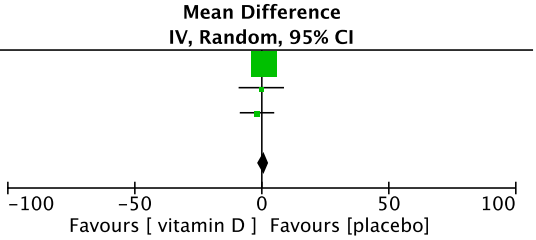
Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Ganmaa 2017	12.6	10.5	190	11.7	9.8	200	87.7%	0.90 [−1.12, 2.92]
Martineau 2011	29.9	25.91	62	30.11	25.22	64	4.5%	−0.21 [−9.14, 8.72]
Mily 2015	21.1	17.1	49	23	18	54	7.8%	−1.90 [−8.68, 4.88]
Total (95% CI)			**301**			**318**	**100.0%**	**0.63 [−1.26, 2.52]**

Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.64$, df = 2 (P = 0.73); $I^2 = 0\%$

Test for overall effect: Z = 0.66 (P = 0.51)