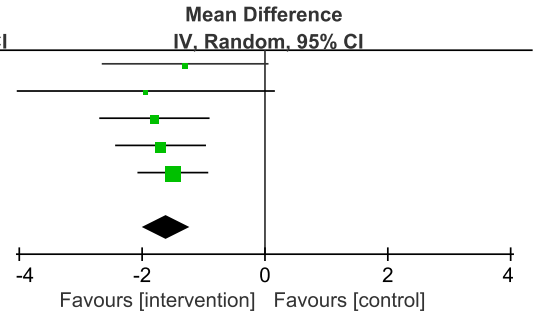
Study or Subgroup	Intervention Mean	Intervention SD	Intervention Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Barakat et.al (2011) [49]	12.5	3.2	40	13.8	3.1	43	7.9%	-1.30 [-2.66, 0.06]
Barakat et.al (2013) [45]	11.72	4.06	107	13.66	9.62	93	3.3%	-1.94 [-4.04, 0.16]
Barakat et.al (2014) [46]	11.9	3.7	138	13.7	4.1	152	18.1%	-1.80 [-2.70, -0.90]
Barakat et.al(a) (2013) [51]	11.6	3.7	210	13.3	4.1	218	26.7%	-1.70 [-2.44, -0.96]
Ruiz et.al (2013) [47]	12.3	3.6	335	13.8	4.1	352	44.0%	-1.50 [-2.08, -0.92]
Total (95% CI)			**830**			**858**	**100.0%**	**-1.61 [-1.99, -1.22]**

Heterogeneity: Tau² = 0.00; Chi² = 0.66, df = 4 (P = 0.96); I² = 0%

Test for overall effect: Z = 8.24 (P < 0.00001)