0.5% | 0.5% |
| Viziano, et al. [38] | 23 | 4.73 | 0.5500 | 24 | 5.38 | 0.4600 | | -1.26 | [-1.89; -0.63] | 0.4% | 0.5% |
| Viziano, et al. [38] | 23 | 3.97 | 0.4100 | 24 | 4.44 | 0.3400 | | -1.23 | [-1.86; -0.60] | 0.4% | 0.5% |
| Viziano, et al. [38] | 23 | 1077.59 | 341.4800 | 24 | 1364.96 | 452.4500 | | -0.70 | [-1.29; -0.11] | 0.5% | 0.5% |
| Viziano, et al. [38] | 23 | 395.63 | 98.2800 | 24 | 568.52 | 112.9800 | | -1.60 | [-2.27; -0.94] | 0.4% | 0.5% |
| Viziano, et al. [38] | 23 | 7.13 | 2.5400 | 24 | 9.73 | 3.8700 | | -0.78 | [-1.37; -0.18] | 0.5% | 0.5% |
| Viziano, et al. [38] | 23 | 10.08 | 2.1300 | 24 | 13.56 | 3.0700 | | -1.29 | [-1.92; -0.66] | 0.4% | 0.5% |
| Viziano, et al. [38] | 23 | 8.86 | 2.6100 | 24 | 12.43 | 3.9000 | | -1.05 | [-1.67; -0.44] | 0.4% | 0.5% |
| Viziano, et al. [38] | 23 | 26.08 | 2.9200 | 24 | 35.73 | 5.8800 | | -2.03 | [-2.75; -1.32] | 0.3% | 0.5% |
| Viziano, et al. [38] | 23 | 24.69 | 1.7600 | 24 | 20.65 | 1.6400 | | 2.34 | [1.58; 3.09] | 0.3% | 0.5% |
| Viziano, et al. [38] | 23 | 78.56 | 4.6100 | 24 | 73.21 | 6.0100 | | 0.98 | [0.37; 1.59] | 0.4% | 0.5% |
| Yeh, et al. [40] | 48 | 1.37 | 1.3500 | 36 | 0.87 | 0.3400 | | 0.47 | [0.04; 0.91] | 0.8% | 0.6% |
| Yeh, et al. [40] | 48 | 2.49 | 1.5600 | 36 | 1.35 | 0.3300 | | 0.94 | [0.48; 1.40] | 0.8% | 0.6% |
| Yeh, et al. [40] | 48 | 0.72 | 0.4100 | 36 | 0.62 | 0.1300 | | 0.31 | [-0.13; 0.74] | 0.9% | 0.6% |
| Yeh, et al. [40] | 48 | 0.97 | 0.6400 | 36 | 0.73 | 0.1600 | | 0.48 | [0.04; 0.92] | 0.8% | 0.6% |
| Yeh, et al. [40] | 48 | 6.08 | 16.2800 | 36 | 1.59 | 1.0100 | | 0.36 | [-0.08; 0.80] | 0.8% | 0.6% |
| Kasse, et al. [28] | 20 | 3.02 | 3.7700 | 20 | 3.19 | 2.2800 | | -0.05 | [-0.67; 0.57] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 2.34 | 3.2100 | 20 | 4.46 | 3.9000 | | -0.58 | [-1.22; 0.05] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 7.97 | 3.8700 | 20 | 12.19 | 13.2700 | | -0.42 | [-1.05; 0.20] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 1.73 | 0.8900 | 20 | 1.94 | 1.0500 | | -0.21 | [-0.83; 0.41] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 2.13 | 2.8300 | 20 | 2.54 | 2.0300 | | -0.16 | [-0.78; 0.46] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 2.38 | 2.8100 | 20 | 3.24 | 3.6000 | | -0.26 | [-0.88; 0.36] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 2.16 | 3.5000 | 20 | 3.26 | 3.4900 | | -0.31 | [-0.93; 0.32] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 1.88 | 1.6500 | 20 | 2.58 | 2.1400 | | -0.36 | [-0.98; 0.27] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 3.58 | 2.1500 | 20 | 4.31 | 2.1700 | | -0.33 | [-0.96; 0.29] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 3.31 | 2.1600 | 20 | 3.76 | 1.7800 | | -0.22 | [-0.84; 0.40] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 0.10 | 0.0400 | 20 | 2.43 | 1.0500 | | -2.84 | [-3.74; -1.94] | 0.2% | 0.5% |
| Kasse, et al. [28] | 20 | 0.02 | 0.0900 | 20 | 0.76 | 0.8700 | | -1.17 | [-1.85; -0.50] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 0.77 | 0.2600 | 20 | 1.50 | 0.9600 | | -1.02 | [-1.68; -0.35] | 0.4% | 0.5% |
| Kasse, et al. [28] | 20 | 1.60 | 6.2700 | 20 | 37.60 | 21.1200 | | -2.26 | [-3.08; -1.45] | 0.2% | 0.5% |
| Pavlou, et al. [34] | 5 | 0.63 | 0.2500 | 11 | 1.26 | 0.9000 | | -0.77 | [-1.87; 0.33] | 0.1% | 0.4% |
