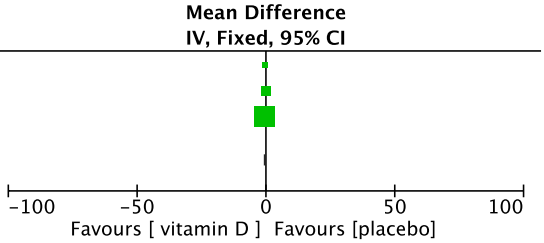
Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Fixed, 95% CI
Ganmaa 2017	5.48	4.36	190	5.69	4.48	200	8.0%	−0.21 [−1.09, 0.67]
Martineau 2011	2.3	1.29	47	2.28	1.18	49	25.2%	0.02 [−0.48, 0.52]
Salahuddin 2013	1.35	1.13	132	1.82	1.35	127	66.8%	−0.47 [−0.77, −0.17]
Total (95% CI)			**369**			**376**	**100.0%**	**−0.33 [−0.57, −0.08]**

Heterogeneity: $Chi^2 = 2.81$, df = 2 (P = 0.25); $I^2 = 29\%$

Test for overall effect: Z = 2.57 (P = 0.01)