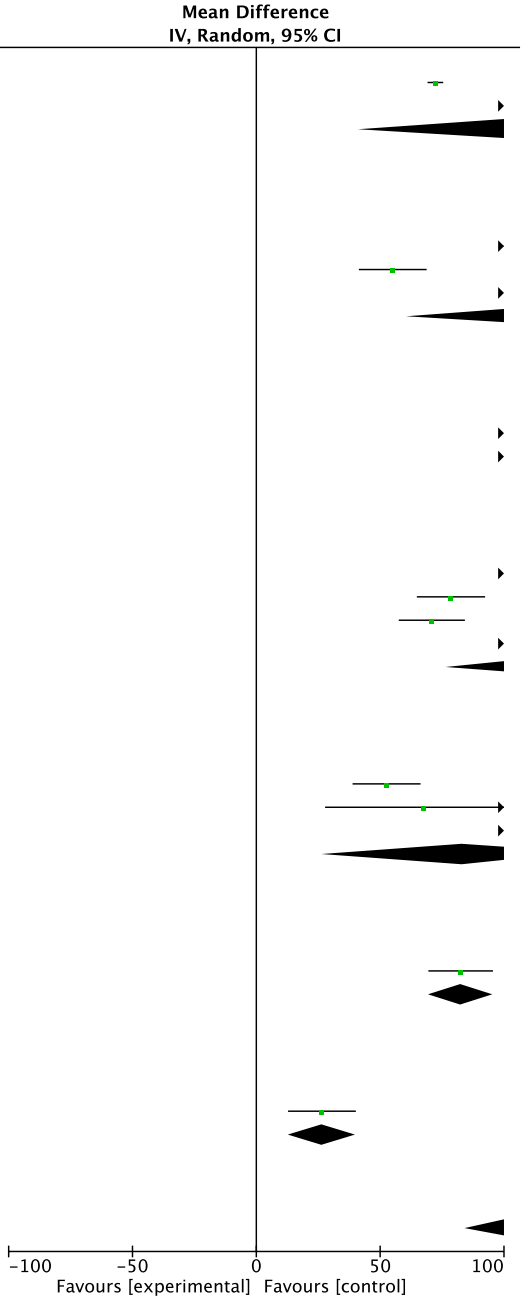Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
9.2.1 2weeks								
Ganmaa 2017	79.3	19	190	7	11.9	200	7.0%	72.30 [69.13, 75.47]
Tukvadze 2015	180.85	67.34	90	45.09	39.28	90	6.7%	135.76 [119.65, 151.87]
Subtotal (95% CI)			**280**			**290**	**13.6%**	**103.52 [41.34, 165.70]**
Heterogeneity: Tau^2 = 1978.52; Chi^2 = 57.42, df = 1 (P < 0.00001); I^2 = 98%								
Test for overall effect: Z = 3.26 (P = 0.001)								
9.2.2 4weeks								
Ganmaa 2017	115.3	21.5	190	10.3	30.2	200	6.9%	105.00 [99.82, 110.18]
Mily 2015	86.41	54.92	62	31.32	2	64	6.7%	55.09 [41.41, 68.77]
Tukvadze 2015	244.25	70.09	85	52.28	54.79	87	6.5%	191.97 [173.14, 210.80]
Subtotal (95% CI)			**337**			**351**	**20.2%**	**116.85 [60.55, 173.16]**
Heterogeneity: Tau^2 = 2427.02; Chi^2 = 133.05, df = 2 (P < 0.00001); I^2 = 98%								
Test for overall effect: Z = 4.07 (P < 0.0001)								
9.2.3 6weeks								
Ganmaa 2017	146.1	24.1	190	17.2	24.4	200	7.0%	128.90 [124.09, 133.71]
Subtotal (95% CI)			**190**			**200**	**7.0%**	**128.90 [124.09, 133.71]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 52.48 (P < 0.00001)								
9.2.4 8weeks								
Ganmaa 2017	154.5	38.8	190	15.2	13.1	200	6.9%	139.30 [133.49, 145.11]
Martineau 2011	101.4	39.37	62	22.8	39.59	64	6.7%	78.60 [64.81, 92.39]
Mily 2015	102.23	54.46	64	31.37	2.03	64	6.8%	70.86 [57.51, 84.21]
Tukvadze 2015	267.81	90.31	83	51.3	49.38	81	6.4%	216.51 [194.30, 238.72]
Subtotal (95% CI)			**399**			**409**	**26.8%**	**125.66 [76.61, 174.72]**
Heterogeneity: Tau^2 = 2448.29; Chi^2 = 194.84, df = 3 (P < 0.00001); I^2 = 98%								
Test for overall effect: Z = 5.02 (P < 0.00001)								
9.2.5 12weeks								
Mily 2015	84.68	55.1	62	32.09	2.18	64	6.7%	52.59 [38.86, 66.32]
Salahuddin 2013	87.95	163.16	132	20.44	163.16	127	5.4%	67.51 [27.76, 107.26]
Tukvadze 2015	174.41	57.6	83	46.24	31.14	77	6.7%	128.17 [113.96, 142.38]
Subtotal (95% CI)			**277**			**268**	**18.8%**	**83.42 [26.26, 140.58]**
Heterogeneity: Tau^2 = 2391.16; Chi^2 = 57.28, df = 2 (P < 0.00001); I^2 = 97%								
Test for overall effect: Z = 2.86 (P = 0.004)								
9.2.6 16weeks								
Tukvadze 2015	132.97	47.02	74	50.46	33.72	79	6.8%	82.51 [69.47, 95.55]
Subtotal (95% CI)			**74**			**79**	**6.8%**	**82.51 [69.47, 95.55]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 12.40 (P < 0.00001)								
9.2.7 24weeks								
Mily 2015	56.14	50.33	52	29.64	2.14	56	6.7%	26.50 [12.81, 40.19]
Subtotal (95% CI)			**52**			**56**	**6.7%**	**26.50 [12.81, 40.19]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 3.79 (P = 0.0001)								
Total (95% CI)			**1609**			**1653**	**100.0%**	**103.36 [84.20, 122.53]**
Heterogeneity: Tau^2 = 1369.05; Chi^2 = 1071.63, df = 14 (P < 0.00001); I^2 = 99%								
Test for overall effect: Z = 10.57 (P < 0.00001)								
Test for subgroup differences: Chi^2 = 217.52, df = 6 (P < 0.00001), I^2 = 97.2%