
Study name**Statistics for each study****Std diff in means and 95% CI**

	Std diff in means	Lower limit	Upper limit	p-Value
Keyserling et al, 2002	0.136	-0.240	0.512	0.479
Lorig et al, 2008	0.015	-0.194	0.224	0.891
Lorig et al, 2009	0.094	-0.172	0.360	0.489
Smith et al, 2011	-0.029	-0.251	0.194	0.800
Siminerio et al, 2013	-0.059	-0.535	0.418	0.809
Chan et al, 2014	-0.026	-0.183	0.130	0.740
Ayala, 2015	0.000	-0.225	0.225	1.000
Sazlina et al, 2015	0.645	0.052	1.238	0.033
Summary effect	0.019	-0.068	0.106	0.666

