

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

Hans, T. A. (2000). A meta-analysis of the effects of adventure programming on locus of control. *Journal of Contemporary Psychotherapy*, 30(1), 33-60.

### Abstract

In the growing field of Adventure Therapy there exists a need to link valuable program characteristics to specific outcomes. Locus of control has been theorized to be a moderator of change in outdoor adventure programs, however past research has yielded inconsistent and contradicting results. An attempt was made to replicate the effect size of 0.30 generated within the comprehensive meta-analyses of both D. Cason (1993) and J. Hattie et al. (1997). A slightly higher effect size of 0.38 was computed, substantiating evidence that subjects across studies became significantly more internal as a result of participation. Investigation of specific outcomes yielded two possible variables as moderators of locus of control effect size: program goal and daily duration.

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)
Hans (2000)	Adventure Programming (Locus of Control)	All	24	30	1,632	-	.38	-

### Studies Included in Meta-Analysis (N=24, Plus 9 Unattained Studies)

#### References

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### Unattained Studies (N = 9)

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