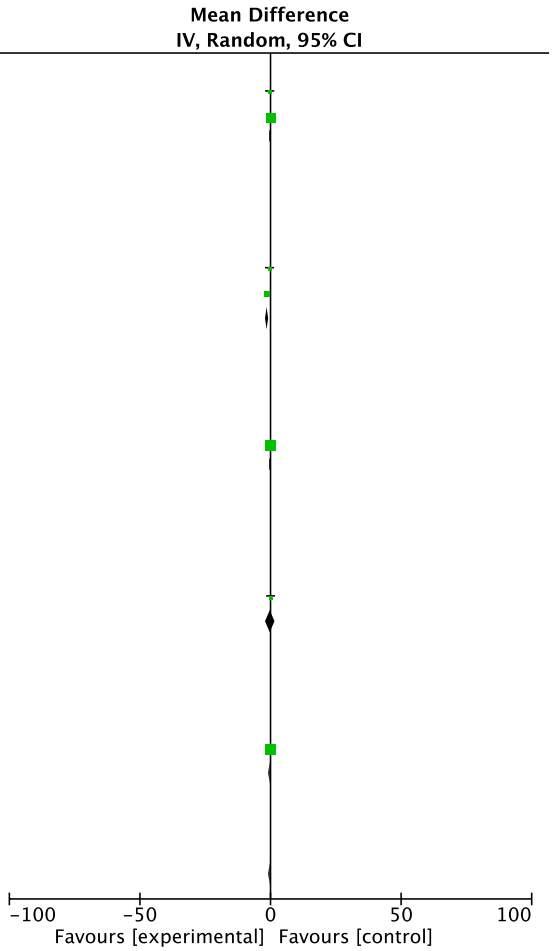Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
11.1.1 8weeks								
Mily 2015	3.64	5.22	62	3.96	4.81	64	1.6%	−0.32 [−2.07, 1.43]
Wejse 2009	2.19	1.01	157	2.19	0.98	147	26.5%	0.00 [−0.22, 0.22]
Subtotal (95% CI)			**219**			**211**	**28.1%**	**−0.01 [−0.23, 0.22]**
Heterogeneity: Tau^2 = 0.00; Chi^2 = 0.13, df = 1 (P = 0.72); I^2 = 0%								
Test for overall effect: Z = 0.05 (P = 0.96)								
11.1.2 12weeks								
Mily 2015	2.76	5.22	62	3.14	4.65	64	1.7%	−0.38 [−2.11, 1.35]
Salahuddin 2013	2.77	2.73	132	4.06	2.44	127	9.7%	−1.29 [−1.92, −0.66]
Subtotal (95% CI)			**194**			**191**	**11.3%**	**−1.18 [−1.78, −0.59]**
Heterogeneity: Tau^2 = 0.00; Chi^2 = 0.94, df = 1 (P = 0.33); I^2 = 0%								
Test for overall effect: Z = 3.92 (P < 0.0001)								
11.1.3 5months								
Wejse 2009	1.2	0.46	142	1.29	0.88	136	29.9%	−0.09 [−0.26, 0.08]
Subtotal (95% CI)			**142**			**136**	**29.9%**	**−0.09 [−0.26, 0.08]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.06 (P = 0.29)								
11.1.4 24weeks								
Mily 2015	2.15	4.74	52	2.14	4.26	56	1.7%	0.01 [−1.69, 1.71]
Subtotal (95% CI)			**52**			**56**	**1.7%**	**0.01 [−1.69, 1.71]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.01 (P = 0.99)								
11.1.5 8months								
Wejse 2009	0.91	0.74	125	1.09	0.69	109	28.9%	−0.18 [−0.36, 0.00]
Subtotal (95% CI)			**125**			**109**	**28.9%**	**−0.18 [−0.36, 0.00]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.92 (P = 0.05)								
Total (95% CI)			**732**			**703**	**100.0%**	**−0.21 [−0.44, 0.01]**
Heterogeneity: Tau^2 = 0.04; Chi^2 = 14.97, df = 6 (P = 0.02); I^2 = 60%								
Test for overall effect: Z = 1.84 (P = 0.07)								
Test for subgroup differences: Chi^2 = 13.90, df = 4 (P = 0.008), I^2 = 71.2%