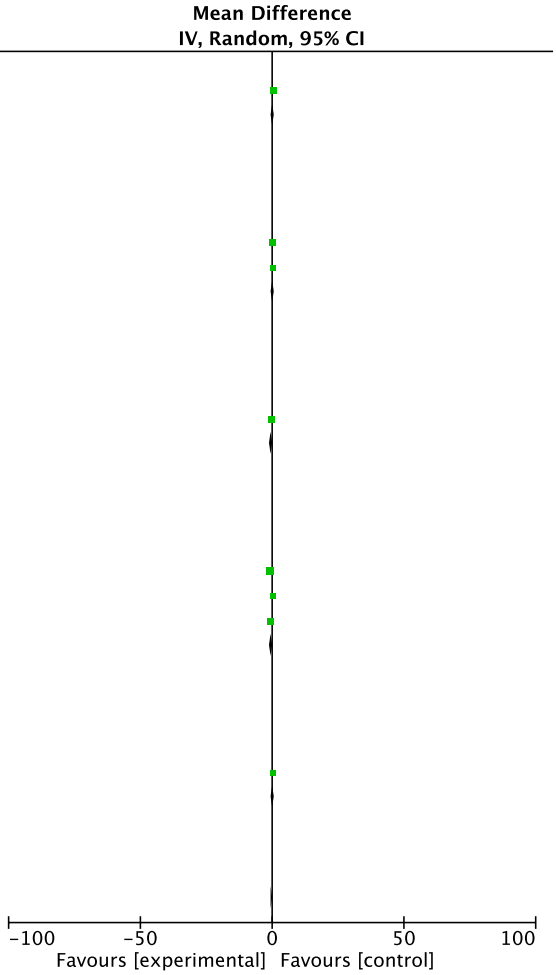Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
17.6.1 2weeks								
Ganmaa 2017	8.8	3	190	8.4	3.4	200	14.2%	0.40 [−0.24, 1.04]
Subtotal (95% CI)			**190**			**200**	**14.2%**	**0.40 [−0.24, 1.04]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 1.23 (P = 0.22)								
17.6.2 4weeks								
Ganmaa 2017	8.8	3.2	190	8.7	4.2	200	12.1%	0.10 [−0.64, 0.84]
Mily 2015	9.89	2.54	62	9.55	2.54	64	9.6%	0.34 [−0.55, 1.23]
Subtotal (95% CI)			**252**			**264**	**21.7%**	**0.20 [−0.37, 0.77]**
Heterogeneity: $Tau^2 = 0.00$; $Chi^2 = 0.17$, df = 1 (P = 0.68); $I^2 = 0\%$								
Test for overall effect: Z = 0.68 (P = 0.49)								
17.6.3 6weeks								
Ganmaa 2017	8.1	2.8	190	8.3	3.2	200	15.2%	−0.20 [−0.80, 0.40]
Subtotal (95% CI)			**190**			**200**	**15.2%**	**−0.20 [−0.80, 0.40]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.66 (P = 0.51)								
17.6.4 8weeks								
Ganmaa 2017	7.4	2.3	190	8.1	3	200	16.9%	−0.70 [−1.23, −0.17]
Martineau 2011	7.32	2.71	62	6.82	2.11	64	10.2%	0.50 [−0.35, 1.35]
Mily 2015	8.5	2.2	62	8.99	2.2	64	11.5%	−0.49 [−1.26, 0.28]
Subtotal (95% CI)			**314**			**328**	**38.6%**	**−0.29 [−0.97, 0.40]**
Heterogeneity: $Tau^2 = 0.23$; $Chi^2 = 5.60$, df = 2 (P = 0.06); $I^2 = 64\%$								
Test for overall effect: Z = 0.83 (P = 0.41)								
17.6.5 24weeks								
Mily 2015	8.56	2.18	49	8.24	2.17	54	10.3%	0.32 [−0.52, 1.16]
Subtotal (95% CI)			**49**			**54**	**10.3%**	**0.32 [−0.52, 1.16]**
Heterogeneity: Not applicable								
Test for overall effect: Z = 0.75 (P = 0.46)								
Total (95% CI)			**995**			**1046**	**100.0%**	**−0.02 [−0.36, 0.32]**
Heterogeneity: $Tau^2 = 0.10$; $Chi^2 = 12.46$, df = 7 (P = 0.09); $I^2 = 44\%$								
Test for overall effect: Z = 0.12 (P = 0.91)								
Test for subgroup differences: $Chi^2 = 3.41$, df = 4 (P = 0.49), $I^2 = 0\%$