	Experimental		Control		Mean Difference		Mean Di		
Study or Subgroup	Mean	SD Total	Mean	SD	Total	Weight	IV, Fixed, 95% CI	IV, Fixed	, 95% CI
17.9.1 2weeks									
Ganmaa 2017 Subtotal (95% CI)	1.6	0.6 190 190	1.6	0.6	200 200		0.00 [-0.12, 0.12] 0.00 [-0.12, 0.12]		
• •	nlicabla	190			200	23.0%	0.00 [-0.12, 0.12]		
Heterogeneity: Not applicable Test for overall effect: Z = 0.00 (P = 1.00)									
restrict ordinal critecia 2 - 0100 (r - 2100)									
17.9.2 4weeks									
Ganmaa 2017	1.8	0.7 190	1.6	0.6	200	19.9%	0.20 [0.07, 0.33]	•	
Mily 2015	2.78 0.		2.46	0.85	64	3.7%	0.32 [0.02, 0.62]	•	
Subtotal (95% CI)		252			264	23.6%	0.22 [0.10, 0.34]		
Heterogeneity: $Chi^2 = 0.51$, $df = 1$ (P = 0.47); $I^2 = 0\%$									
Test for overall effect: $Z = 3.60 (P = 0.0003)$									
17.9.3 6weeks									
Ganmaa 2017	1.8	0.7 190	1.7	0.6	200	19.9%	0.10 [-0.03, 0.23]		
Subtotal (95% CI)	1.0 \	190	1.7	0.0	200		0.10 [-0.03, 0.23]		
Heterogeneity: Not applicable									
Test for overall effect: $Z = 1.51$ (P = 0.13)									
17.9.4 8weeks						20.40/			
Ganmaa 2017		0.6 190			200		0.00 [-0.13, 0.13]	I	
Martineau 2011 Mily 2015	1.8 0. 2.63 0.			0.6	64 64		0.20 [-0.03, 0.43] 0.05 [-0.23, 0.33]		
Subtotal (95% CI)	2.03 0.	.76 02 314		0.62	328		0.05 [-0.25, 0.35]		
Heterogeneity: Chi ² =	: 2.21. df =			10%			0.00 (0.00, 0.00)		
Test for overall effect: $Z = 0.91$ ($P = 0.36$)									
17.9.5 24weeks									
Mily 2015	2.89 1.		2.87	0.99	54		0.02 [-0.37, 0.41]	†	
Subtotal (95% CI)		49			54	2.2%	0.02 [-0.37, 0.41]		
Heterogeneity: Not applicable									
Test for overall effect: $Z = 0.10 (P = 0.92)$									
Total (95% CI)		995			1046	100.0%	0.09 [0.03, 0.14]		
Heterogeneity: Chi ² =	10.14, df	= 7 (P = 0)	.18); I ²	= 31%			· · · ·		50 100
Test for overall effect: $Z = 2.94$ ($P = 0.003$) Test for overall effect: $Z = 2.94$ ($P = 0.003$) Favours [experimental] Favours [control]									
Test for subgroup differences: $Chi^2 = 7.42$, $df = 4$ (P = 0.12), $I^2 = 46.1\%$									