

Summary Information from Staunton's (2003) Meta-Analysis

Staunton, N. (2003). *A meta-analysis of adventure therapy program outcomes*. Retrieved from http://wilderdom.com/adventuretherapy/Staunton2003ATMeta-analysis_files/frame.htm

During 2002/2003 a meta-analysis was conducted by Norman Staunton, as part of his Master's degree in outdoor education at the University of New Hampshire. Unfortunately, the write-up of the thesis was not completed. To view a presentation of the meta-analysis, click [here](#).

Overall, a standardized mean effect size of .42 was found, after correcting for typical biases and errors. This is slightly higher than the typical effect size for outdoor education programs and is roughly equivalent to the typical effect size for group-based psychological intervention programs.

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)
Stauton (2003)	Adventure Therapy	All	17	95	~1,000	-	.42	-

Studies Included in Meta-Analysis (N=17)

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