Figure S1. Forest plot of the overall result

Omitted study		Effect size with 95% CI	p-value
Varner, et al. 2020		-0.03 [-0.07, 0.01]	0.092
Entringer, et al. 2013		-0.03 [-0.07, 0.01]	0.115
Enlow, et al. 2021 (male)		-0.06 [-0.10, -0.02]	0.005
Enlow, et al. 2021 (female)		-0.06 [-0.12, 0.00]	0.061
Marchetto, et al. 2016		-0.03 [-0.08, 0.01]	0.176

-.1   -.05   0   .05
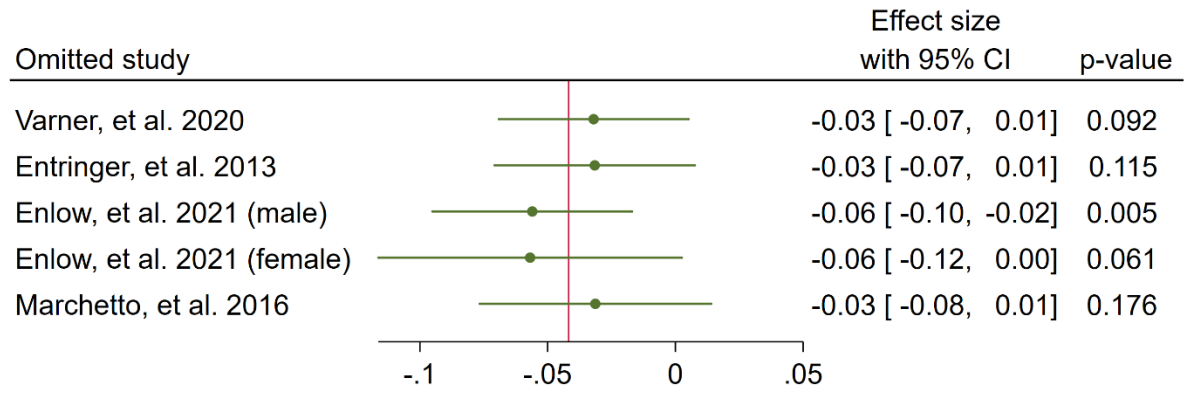
Random-effects ML model

Figure S2. Sensitivity analysis of included studies

	Effect size with 95% CI	Weight (%)
Study		
Verner et al. 2020	-0.16 [-0.31, -0.01]	8.63
Entringer et al. 2013	-0.10 [-0.20, -0.00]	17.85
Enlow et al. 2021 (female)	-0.02 [-0.07, 0.02]	40.67
Marchetto et al. 2016	-0.07 [-0.13, -0.01]	32.85
Overall	-0.06 [-0.11, -0.02]	

Heterogeneity: $\tau^2 = 0.00$, $I^2 = 38.85\%$, $H^2 = 1.64$

Test of $\theta_i = \theta_j$: Q(3) = 4.83, p = 0.18

Test of $\theta = 0$: z = -2.64, p = 0.01
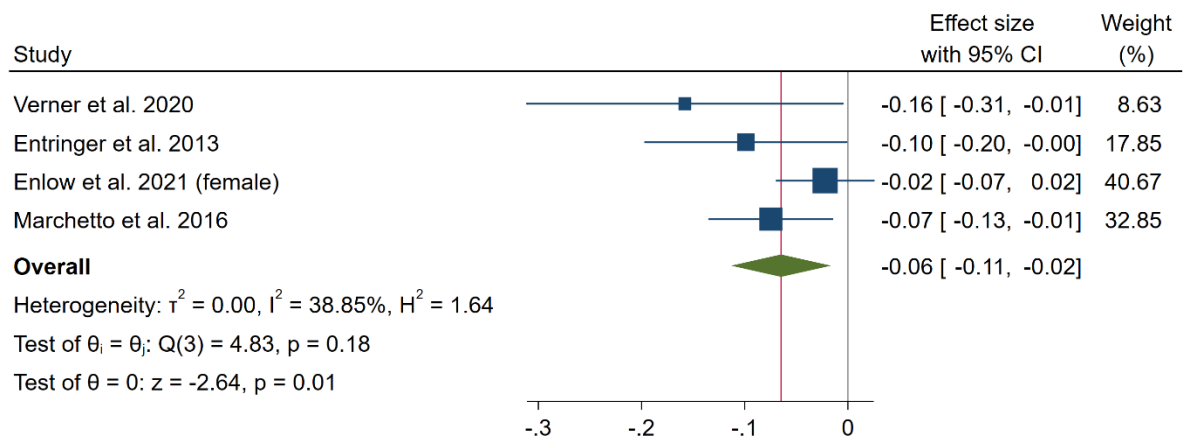
Random-effects REML model

Figure S3. Meta-analysis of all included studies after removing one study (Sensitivity analysis).