Study or Subgroup	Experimental			Control			Weight	Mean Difference IV, Random, 95% CI	Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total			
17.8.1 2weeks									
Ganmaa 2017	0.83	0.35	190	0.78	0.29	200	14.7%	0.05 [−0.01, 0.11]	
Subtotal (95% CI)			**190**			**200**	**14.7%**	**0.05 [−0.01, 0.11]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.53 (P = 0.13)									
17.8.2 4weeks									
Ganmaa 2017	0.81	0.33	190	0.83	0.36	200	13.7%	−0.02 [−0.09, 0.05]	
Mily 2015	0.35	0.23	62	0.34	0.23	64	11.6%	0.01 [−0.07, 0.09]	
Subtotal (95% CI)			**252**			**264**	**25.4%**	**−0.01 [−0.06, 0.04]**	
Heterogeneity: Tau² = 0.00; Chi² = 0.31, df = 1 (P = 0.58); I² = 0%									
Test for overall effect: Z = 0.28 (P = 0.78)									
17.8.3 6weeks									
Ganmaa 2017	0.75	0.29	190	0.79	0.33	200	15.2%	−0.04 [−0.10, 0.02]	
Subtotal (95% CI)			**190**			**200**	**15.2%**	**−0.04 [−0.10, 0.02]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 1.27 (P = 0.20)									
17.8.4 8weeks									
Ganmaa 2017	0.71	0.3	190	0.78	0.31	200	15.4%	−0.07 [−0.13, −0.01]	
Martineau 2011	0.57	0.26	62	0.66	0.25	64	10.3%	−0.09 [−0.18, −0.00]	
Mily 2015	0.37	0.26	62	0.32	0.21	64	11.2%	0.05 [−0.03, 0.13]	
Subtotal (95% CI)			**314**			**328**	**36.9%**	**−0.04 [−0.12, 0.04]**	
Heterogeneity: Tau² = 0.00; Chi² = 6.69, df = 2 (P = 0.04); I² = 70%									
Test for overall effect: Z = 0.91 (P = 0.36)									
17.8.5 24weeks									
Mily 2015	0.42	0.24	49	0.46	0.32	54	7.9%	−0.04 [−0.15, 0.07]	
Subtotal (95% CI)			**49**			**54**	**7.9%**	**−0.04 [−0.15, 0.07]**	
Heterogeneity: Not applicable									
Test for overall effect: Z = 0.72 (P = 0.47)									
Total (95% CI)			**995**			**1046**	**100.0%**	**−0.02 [−0.05, 0.02]**	
Heterogeneity: Tau² = 0.00; Chi² = 13.40, df = 7 (P = 0.06); I² = 48%									
Test for overall effect: Z = 0.96 (P = 0.34)									
Test for subgroup differences: Chi² = 5.04, df = 4 (P = 0.28), I² = 20.6%									

−100 −50 0 50 100
Favours [experimental] Favours [control]