| Pavlou, et al. [34] | 5 | 7.00 | 2.8300 | 11 | 11.18 | 9.8400 | | -0.47 | [-1.54; 0.61] | 0.1% | 0.4% |
| Pavlou, et al. [34] | 5 | 6.00 | 7.8700 | 11 | 6.55 | 4.8200 | | -0.09 | [-1.15; 0.97] | 0.1% | 0.4% |
| Pavlou, et al. [34] | 5 | 17.80 | 12.7800 | 11 | 21.64 | 12.7800 | | -0.28 | [-1.35; 0.78] | 0.1% | 0.4% |
| Pavlou, et al. [34] | 5 | 23.00 | 1.7300 | 11 | 20.18 | 4.2100 | | 0.73 | [-0.37; 1.82] | 0.1% | 0.4% |
| Micarelli, et al. [32] | 23 | 5.00 | 3.1000 | 11 | 14.82 | 4.9600 | | -2.06 | [-3.40; -0.72] | 0.1% | 0.3% |
| Micarelli, et al. [32] | 23 | 0.67 | 0.0400 | 24 | 0.73 | 0.0300 | | -1.67 | [-2.35; -1.00] | 0.4% | 0.5% |
| Micarelli, et al. [32] | 23 | 7.60 | 1.5800 | 24 | 6.50 | 1.4400 | | 0.72 | [0.12; 1.31] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 7.29 | 1.8600 | 24 | 6.05 | 1.5100 | | 0.72 | [0.13; 1.31] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 5.38 | 0.4600 | 24 | 4.73 | 0.5500 | | 1.26 | [0.63; 1.89] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 4.44 | 0.3400 | 24 | 3.97 | 0.4100 | | 1.22 | [0.60; 1.85] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 1364.96 | 452.4500 | 24 | 1077.59 | 341.4800 | | 0.71 | [0.12; 1.30] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 785.43 | 162.4900 | 24 | 665.55 | 165.7200 | | 0.72 | [0.13; 1.31] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 568.52 | 112.9800 | 24 | 395.63 | 98.2800 | | 1.61 | [0.94; 2.27] | 0.4% | 0.5% |
| Micarelli, et al. [32] | 23 | 9.73 | 3.8700 | 24 | 7.13 | 2.5400 | | 0.78 | [0.19; 1.38] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 13.56 | 3.0700 | 24 | 10.08 | 2.1300 | | 1.30 | [0.67; 1.93] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 12.43 | 3.9000 | 24 | 8.86 | 2.6100 | | 1.06 | [0.45; 1.68] | 0.5% | 0.5% |
| Micarelli, et al. [32] | 23 | 35.73 | 5.8800 | 24 | 26.08 | 2.9200 | | 2.06 | [1.34; 2.78] | 0.3% | 0.5% |
| Garcia, et al. [27] | 23 | 73.21 | 6.0100 | 24 | 78.56 | 4.6100 | | -0.98 | [-1.59; -0.38] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 6.61 | 6.9100 | 21 | 13.33 | 7.9800 | | -0.89 | [-1.51; -0.26] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 6.78 | 8.2000 | 21 | 17.33 | 9.8100 | | -1.15 | [-1.79; -0.51] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 9.48 | 8.6400 | 21 | 17.33 | 8.4500 | | -0.90 | [-1.53; -0.28] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 22.87 | 22.0700 | 21 | 48.38 | 22.3700 | | -1.13 | [-1.77; -0.49] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 2.57 | 2.4700 | 21 | 5.43 | 4.5800 | | -0.78 | [-1.39; -0.16] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 236.22 | 62.4100 | 21 | 190.10 | 60.8600 | | 0.73 | [0.12; 1.35] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 3.16 | 4.0800 | 21 | 2.67 | 4.9600 | | 0.11 | [-0.49; 0.70] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 2.84 | 3.1300 | 21 | 4.69 | 10.0600 | | -0.25 | [-0.84; 0.35] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 7.92 | 5.7100 | 21 | 12.72 | 20.2000 | | -0.32 | [-0.92; 0.27] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 2.07 | 1.5600 | 21 | 3.19 | 5.7300 | | -0.18 | [-0.78; 0.41] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 3.10 | 3.9800 | 21 | 6.97 | 20.7200 | | -0.26 | [-0.85; 0.33] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 