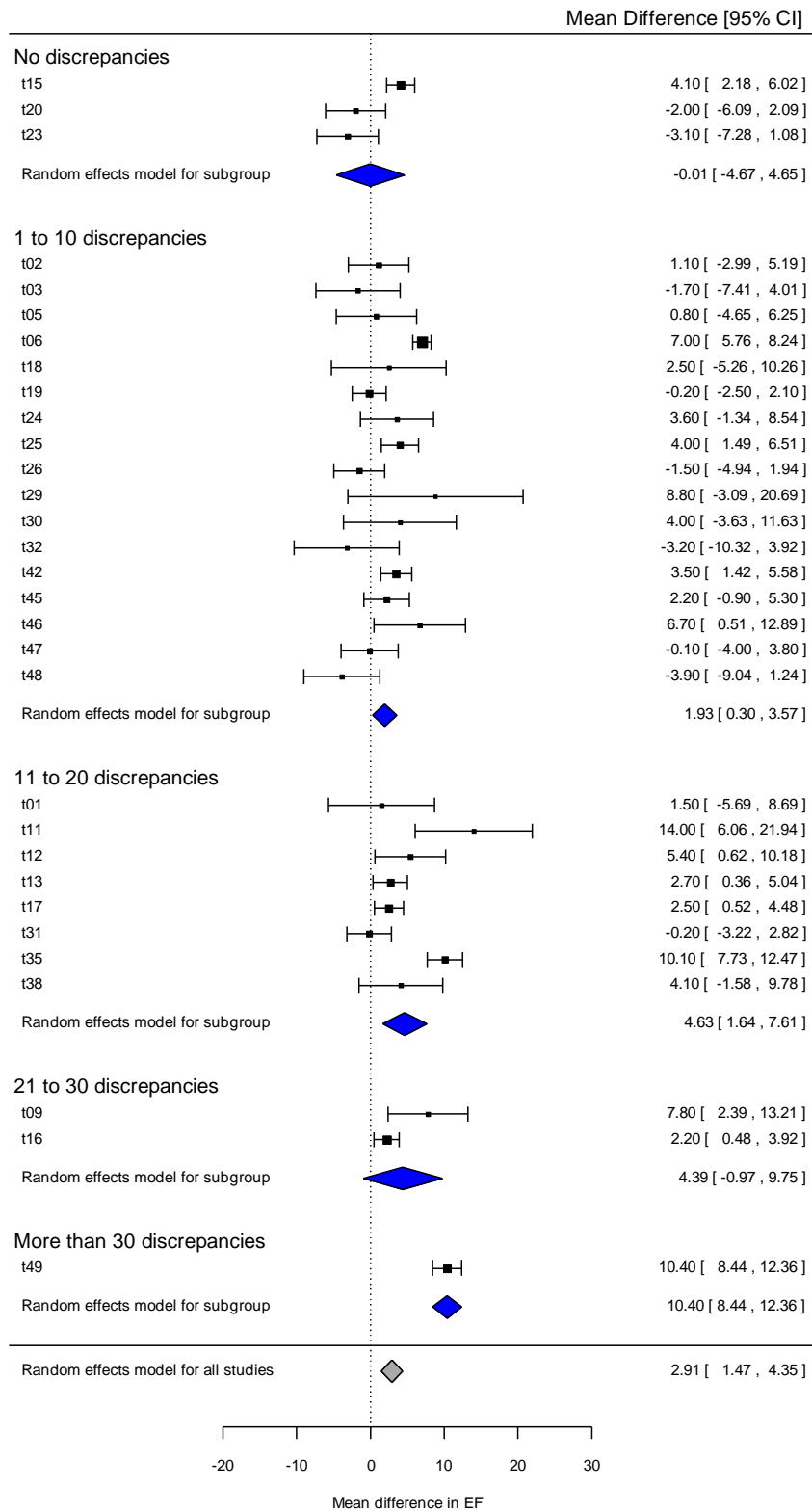


Appendix 10. Meta-analysis



Forest plot for the 31 trials that provided sufficient data to determine the standard error of their effect size estimates. Bars are 95% confidence intervals. Heterogeneity across the 31 studies: $I^2=85.12\%$, $p<0.0001$.