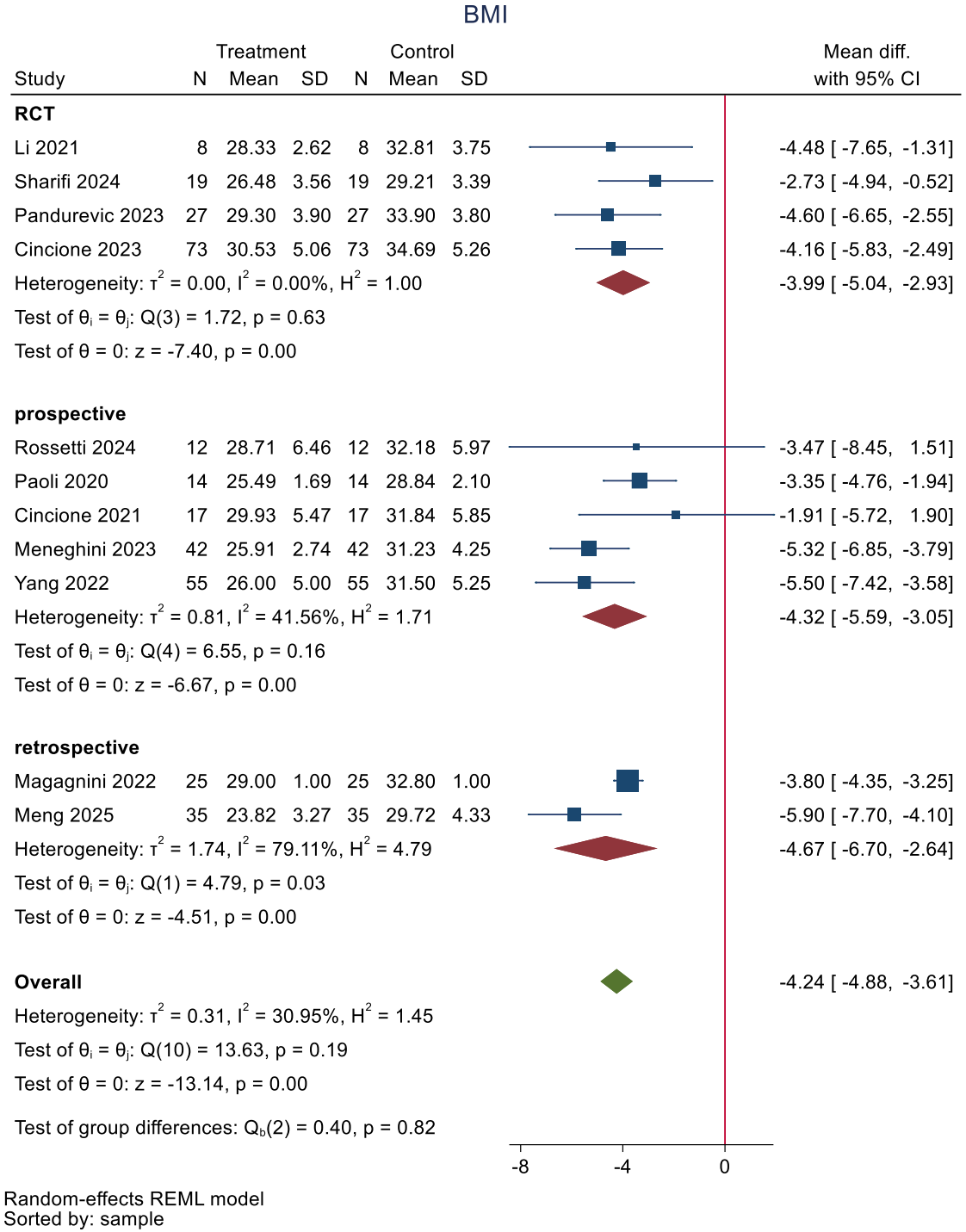
BMI
Treatment
Control
Mean diff.
with 95% CI
Study N Mean SD N Mean SD
RCT
Li 2021 8 28.33 2.62 8 32.81 3.75 -4.48 [-7.65, -1.31]
Sharifi 2024 19 26.48 3.56 19 29.21 3.39 -2.73 [-4.94, -0.52]
Pandurevic 2023 27 29.30 3.90 27 33.90 3.80 -4.60 [-6.65, -2.55]
Cincione 2023 73 30.53 5.06 73 34.69 5.26 -4.16 [-5.83, -2.49]
Heterogeneity: τ² = 0.00, I² = 0.00%, H² = 1.00 -3.99 [-5.04, -2.93]
Test of θi = θj: Q(3) = 1.72, p = 0.63
Test of θ = 0: z = -7.40, p = 0.00
prospective
Rossetti 2024 12 28.71 6.46 12 32.18 5.97 -3.47 [-8.45, 1.51]
Paoli 2020 14 25.49 1.69 14 28.84 2.10 -3.35 [-4.76, -1.94]
Cincione 2021 17 29.93 5.47 17 31.84 5.85 -1.91 [-5.72, 1.90]
Meneghini 2023 42 25.91 2.74 42 31.23 4.25 -5.32 [-6.85, -3.79]
Yang 2022 55 26.00 5.00 55 31.50 5.25 -5.50 [-7.42, -3.58]
Heterogeneity: τ² = 0.81, I² = 41.56%, H² = 1.71 -4.32 [-5.59, -3.05]
Test of θi = θj: Q(4) = 6.55, p = 0.16
Test of θ = 0: z = -6.67, p = 0.00
retrospective
Magagnini 2022 25 29.00 1.00 25 32.80 1.00 -3.80 [-4.35, -3.25]
Meng 2025 35 23.82 3.27 35 29.72 4.33 -5.90 [-7.70, -4.10]
Heterogeneity: τ² = 1.74, I² = 79.11%, H² = 4.79 -4.67 [-6.70, -2.64]
Test of θi = θj: Q(1) = 4.79, p = 0.03
Test of θ = 0: z = -4.51, p = 0.00
Overall -4.24 [-4.88, -3.61]
Heterogeneity: τ² = 0.31, I² = 30.95%, H² = 1.45
Test of θi = θj: Q(10) = 13.63, p = 0.19
Test of θ = 0: z = -13.14, p = 0.00
Test of group differences: Qb(2) = 0.40, p = 0.82
-8
-4
0
Random-effects REML model
Sorted by: sample