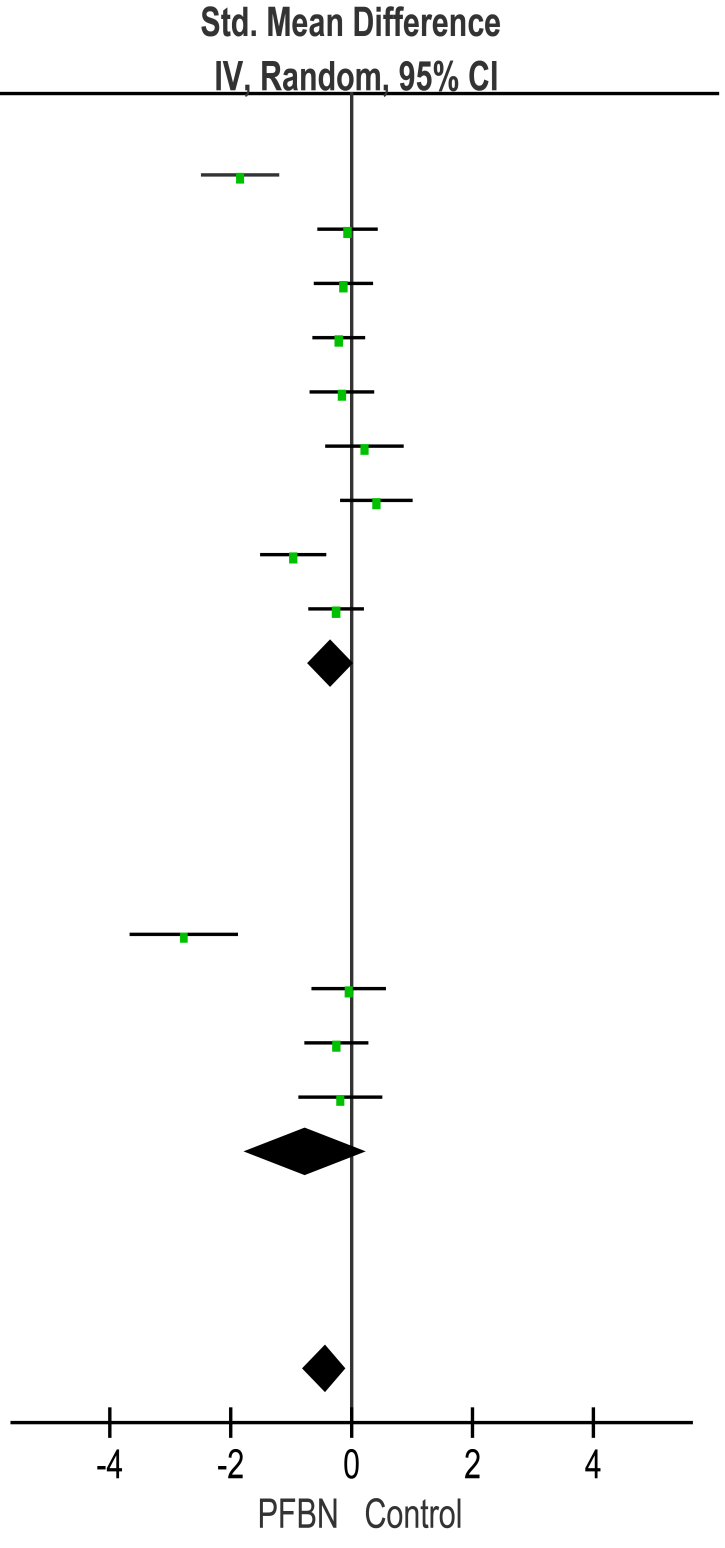Study or Subgroup	PFBN Mean	PFBN SD	PFBN Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
9.4.1 PFNA								
Fu HP 2024A	8.14	1.21	22	13.2	3.24	40	7.4%	-1.84 [-2.46, -1.23]
Jin LK 2024A	17.21	2.27	25	17.37	2.38	55	8.1%	-0.07 [-0.54, 0.41]
Liu PY 2023	12.99	3.21	35	13.41	2.93	37	8.2%	-0.14 [-0.60, 0.33]
Li ZT 2022	4.2	1.6	46	4.6	2.1	46	8.4%	-0.21 [-0.62, 0.20]
Long ZM 2022	4.37	1.33	20	4.61	1.53	60	8.0%	-0.16 [-0.67, 0.35]
Wang YC 2023	10.2	2.3	20	9.7	2.3	20	7.4%	0.21 [-0.41, 0.83]
Yang DS 2023	9.88	0.48	24	9.71	0.32	24	7.6%	0.41 [-0.16, 0.98]
Zhang RB 2022	10.67	2.42	32	13.26	2.86	32	7.9%	-0.97 [-1.49, -0.45]
Zhang Y 2024	9.5	2.8	40	10.2	2.6	43	8.3%	-0.26 [-0.69, 0.18]
Subtotal (95% CI)			**264**			**357**	**71.2%**	**-0.33 [-0.70, 0.05]**
Heterogeneity: Tau² = 0.27; Chi² = 40.68, df = 8 (P < 0.00001); I² = 80%								
Test for overall effect: Z = 1.69 (P = 0.09)								
9.4.2 InterTAN								
Fu HP 2024I	8.14	1.21	22	14.8	3.17	20	6.1%	-2.78 [-3.64, -1.91]
Jia C 2023	11.24	3.22	25	11.4	3.34	20	7.5%	-0.05 [-0.64, 0.54]
Jin LK 2024I	17.21	2.27	25	17.84	2.58	40	8.0%	-0.25 [-0.75, 0.25]
Wan Y 2024	9.9	1.4	16	10.2	1.7	19	7.1%	-0.19 [-0.85, 0.48]
Subtotal (95% CI)			**88**			**99**	**28.8%**	**-0.77 [-1.78, 0.24]**
Heterogeneity: Tau² = 0.95; Chi² = 30.39, df = 3 (P < 0.00001); I² = 90%								
Test for overall effect: Z = 1.49 (P = 0.14)								
Total (95% CI)			**352**			**456**	**100.0%**	**-0.44 [-0.81, -0.08]**
Heterogeneity: Tau² = 0.37; Chi² = 72.36, df = 12 (P < 0.00001); I² = 83%								
Test for overall effect: Z = 2.37 (P = 0.02)								
Test for subgroup differences: Chi² = 0.64, df = 1 (P = 0.42), I² = 0%