

Summary Information from Bowen and Neill's (2013) Meta-Analysis

Bowen, D. J., & Neill, J. T. (2013). A meta-analysis of adventure therapy outcomes and moderators. *The Open Psychology Journal*, 6. doi: 10.2174/1874350120130802001

Abstract

This study reports on a meta-analytic review of 197 studies of adventure therapy participant outcomes (2,908 effect sizes, 206 unique samples). The short-term effect size for adventure therapy was moderate ($g = .47$) and larger than for alternative (.14) and no treatment (.08) comparison groups. There was little change during the lead-up (.09) and follow-up periods (.03) for adventure therapy, indicating long-term maintenance of the short-term gains. The short-term adventure therapy outcomes were significant for seven out of the eight outcome categories, with the strongest effects for clinical and self-concept measures, and the smallest effects for spirituality/morality. The only significant moderator of outcomes was a positive relationship with participant age. There was also evidence that adventure therapy studies have reported larger effects over time since the 1960s. Publication bias analyses indicated that the study may slightly underestimate true effects. Overall, the findings provide the most robust meta-analysis of the effects of adventure therapy to date. Thus, an effect size of approximately .5 is suggested as a benchmark for adventure therapy programs, although this should be adjusted according to the age group.

Author/Year	Focus	Client Group	No. of Studies	No. of effects	No. of Participants
Bowen & Neill (2013)	Adventure Therapy	All	197 (206 Samples)	2,908	17,728

Overall Effect Sizes for Treatment Group by Time comparison

Time	Treatment		Alternative Treatment		No Treatment	
	No. of Effects	Effect Size	No. of Effects	Effect Size	No. of Effects	Effect Size
Base-Pre	55	.09				
Pre-Post	1,785	.47	244	.14	245	.08
Post-FU	435	.03	91	-.03	53	-.08

Studies Included in Meta-Analysis (206 unique samples located within 197 studies)

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