| | Ginseng | | | Control | | | Std. Mean Difference | | | Std. Mean Difference |
|--|----------|-----------------|----------|-----------|---------|---------|------------------------|---------------------|------|---------------------------------|
| Study or Subgroup | Mean | SD | Total | Mean | SD | Total | Weight | IV, Random, 95% CI | Year | IV, Random, 95% CI |
| 9.6.1 Ginseng oral administration | | | | | | | | | | |
| Barton 2013 | 2.8 | 16.5 | 138 | 3.4 | 15.2 | 133 | 13.7% | -0.04 [-0.28, 0.20] | 2013 | + |
| Subtotal (95% CI) | | | 138 | | | 133 | 13.7% | -0.04 [-0.28, 0.20] | | • |
| Heterogeneity: Not ap | plicable | | | | | | | | | |
| Test for overall effect: | Z = 0.31 | (P = 0 | 1.76) | | | | | | | |
| 9.6.2 Ginseng injectio | ns | | | | | | | | | |
| Li 2011 | -0.62 | 1.65 | 62 | -0.88 | 1.82 | 58 | 13.2% | 0.15 [-0.21, 0.51] | 2011 | |
| Wu 2014 | 2.79 | 1.33 | 47 | 1.68 | 1.34 | 47 | 12.8% | 0.82 [0.40, 1.25] | 2014 | |
| Feng 2014 | 2.18 | 1.29 | 31 | 0.21 | 1.35 | 32 | 11.9% | 1.47 [0.91, 2.03] | 2014 | |
| Tang 2016 | 2.57 | 1.14 | 43 | 1.52 | 1.32 | 43 | 12.7% | 0.84 [0.40, 1.29] | 2016 | |
| Liu 2016 | 0.6 | 1.11 | 30 | 0.3 | 1 | 30 | 12.3% | 0.28 [-0.23, 0.79] | 2016 | + - |
| Zhang 2016 | 1.09 | 1.33 | 26 | 0.09 | 0.91 | 26 | 11.9% | 0.86 [0.29, 1.43] | 2016 | |
| Chen 2019 | 4.16 | 1.32 | 33 | 0.97 | 1.46 | 33 | 11.5% | 2.27 [1.64, 2.89] | 2019 | |
| Subtotal (95% CI) | | | 272 | | | 269 | 86.3% | 0.93 [0.44, 1.42] | | • |
| Heterogeneity: Tau ² = | 0.37; C | hi² = 4 | 3.31, di | f= 6 (P · | < 0.000 | 001); P | = 86% | | | |
| Test for overall effect: | Z = 3.72 | ! (P = 0 | 1.0002) | | | | | | | |
| Total (95% CI) | | | 410 | | | 402 | 100.0% | 0.80 [0.31, 1.29] | | • |
| Heterogeneity: Tau ² = | 0.43; C | hi = 7 | 2.22, di | f= 7 (P · | < 0.000 | 001); P | = 90% | | _ | |
| -2 -1 (Test for overall effect: Z = 3.23 (P = 0.001) | | | | | | | | | | |
| Test for subaroup diff | erences | ∶Chi ≇∘ | = 12.12 | . df = 1 | (P = 0. | 0005). | I ² = 91.89 | 6 | | Favours Control Favours Ginseng |

Figure 9. Forest plot of ginseng oral administration and ginseng injections on cognitive fatigue without heterogeneity taken into account.