

## Summary Information from Baker's (2011) Meta-Analysis

Baker, D. (2011). *The effects of adventure and wilderness therapy: A meta-analytic review*. Masters of Psychology, James Cook University, Townsville, Australia

### Abstract

Although the therapeutic benefits of the outdoors are well known, Adventure and Wilderness Therapy as a treatment modality is relatively new. The effectiveness of Adventure and Wilderness Therapy programs for achieving therapeutic outcomes with various client groups is also yet to be demonstrated. The aims of the current study were to conduct a meta-analytic review of previous research on Adventure and Wilderness Therapy, and to investigate its potential moderators. Search strategies identified 350 possible studies for a review, with 16 studies meeting the nominated selection criteria. The study identified six main areas of outcome dimensions, including behavioural conduct, self-concept, self-esteem, mental health, locus of control and interpersonal skills. The study also identified a number of potential moderators, including age, gender, program type, client group, role in treatment, program delivery and duration of program. The limitations of this study include high heterogeneity of results and concerns about the quality of the studies sampled in the meta-analysis. The results of the study provide suggestions for improving field research in the Adventure and Wilderness Therapy area and future meta-analytic research.

Author/ Year	Focus	Client Group	No. of Studies	No. of effects	No. of Participants	ES Baseline (Base-pre)	ES Program (Pre-Post)	ES Follow-Up (Post-FU)
Baker (2011)	Adventure Therapy	All	18	67	982	-	.42	-

### Studies Included in Meta-Analysis (N=18)

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