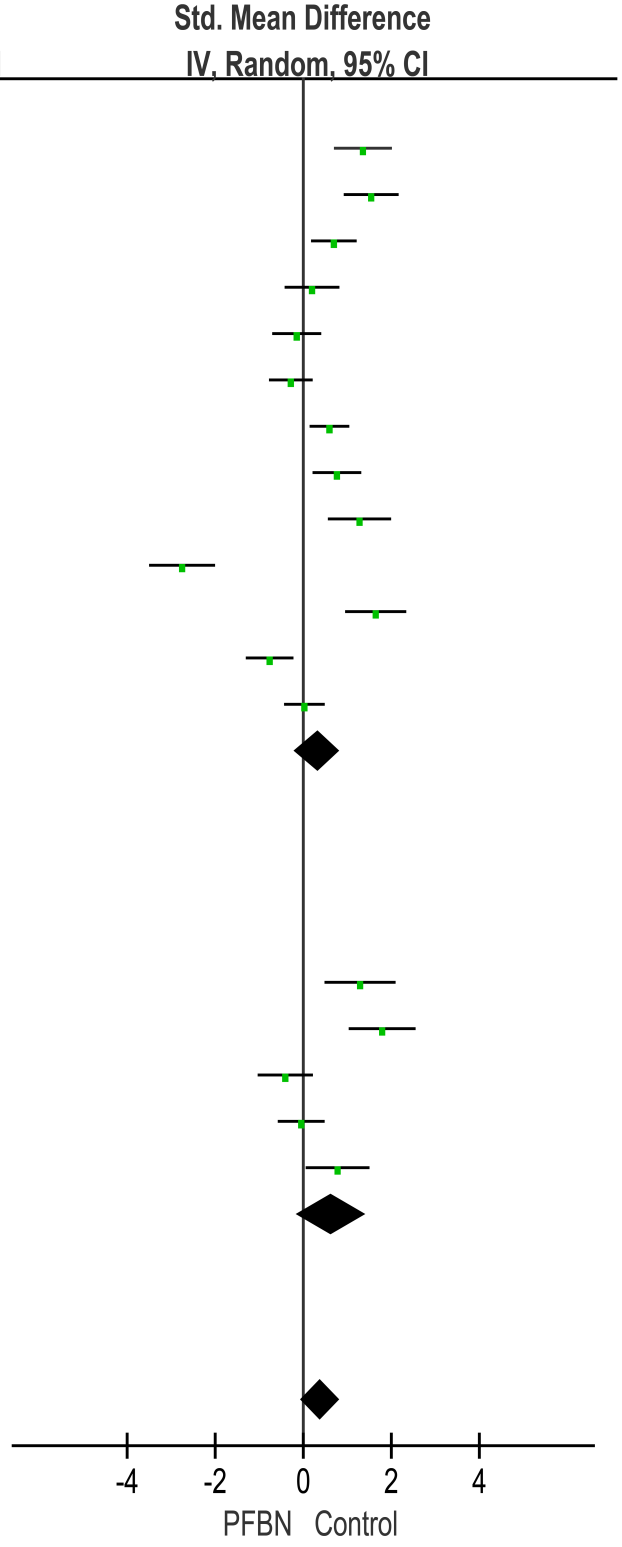Study or Subgroup	PRBN Mean	PRBN SD	PRBN Total	Control Mean	Control SD	Control Total	Weight	Std. Mean Difference IV, Random, 95% CI
7.4.1 PFNA								
Fu HP 2023A	70	7.9	18	60.3	6.6	36	5.5%	1.36 [0.73, 1.98]
Fu HP 2024A	70.45	6.879	22	60	6.58	40	5.6%	1.54 [0.95, 2.13]
Jin LK 2024A	81.14	12.65	25	74.1	8.62	55	5.7%	0.69 [0.21, 1.18]
Lin D 2022	74.1	3.8	20	73.1	5.7	25	5.6%	0.20 [-0.39, 0.79]
Ling F 2023	57.9	12	28	59.6	10.6	28	5.7%	-0.15 [-0.67, 0.38]
Liu PY 2023	43.31	7.68	35	45.66	8.73	37	5.8%	-0.28 [-0.75, 0.18]
Li ZT 2022	47.3	11.4	46	39.2	15.3	46	5.8%	0.60 [0.18, 1.01]
Long ZM 2022	48.12	9.64	20	40.22	10.43	60	5.7%	0.76 [0.24, 1.28]
Wang YC 2023	55.9	8.2	20	45.4	7.9	20	5.4%	1.28 [0.59, 1.96]
Wu YX 2023	45.65	5.31	30	60.35	5.23	30	5.3%	-2.75 [-3.47, -2.03]
Yang DS 2023	39.25	8.28	24	27	6.21	24	5.4%	1.65 [0.98, 2.31]
Zhang RB 2022	61.68	9.37	32	70.12	12.25	32	5.7%	-0.76 [-1.27, -0.26]
Zhang Y 2024	63.3	14.5	40	62.9	15.8	43	5.8%	0.03 [-0.40, 0.46]
Subtotal (95% CI)			**360**			**476**	**72.9%**	**0.32 [-0.22, 0.86]**
Heterogeneity: Tau² = 0.89; Chi² = 155.89, df = 12 (P < 0.00001); I² = 92%								
Test for overall effect: Z = 1.17 (P = 0.24)								
7.4.2 InterTAN								
Fu HP 2023I	70	7.9	18	61	5	14	5.2%	1.29 [0.51, 2.07]
Fu HP 2024I	70.45	6.879	22	58.7	5.89	20	5.3%	1.79 [1.07, 2.52]
Jia C 2023	61.2	14.66	25	66.6	10.46	20	5.5%	-0.41 [-1.00, 0.19]
Jin LK 2024I	81.14	12.65	25	81.62	8.56	40	5.7%	-0.05 [-0.55, 0.45]
Wan Y 2024	111.6	15.9	16	98.9	15.9	19	5.4%	0.78 [0.09, 1.47]
Subtotal (95% CI)			**106**			**113**	**27.1%**	**0.65 [-0.14, 1.45]**
Heterogeneity: Tau² = 0.71; Chi² = 30.28, df = 4 (P < 0.00001); I² = 87%								
Test for overall effect: Z = 1.62 (P = 0.11)								
Total (95% CI)			**466**			**589**	**100.0%**	**0.41 [-0.03, 0.85]**
Heterogeneity: Tau² = 0.81; Chi² = 187.12, df = 17 (P < 0.00001); I² = 91%								
Test for overall effect: Z = 1.84 (P = 0.07)								
Test for subgroup differences: Chi² = 0.46, df = 1 (P = 0.50), I² = 0%