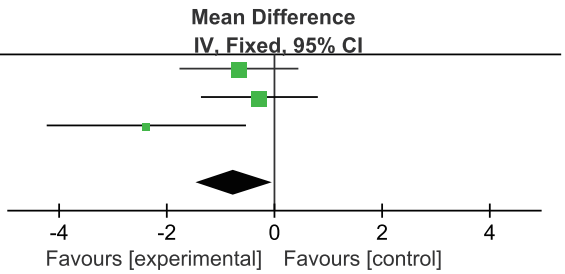
A

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Fixed, 95% CI
Eslamian.2017	5.69	1.73	17	6.35	1.55	17	41.8%	-0.66 [-1.76, 0.44]
Patel.2011	1.07	1.25	18	1.35	1.99	18	43.3%	-0.28 [-1.37, 0.81]
Polat.2005	1.43	2.66	20	3.81	3.28	20	14.9%	-2.38 [-4.23, -0.53]
Total (95% CI)			**55**			**55**	**100.0%**	**-0.75 [-1.47, -0.04]**

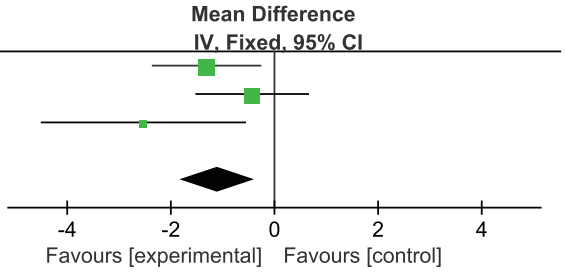
Heterogeneity: Chi² = 3.73, df = 2 (P = 0.16); I² = 46%
Test for overall effect: Z = 2.06 (P = 0.04)



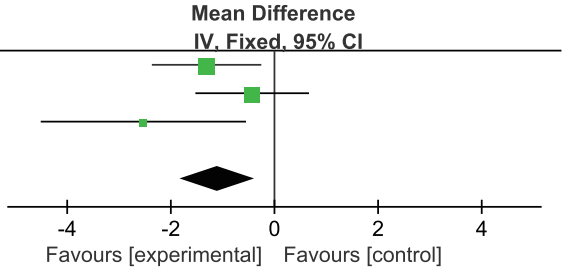
B

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Fixed, 95% CI
Eslamian.2017	4.65	1.63	17	5.96	1.51	17	45.2%	-1.31 [-2.37, -0.25]
Patel.2011	2.51	1.57	18	2.94	1.78	18	41.9%	-0.43 [-1.53, 0.67]
Polat.2005	3.41	3.27	20	5.94	3.12	20	12.9%	-2.53 [-4.51, -0.55]
Total (95% CI)			**55**			**55**	**100.0%**	**-1.10 [-1.81, -0.39]**

Heterogeneity: Chi² = 3.59, df = 2 (P = 0.17); I² = 44%
Test for overall effect: Z = 3.03 (P = 0.002)



C

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Fixed, 95% CI
Eslamian.2017	4.65	1.63	17	5.96	1.51	17	45.2%	-1.31 [-2.37, -0.25]
Patel.2011	2.51	1.57	18	2.94	1.78	18	41.9%	-0.43 [-1.53, 0.67]
Polat.2005	3.41	3.27	20	5.94	3.12	20	12.9%	-2.53 [-4.51, -0.55]
Total (95% CI)			**55**			**55**	**100.0%**	**-1.10 [-1.81, -0.39]**

Heterogeneity: Chi² = 3.59, df = 2 (P = 0.17); I² = 44%
Test for overall effect: Z = 3.03 (P = 0.002)