

Summary Information from Bedard, Rosen and Vacha-Haase's (2003) Meta-Analysis

Bedard, R. M. (2004). *Wilderness therapy programs for juvenile delinquents: A meta-analysis*. Doctor of Philosophy, Colorado State University, Fort Collins, CO.

Bedard, R. M., Rosen, L., & Vacha-Haase, T. (2003). Wilderness therapy programs for juvenile delinquents: A meta-analysis. *Journal of Therapeutic Wilderness Camping*, 3(1), 7-13.

Abstract

Wilderness Therapy outcome studies were analysed using meta-analysis to determine if these programs are more effective than traditional means of rehabilitation for delinquent adolescents. Moderate effect sizes in favour of Wilderness Therapy Programs were found with respect to enhancing self-esteem/self-concept and improving interpersonal skills and promoting behaviour changes. A small effect size was found with respect for reducing recidivism. Overall, results suggested Wilderness Therapy Programs are more effective than traditional means in terms of rehabilitating juvenile delinquents.

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)
Bedard (2003, 2004)	Wilderness Therapy	Juvenile Delinquents	23	37	2042	-	.45	-

Studies Included in Meta-Analysis (N=23)

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