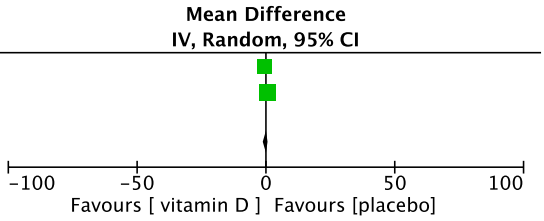
Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Ganmaa 2017	25.7	3.5	190	26.1	3.6	200	46.4%	−0.40 [−1.10, 0.30]
Salahuddin 2013	22.54	2.64	132	22.07	1.67	127	53.6%	0.47 [−0.07, 1.01]
Total (95% CI)			**322**			**327**	**100.0%**	**0.07 [−0.78, 0.92]**

Heterogeneity: $Tau^2 = 0.28$; $Chi^2 = 3.71$, df = 1 (P = 0.05); $I^2 = 73\%$

Test for overall effect: Z = 0.15 (P = 0.88)