2.80 | 3.2600 | 21 | 5.75 | 15.7600 | | -0.28 | [-0.88; 0.31] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 2.56 | 3.2800 | 21 | 5.75 | 15.7600 | | -0.28 | [-0.88; 0.31] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 3.35 | 5.6600 | 21 | 4.86 | 11.8500 | | -0.16 | [-0.75; 0.43] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 3.43 | 5.7000 | 21 | 5.82 | 12.7100 | | -0.23 | [-0.82; 0.37] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 3.24 | 4.0200 | 21 | 5.44 | 12.0700 | | -0.24 | [-0.84; 0.35] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 0.63 | 0.5700 | 21 | 0.92 | 0.9800 | | -0.10 | [-0.69; 0.49] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 1.02 | 0.7000 | 21 | 1.39 | 0.1830 | | -0.70 | [-1.31; -0.09] | 0.4% | 0.5% |
| Garcia, et al. [27] | 23 | 2.22 | 1.0600 | 21 | 2.61 | 1.6800 | | -0.28 | [-0.87; 0.32] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 1.05 | 0.5900 | 21 | 1.16 | 1.3600 | | -0.07 | [-0.66; 0.53] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 1.14 | 1.0400 | 21 | 1.43 | 2.5500 | | -0.15 | [-0.74; 0.44] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 1.06 | 0.6200 | 21 | 1.47 | 2.7600 | | -0.20 | [-0.80; 0.39] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 1.04 | 0.6200 | 21 | 1.35 | 2.2800 | | -0.19 | [-0.78; 0.41] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 1.12 | 0.6400 | 21 | 1.29 | 1.8800 | | -0.12 | [-0.71; 0.47] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 1.67 | 1.8800 | 21 | 1.69 | 2.3600 | | -0.01 | [-0.60; 0.58] | 0.5% | 0.5% |
| Garcia, et al. [27] | 23 | 1.77 | 1.4200 | 21 | 1.83 | 2.5400 | | -0.03 | [-0.62; 0.56] | 0.5% | 0.5% |
| Stankiewicz, et al. [9] | 10 | 13.70 | 4.1900 | 10 | 15.10 | 4.8900 | | -0.29 | [-1.18; 0.59] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 4.80 | 1.2300 | 10 | 5.20 | 2.3000 | | -0.21 | [-1.09; 0.68] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 4.30 | 1.4200 | 10 | 5.00 | 1.8900 | | -0.40 | [-1.29; 0.49] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 3.20 | 1.3200 | 10 | 4.30 | 1.2300 | | -0.75 | [-1.66; 0.16] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 2.70 | 1.4200 | 10 | 3.80 | 1.2300 | | -0.79 | [-1.71; 0.13] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 2.40 | 1.7800 | 10 | 3.20 | 1.5500 | | -0.46 | [-1.35; 0.43] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 2.00 | 1.4100 | 10 | 3.20 | 1.6900 | | -0.74 | [-1.65; 0.17] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 2.92 | 1.2700 | 10 | 3.88 | 1.3600 | | -0.70 | [-1.61; 0.21] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 1.80 | 1.4000 | 10 | 2.60 | 1.8400 | | -0.47 | [-1.36; 0.42] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 6.70 | 4.1600 | 10 | 9.60 | 4.1200 | | -0.67 | [-1.58; 0.24] | 0.2% | 0.4% |
| Stankiewicz, et al. [9] | 10 | 8.70 | 1.4900 | 10 | 6.40 | 2.2700 | | 1.15 | [0.19; 2.11] | 0.2% | 0.4% |
| **Common effect model** | **4982** | | | **5247** | | | | **0.16** | **[0.12; 0.20]** | **100.0%** | **---** |
| **Random effects model** | | | | | | | | **0.03** | **[-0.08; 0.15]** | **---** | **100.0%** |

Heterogeneity: $I^2 = 83\%$, $\tau^2 = 0.5431$, $p < 0.01$

scale: -15 -10 -5 0 5 10 15

**Supplementary Fig. 1.** Forest plot of 12 articles included in the meta-analysis.