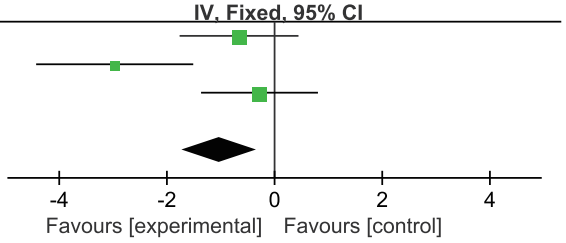
A

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	38.4%	-0.66 [-1.76, 0.44]
Kohli.2011	1.13	2.66	30	4.1	3.09	30	22.0%	-2.97 [-4.43, -1.51]
Patel.2011	1.07	1.25	18	1.35	1.99	18	39.7%	-0.28 [-1.37, 0.81]
Total (95% CI)			**65**			**65**	**100.0%**	**-1.02 [-1.70, -0.33]**

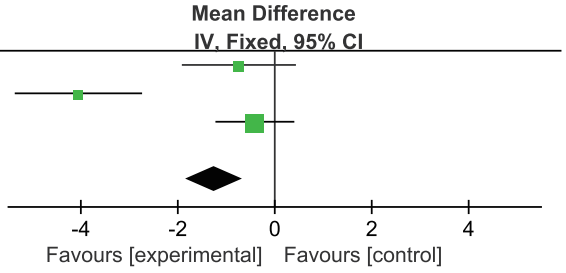
Heterogeneity: Chi² = 9.06, df = 2 (P = 0.01); I² = 78%
Test for overall effect: Z = 2.91 (P = 0.004)



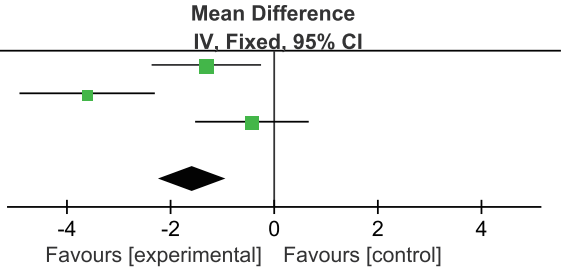
B

Study or Subgroup	Experimental Mean	Experimental SD	Experimental Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Fixed, 95% CI
Eslamian.2017	5.49	1.61	17	6.23	1.88	17	25.7%	-0.74 [-1.92, 0.44]
Kohli.2011	1.73	2.17	30	5.78	2.96	30	20.6%	-4.05 [-5.36, -2.74]
Patel.2011	1.45	1.12	18	1.86	1.36	18	53.7%	-0.41 [-1.22, 0.40]
Total (95% CI)			**65**			**65**	**100.0%**	**-1.25 [-1.84, -0.65]**

Heterogeneity: Chi² = 22.27, df = 2 (P < 0.0001); I² = 91%
Test for overall effect: Z = 4.09 (P < 0.0001)



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	38.7%	-1.31 [-2.37, -0.25]
Kohli.2011	3.05	2.92	30	6.66	2.19	30	25.3%	-3.61 [-4.92, -2.30]
Patel.2011	2.51	1.57	18	2.94	1.78	18	35.9%	-0.43 [-1.53, 0.67]
Total (95% CI)			**65**			**65**	**100.0%**	**-1.58 [-2.23, -0.92]**

Heterogeneity: Chi² = 13.76, df = 2 (P = 0.001); I² = 85%
Test for overall effect: Z = 4.70 (P < 0.00001)