

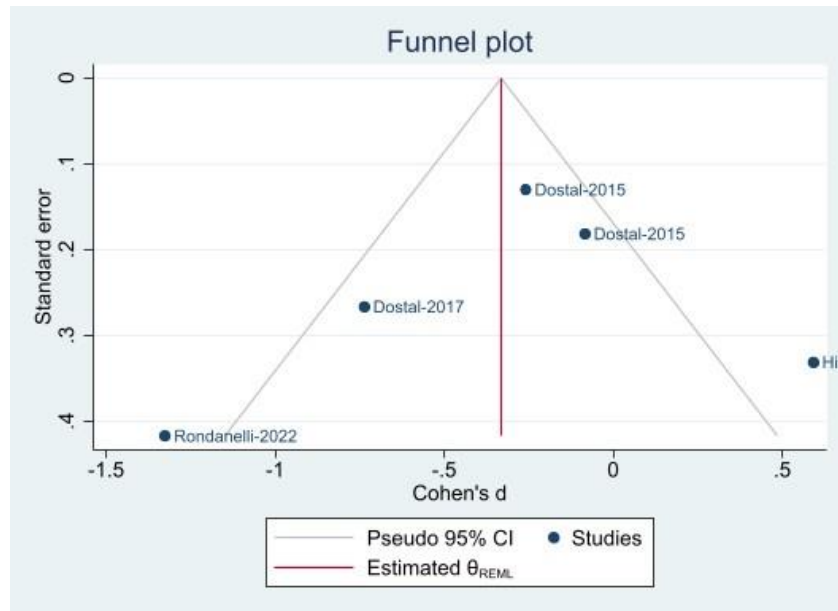


Figure 1. Funnel plot for publication bias of Leptin

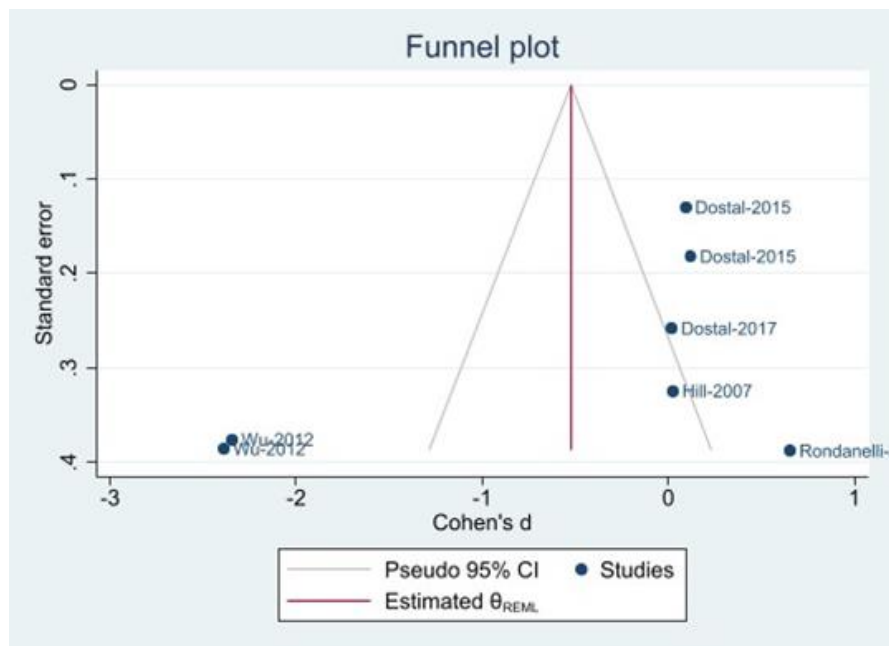


Figure 2. Funnel plot for publication bias of Adiponectin

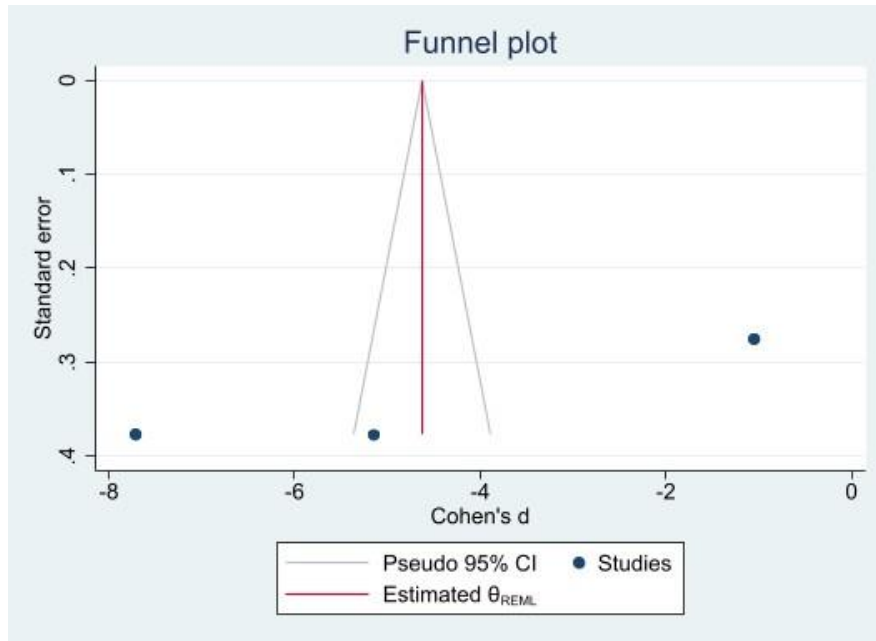


Figure 3. Funnel plot for publication bias of Ghrelin

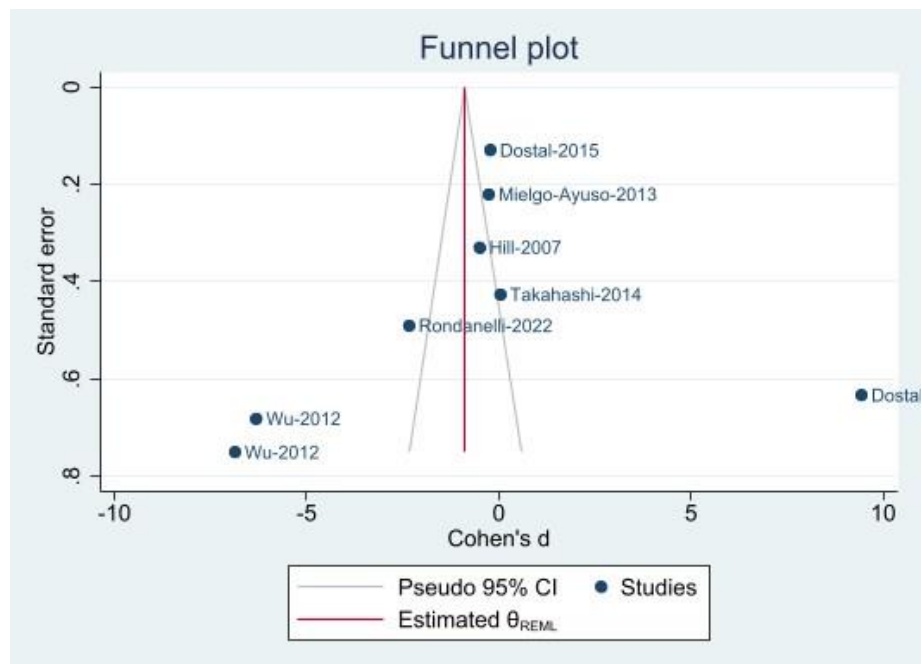


Figure 4. Funnel plot for publication bias of Insulin

Abbreviated JBI Checklist for Quality Assessment of Experimental Studies

Criteria	Yes	No	Unclear
Randomization	☐	☐	☐
Allocation Concealment	☐	☐	☐
Baseline Similarity	☐	☐	☐
Blinding of Participants	☐	☐	☐
Blinding of Personnel	☐	☐	☐
Blinding of Outcome Assessors	☐	☐	☐
Completeness of Follow-up	☐	☐	☐
Intention-to-Treat Analysis	☐	☐	☐
Reliability of Outcome Measures	☐	☐	☐
Appropriate Statistical Analysis	☐	☐	☐
Clarity of Trial Design	☐	☐	☐
Group Comparability	☐	☐	☐
Ethical Approval	☐	☐	☐

