

Study or Subgroup	Drug			Placebo			Weight	Std. Mean Difference IV, Random, 95% CI	Std. Mean Difference IV, Random, 95% CI
	Mean	SD	Total	Mean	SD	Total			
Gengo 1995	2.1	2.4	24	4	3.5	24	8.2%	-0.62 [-1.20, -0.04]	
Harrison 1994	1.6	2.2	25	1.5	2	25	8.7%	0.05 [-0.51, 0.60]	
Hyypa 2003	0.34	0.79	60	0.28	0.46	60	13.8%	0.09 [-0.27, 0.45]	
Morales 2006	3.6	0.98	33	3.6	0.5	39	10.7%	0.00 [-0.46, 0.46]	
Muldoon 2000	3.1	4.3	98	2.3	3.3	96	16.5%	0.21 [-0.07, 0.49]	
Stewart 2000	22.6	10.1	559	22.8	9.6	571	22.3%	-0.02 [-0.14, 0.10]	
Wardle 1996	8	3.8	334	9.5	3.5	157	19.8%	-0.40 [-0.60, -0.21]	
Total (95% CI)			1133			972	100.0%	-0.08 [-0.29, 0.12]	

Heterogeneity: $\tau^2 = 0.05$; $\chi^2 = 20.57$, $df = 6$ ($P = 0.002$); $I^2 = 71\%$
 Test for overall effect: $Z = 0.81$ ($P = 0.42$)

-4 -2 0 2 4
 Favours experimental Favours control