

A Meta-Analysis of Adventure Therapy Program Effects: Studies Which Met Criteria for Inclusion, Except Only Provided Post Treatment Versus Control Difference Results

The standardised mean change or pre-post effect size indexes the difference between pre-post using only a single treatment group. Alternatively, the standardised mean difference effect size indexes the difference between a treatment group and a comparison group after treatment. These two different kinds of effect sizes are calculated the same way (by subtracting means and then dividing by the standard deviation), but they are two quite different types of effect sizes. The standardised mean change effect size provides an indication of the degree of change over time in a single group, while the standardised mean difference effect size provides an indication of the differences between two separate groups. S. J. Wilson (personal communication, June 13, 2012) argued that it is never appropriate to combine these two distinct types of effect sizes into one aggregate mean effect size. Although a number of previous meta-analyses in this area of research have combined these two types of effect sizes, this study only used the standardised mean change effect size. This meant that studies which only reported post-test results for the treatment and control groups were not included in this study ($N = 47$).

Total studies listed = 62

Studies which only provided sufficient data to calculate standardised mean difference effect sizes = 50

Note: ★ Indicates studies which, in addition to providing post treatment versus control difference results provided enough data to calculate pre-post effect sizes for one or more outcomes, so the data from these outcomes were included in the meta-analysis ($N = 12$).

Note: ⊗ Indicates studies with Recidivism ($N = 35$)

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