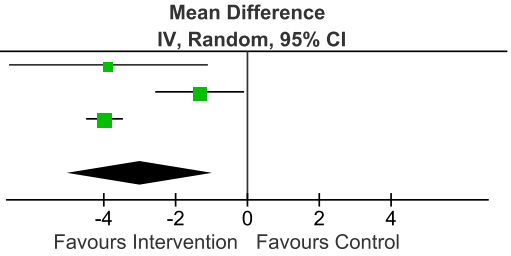
Study or Subgroup	Intervention Mean	Intervention SD	Intervention Total	Control Mean	Control SD	Control Total	Weight	Mean Difference IV, Random, 95% CI
Mahdavi et al. 2009	1.5	2.1	33	5.37	9.05	44	23.4%	-3.87 [-6.64, -1.10]
Peikert et al. 1996	-2.49	0.05	43	-1.16	3.89	38	36.0%	-1.33 [-2.57, -0.09]
Tarighat Esfanjani et al. 2012	1.5	0.37	33	5.48	1.5	35	40.6%	-3.98 [-4.49, -3.47]
Total (95% CI)			**109**			**117**	**100.0%**	**-3.00 [-5.02, -0.98]**

Heterogeneity: Tau² = 2.55; Chi² = 15.08, df = 2 (P = 0.0005); I² = 87%

Test for overall effect: Z = 2.91 (P = 0.004)