Study		Exper Mean	imental SD	Total	(Mean	Control SD	Standardised Mean Difference	SMD	95%-CI	Weight
Time = 0										
chen Y 2021	6	10.66	0.6200	6	7.01	0.7000		5.10	[2.36; 7.83]	5.9%
Kang J 2019	3	16.60	2.0600	3	8.06	1.4900		3.80	[-0.20; 7.80]	3.3%
Kang J 2020	8	21.50	1.6600	8	16.65	1.4000		2.99	[1.44; 4.53]	11.4%
Liu Ŵ 2020	8	8.65	0.3200	8	7.67	0.3400	-	2.81	[1.32; 4.29]	11.8%
Random effects model Heterogeneity: $I^2 = 0\%$, $\tau^2 =$	25 0, p =			25			\$	3.22	[2.25; 4.19]	32.4%
Time = 1										
Huang J 2020			0.7100		12.47	0.7300			[3.07; 6.96]	
Jian Z 2021	16	17.14	1.6600	16	12.16	1.1000			[2.31; 4.58]	
Tao Y 2019			0.8300			0.9300			[4.41; 7.40]	
Zhang M 2021			0.6500			0.4800			[5.30; 15.89]	
Ji W 2019			0.0900			0.0600			[2.61; 8.49]	
Wang J 1 2020			0.6100			0.5000			[2.30; 7.77]	
Wang J 2 2020			0.6100		5.07	0.6800			[1.02; 4.69]	
Random effects model Heterogeneity: $I^2 = 62\%$, τ^2	66 = 1.32		0.02	74				4.77	[3.58; 5.96]	57.9%
Time = 2										
Jia X 2021	8	17.62	2.1900	8	10.53	1.1100		3.86	[2.03; 5.69]	9.7%
Random effects model	8			8				3.86	[2.03; 5.69]	9.7%
Heterogeneity: not applicabl	le									
Random effects model	99			107				4.19	[3.40; 4.99]	100.0%
	$= 0.8^{\circ}$	165 n =	= 0.02							
Heterogeneity: $I^2 = 50\%$, τ^2 Test for subgroup difference				0.44			-15 -10 -5 0 5 10 15			