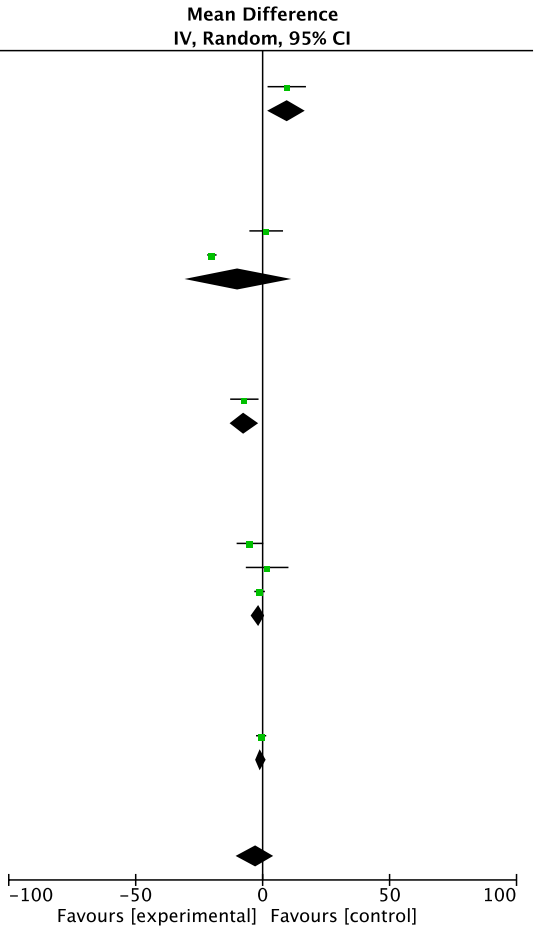Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
18.2.1 2weeks								
Ganmaa 2017	43	41.7	190	33.5	33.8	200	11.8%	9.50 [1.94, 17.06]
Subtotal (95% CI)			**190**			**200**	**11.8%**	**9.50 [1.94, 17.06]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.46 (P = 0.01)								
18.2.2 4weeks								
Ganmaa 2017	34	35	190	32.6	31.6	200	12.1%	1.40 [−5.23, 8.03]
Mily 2015	86.1	5.3	62	106.1	5.3	64	13.3%	−20.00 [−21.85, −18.15]
Subtotal (95% CI)			**252**			**264**	**25.4%**	**−9.55 [−30.51, 11.42]**
Heterogeneity: Tau^2 = 222.81; Chi^2 = 37.14, df = 1 (P < 0.00001); I^2 = 97%								
Test for overall effect: Z = 0.89 (P = 0.37)								
18.2.3 6weeks								
Ganmaa 2017	24	23.5	190	31.2	32.3	200	12.4%	−7.20 [−12.79, −1.61]
Subtotal (95% CI)			**190**			**200**	**12.4%**	**−7.20 [−12.79, −1.61]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 2.53 (P = 0.01)								
18.2.4 8weeks								
Ganmaa 2017	20.2	24.6	190	25.2	28.2	200	12.5%	−5.00 [−10.24, 0.24]
Martineau 2011	19.59	25.23	62	17.82	22.73	64	11.4%	1.77 [−6.62, 10.16]
Mily 2015	56.8	6	62	58	6	64	13.2%	−1.20 [−3.30, 0.90]
Subtotal (95% CI)			**314**			**328**	**37.2%**	**−1.70 [−4.20, 0.80]**
Heterogeneity: Tau^2 = 1.11; Chi^2 = 2.37, df = 2 (P = 0.31); I^2 = 16%								
Test for overall effect: Z = 1.33 (P = 0.18)								
18.2.5 12weeks								
Mily 2015	30.6	5.7	62	31.2	5.8	64	13.2%	−0.60 [−2.61, 1.41]
Subtotal (95% CI)			**62**			**64**	**13.2%**	**−0.60 [−2.61, 1.41]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.59 (P = 0.56)								
Total (95% CI)			**1008**			**1056**	**100.0%**	**−2.92 [−10.43, 4.59]**
Heterogeneity: Tau^2 = 109.81; Chi^2 = 286.96, df = 7 (P < 0.00001); I^2 = 98%								
Test for overall effect: Z = 0.76 (P = 0.45)								
Test for subgroup differences: Chi^2 = 13.22, df = 4 (P = 0.01), I^2 = 69.7%