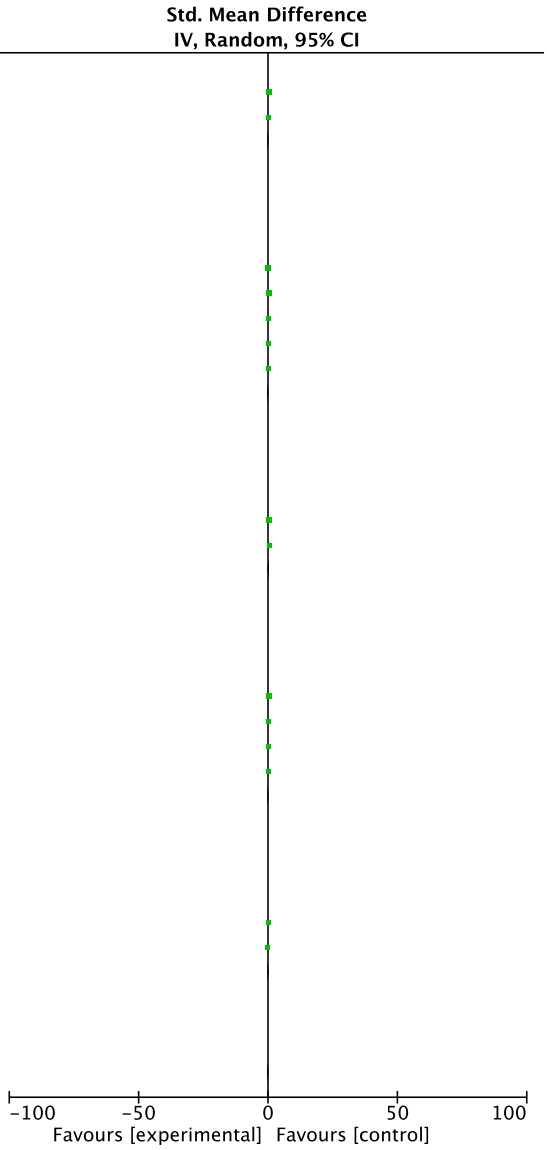Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
10.2.1 2weeks								
Ganmaa 2017	2.34	0.2	190	2.25	0.18	200	8.7%	0.47 [0.27, 0.67]
Martineau 2011	2.43	0.05	62	2.43	0.05	64	5.5%	0.00 [−0.35, 0.35]
Subtotal (95% CI)			**252**			**264**	**14.2%**	**0.26 [−0.20, 0.72]**
Heterogeneity: Tau^2 = 0.09; Chi^2 = 5.28, df = 1 (P = 0.02); I^2 = 81%								
Test for overall effect: Z = 1.10 (P = 0.27)								
10.2.2 4weeks								
Daley 2015	2.3	0.26	121	2.28	0.24	126	7.5%	0.08 [−0.17, 0.33]
Ganmaa 2017	2.34	0.17	190	2.25	0.18	200	8.7%	0.51 [0.31, 0.71]
Martineau 2011	2.42	0.06	62	2.41	0.04	64	5.5%	0.20 [−0.15, 0.55]
Mily 2015	8.74	0.69	62	8.61	0.57	64	5.5%	0.20 [−0.15, 0.55]
Tukvadze 2015	2.33	0.28	87	2.3	0.32	87	6.5%	0.10 [−0.20, 0.40]
Subtotal (95% CI)			**522**			**541**	**33.8%**	**0.23 [0.04, 0.43]**
Heterogeneity: Tau^2 = 0.03; Chi^2 = 9.36, df = 4 (P = 0.05); I^2 = 57%								
Test for overall effect: Z = 2.38 (P = 0.02)								
10.2.3 6weeks								
Ganmaa 2017	2.31	0.16	190	2.23	0.16	200	8.7%	0.50 [0.30, 0.70]
Martineau 2011	2.4	0.06	62	2.38	0.04	64	5.5%	0.39 [0.04, 0.74]
Subtotal (95% CI)			**252**			**264**	**14.2%**	**0.47 [0.30, 0.65]**
Heterogeneity: Tau^2 = 0.00; Chi^2 = 0.27, df = 1 (P = 0.60); I^2 = 0%								
Test for overall effect: Z = 5.29 (P < 0.00001)								
10.2.4 8weeks								
Ganmaa 2017	2.3	0.15	190	2.22	0.17	200	8.7%	0.50 [0.30, 0.70]
Martineau 2011	2.39	0.05	62	2.38	0.05	64	5.5%	0.20 [−0.15, 0.55]
Mily 2015	8.57	0.61	62	8.46	0.67	64	5.5%	0.17 [−0.18, 0.52]
Tukvadze 2015	2.34	0.3	80	2.34	0.34	83	6.3%	0.00 [−0.31, 0.31]
Subtotal (95% CI)			**394**			**411**	**26.0%**	**0.24 [−0.01, 0.48]**
Heterogeneity: Tau^2 = 0.04; Chi^2 = 8.19, df = 3 (P = 0.04); I^2 = 63%								
Test for overall effect: Z = 1.91 (P = 0.06)								
10.2.5 12weeks								
Mily 2015	8.69	0.7	62	8.5	0.57	64	5.5%	0.30 [−0.05, 0.65]
Tukvadze 2015	2.38	0.32	83	2.4	0.3	80	6.3%	−0.06 [−0.37, 0.24]
Subtotal (95% CI)			**145**			**144**	**11.8%**	**0.11 [−0.25, 0.46]**
Heterogeneity: Tau^2 = 0.04; Chi^2 = 2.29, df = 1 (P = 0.13); I^2 = 56%								
Test for overall effect: Z = 0.59 (P = 0.56)								
Total (95% CI)			**1565**			**1624**	**100.0%**	**0.26 [0.15, 0.37]**
Heterogeneity: Tau^2 = 0.03; Chi^2 = 32.86, df = 14 (P = 0.003); I^2 = 57%								
Test for overall effect: Z = 4.61 (P < 0.00001)								
Test for subgroup differences: Chi^2 = 5.58, df = 4 (P = 0.23), I^2 = 28.3%