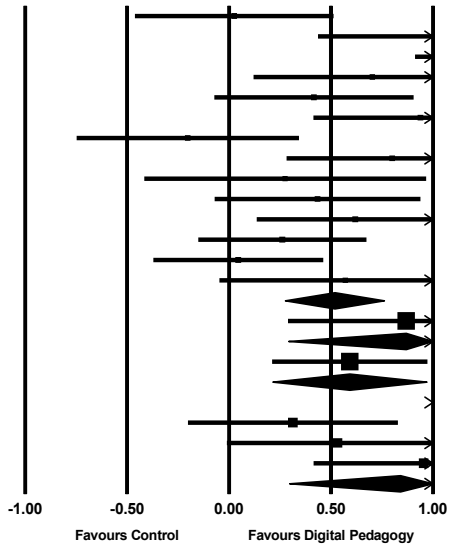
Group by Age/School Level	Study name	Std diff in means	Standard error	Variance	Lower limit	Upper limit	Z-Value	p-Value
College & University	Goda et al. (2014)	0.026	0.247	0.061	-0.458	0.510	0.105	0.916
College & University	Ebadi & Rahimi (2018)	1.346	0.462	0.213	0.440	2.251	2.913	0.004
College & University	Mohammadi et al. (2022)	1.342	0.218	0.047	0.916	1.769	6.168	0.000
College & University	Darmawansah et al. (2022)	0.704	0.296	0.087	0.124	1.283	2.379	0.017
College & University	Liu et al. (2023)	0.417	0.248	0.061	-0.069	0.903	1.682	0.093
College & University	Algouzi et al. (2023)	0.940	0.266	0.071	0.417	1.462	3.527	0.000
College & University	Chang et al. (2024)	-0.202	0.277	0.077	-0.744	0.340	-0.729	0.466
College & University	Yin et al. (2024)	0.801	0.263	0.069	0.286	1.316	3.049	0.002
College & University	Alpat & Gorgulu (2024)	0.276	0.351	0.123	-0.412	0.964	0.786	0.432
College & University	Sendag et al. (2024)	0.435	0.256	0.065	-0.067	0.936	1.699	0.089
College & University	Darmawansah et al. (2025)	0.620	0.245	0.060	0.139	1.101	2.527	0.012
College & University	Liu & Wang (2024)	0.262	0.209	0.044	-0.147	0.671	1.255	0.210
College & University	Shang et al. (2025)	0.046	0.211	0.045	-0.368	0.460	0.218	0.827
College & University	Zhang et al. (2025)	0.571	0.314	0.098	-0.044	1.186	1.820	0.069
College & University		0.519	0.124	0.015	0.277	0.762	4.195	0.000
Elementary school	Hsu & Liang (2021)	0.870	0.294	0.086	0.293	1.446	2.957	0.003
Elementary school		0.870	0.294	0.086	0.293	1.446	2.957	0.003
High school	Yang & Wu (2012)	0.593	0.193	0.037	0.215	0.971	3.078	0.002
High school		0.593	0.193	0.037	0.215	0.971	3.078	0.002
Private institute	Etemadfar et al. (2020)	1.702	0.357	0.128	1.002	2.402	4.763	0.000
Private institute	Jiang et al. (2024)_a	0.314	0.261	0.068	-0.198	0.826	1.203	0.229
Private institute	Jiang et al. (2024)_b	0.533	0.276	0.076	-0.007	1.074	1.935	0.053
Private institute	Jiang et al. (2024)_c	0.955	0.274	0.075	0.418	1.492	3.488	0.000
Private institute		0.841	0.277	0.077	0.298	1.384	3.034	0.002



Meta Analysis