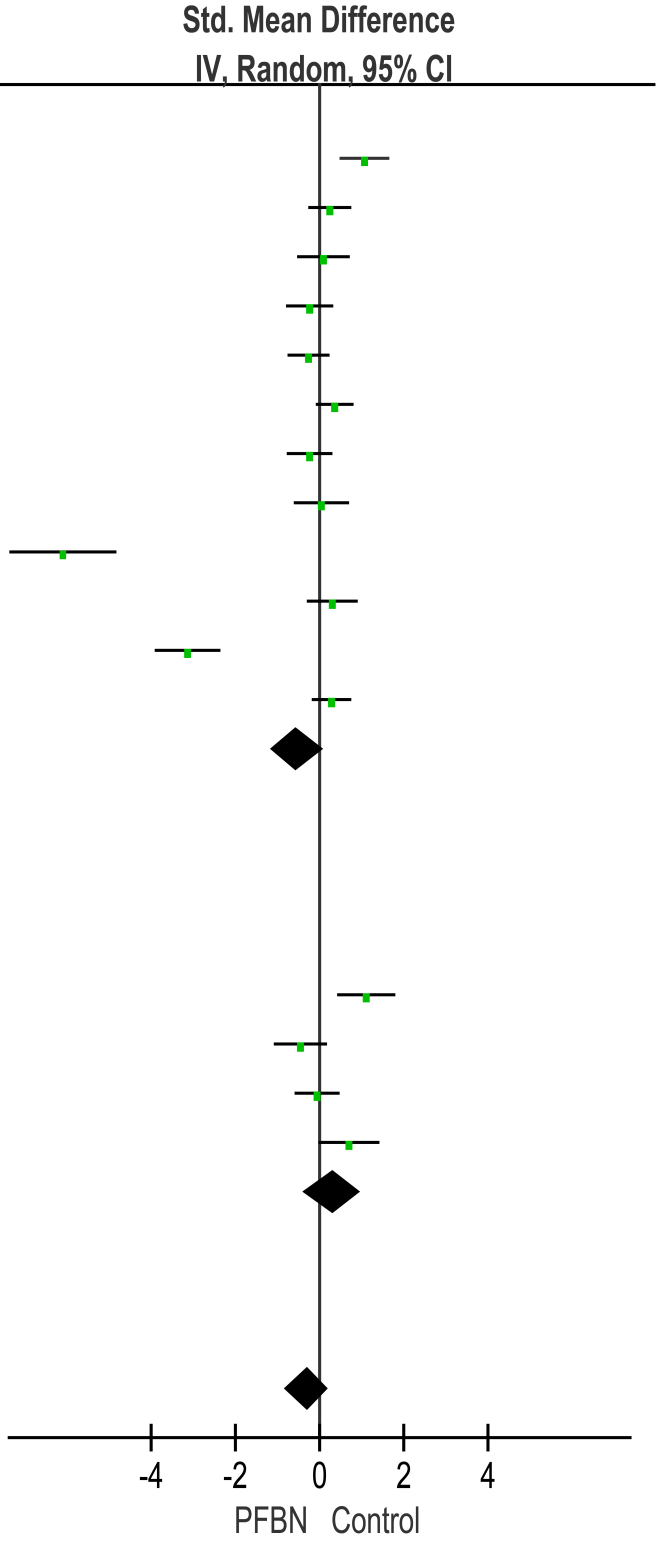Study or Subgroup	PFBN Mean	PFBN SD	PFBN Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
8.4.1 PFNA								
Fu HP 2024A	161.82	35	22	131.5	23.49	40	6.3%	1.07 [0.51, 1.62]
Jin LK 2024A	179.81	40.09	25	172.84	21.08	55	6.5%	0.24 [-0.23, 0.72]
Lin D 2022	103.6	11.9	20	102.4	13.6	25	6.3%	0.09 [-0.50, 0.68]
Ling F 2023	96.9	12	28	99.8	12.3	28	6.4%	-0.24 [-0.76, 0.29]
Liu PY 2023	93.73	16.26	35	98.66	20.63	37	6.5%	-0.26 [-0.73, 0.20]
Li ZT 2022	130.6	21.3	46	123.5	17.8	46	6.6%	0.36 [-0.05, 0.77]
Long ZM 2022	124.88	20.64	20	129.79	20.46	60	6.4%	-0.24 [-0.74, 0.27]
Wang YC 2023	35.2	9.9	20	34.8	7.9	20	6.2%	0.04 [-0.58, 0.66]
Wu YX 2023	46.56	10.25	30	232.65	41.35	30	4.9%	-6.10 [-7.33, -4.86]
Yang DS 2023	110	17.69	24	105	14.74	24	6.3%	0.30 [-0.27, 0.87]
Zhang RB 2022	111.1	18.64	32	162.81	13.54	32	6.0%	-3.14 [-3.88, -2.39]
Zhang Y 2024	119.8	60.9	40	102.6	59.1	43	6.5%	0.28 [-0.15, 0.72]
Subtotal (95% CI)			**342**			**440**	**75.0%**	**-0.52 [-1.16, 0.12]**
Heterogeneity: Tau² = 1.19; Chi² = 184.35, df = 11 (P < 0.00001); I² = 94%								
Test for overall effect: Z = 1.60 (P = 0.11)								
8.4.2 InterTAN								
Fu HP 2024I	161.82	35	22	128.5	21.83	20	6.2%	1.11 [0.45, 1.76]
Jia C 2023	150.75	37.67	25	165.75	24.33	20	6.3%	-0.45 [-1.05, 0.14]
Jin LK 2024I	179.81	40.09	25	181.65	23.58	40	6.4%	-0.06 [-0.56, 0.44]
Wan Y 2024	145.6	39.5	16	120.5	31.1	19	6.1%	0.70 [0.01, 1.38]
Subtotal (95% CI)			**88**			**99**	**25.0%**	**0.30 [-0.37, 0.98]**
Heterogeneity: Tau² = 0.38; Chi² = 15.03, df = 3 (P = 0.002); I² = 80%								
Test for overall effect: Z = 0.88 (P = 0.38)								
Total (95% CI)			**430**			**539**	**100.0%**	**-0.30 [-0.81, 0.21]**
Heterogeneity: Tau² = 0.99; Chi² = 202.47, df = 15 (P < 0.00001); I² = 93%								
Test for overall effect: Z = 1.16 (P = 0.25)								
Test for subgroup differences: Chi² = 3.03, df = 1 (P = 0.08), I² = 66.9%