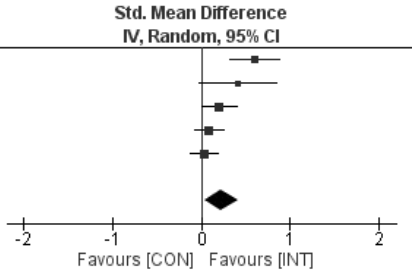
Study or Subgroup	Std. Mean Difference	SE	INT Total	CON Total	Weight	Std. Mean Difference IV, Random, 95% CI
Bellows et al. 2013 * [a]	0.6	0.14	99	107	17.8%	0.60 [0.33, 0.87]
Iivonen et al. 2011	0.41	0.22	39	45	11.2%	0.41 [-0.02, 0.84]
Krombholz 2012 [a]	0.2	0.1	211	217	22.2%	0.20 [0.00, 0.40]
Puder et al. 2011*	0.09	0.08	333	292	24.4%	0.09 [-0.07, 0.25]
Roth et al. 2015 *	0.04	0.08	343	320	24.4%	0.04 [-0.12, 0.20]
Total (95% CI)			**1025**	**981**	**100.0%**	**0.23 [0.05, 0.41]**

Heterogeneity: Tau² = 0.03; Chi² = 14.34, df = 4 (P = 0.006); I² = 72%
Test for overall effect: Z = 2.46 (P = 0.01)