

Summary Information from Wilson and Lipsey's (2000) Meta-Analysis

Wilson, S. J., & Lipsey, M. W. (2000). Wilderness challenge programs for delinquent youth: A meta-analysis of outcome evaluations. *Evaluation and Program Planning*, 23(1), 1-12.

Abstract

Evaluations of wilderness challenge programs were meta-analyzed to assess the impact on delinquent behavior. The overall mean effect size for delinquency outcomes was 0.18 (N=22), equivalent to a recidivism rate of 29% for program participants vs 37% for comparison subjects. Program length was not related to outcome among short-term programs (up to 6 weeks) but extended programs (over 10 weeks) showed smaller effects overall. However, the most influential program characteristics were the intensity of the physical activities and whether the program included a distinct therapeutic component. Programs involving relatively intense activities or with therapeutic enhancements produced the greatest reductions in delinquent behavior.

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)
Wilson & Lipsey (2000)	Wilderness Therapy	Juvenile Delinquents	22	60	~3,000	-	.18	-

Studies Included in Meta-Analysis (N=22)

References

- Andrew, S. H. (1977). *An evaluation of two stress-challenge programs for delinquent youth*. Master of Science, Southern Illinois University, Carbondale, IL.
- Birkenmayer, A. C., & Polonoski, M. (1976). *The community adjustment of male training school recidivists: Part II, The D.A.R.E. experience*. Toronto, Canada: Ministry of Correctional Services.
- Burdsal, C., & Buel, C. L. (1980). A short term community based early stage intervention program for behavior problem youth. *Journal of Clinical Psychology*, 36, 226-241.
- Callahan Jr., R. C. (1989). *Academic and therapeutic potential of the Sierra II process: An evaluation of an adapted Outward Bound diversion program for adjudicated juvenile delinquents*. Doctor of Philosophy, Old Dominion University, Norfolk, VA.
- Carter, J. D. (1979). *A comparative study of two training programs in Florida for delinquent youths: Eckerd Wilderness Camping and State training schools*. Pensacola, FL: University of West Florida, Educational Research and Development Center.
- Castellano, T. C., & Soderstrom, I. R. (1992). Therapeutic wilderness programs and juvenile recidivism: A program evaluation. *Journal of Offender Rehabilitation*, 17(3/4), 19-46. doi: 10.1300/J076v17n03_02
- Chiles Jr., A. M. (1984). *Antecedents and outcomes of male delinquents referred to the Utah State Developmental Center or survival training*. Doctor of Philosophy, Brigham Young University, Provo, UT.
- Elrod, H. P., & Minor, K. I. (1992). Second wave evaluation of a multi-faceted intervention for juvenile court probationers. *International Journal of Offender Therapy and Comparative Criminology*, 36, 247-262. doi: 10.1177/0306624X9203600308

- Greenwood, P. W., & Turner, S. (1987). *The VisionQuest Program: An evaluation*. Santa Monica, CA: Rand Corporation.
- Hileman, M. A. (1979). *An evaluation of an environmental stress-challenge program on the social attitudes and recidivism behavior of male delinquent youth*. Master of Arts, Southern Illinois University, Carbondale, IL.
- Kelly, F. J., & Baer, D. J. (1968). *Outward Bound schools as an alternative to institutionalization for adolescent delinquent boys*. Boston, MA: Outward Bound.
- Kelly, F. J., & Baer, D. J. (1971). Physical challenge as a treatment for delinquency. *Crime and Delinquency*, 17, 437-445.
- Langsner, S. J., & Anderson, S. C. (1987). Outdoor challenge education and self esteem and locus of control of children with behavior disorders. *Adapted Physical Activity Quarterly*, 4, 237-246.
- Minor, K. I. (1988). *An evaluation of an intervention program for juvenile probationers*. Doctor of Philosophy, Western Michigan University, Kalamazoo, MI.
- Minor, K. I., & Elrod, H. P. (1990). The effects of a multi-faceted intervention on the offense activities of juvenile probationers. *Journal of Offender Counseling, Services, and Rehabilitation*, 15(2), 87-107.
- Minor, K. I., & Elrod, H. P. (1994). The effects of a probation intervention on juvenile offenders' self-concepts, loci of control, and perceptions of juvenile justice. *Youth & Society*, 25(4), 490-511. doi: 10.1177/0044118X94025004004
- Molof, M. J. (1967). *Forestry camp study: Comparison of recidivism rates of camp-eligible boys randomly assigned to camp and to institutional programs*. Sacramento, CA: California Youth Authority.
- Nunley, G. (1983). *The effects of a therapeutic outdoor program on the locus of control and self-concept of troubled youth*. Doctor of Education, Oklahoma State University, Stillwater, OK.
- Pommier, J. H., & Witt, P. A. (1995). Evaluation of an Outward Bound School plus Family Training Program for the Juvenile Status Offender. *Therapeutic Recreation Journal*, 29, 86-103.
- Porter, W. W. (1975). *The development and evaluation of a therapeutic wilderness program for problem youth*. Master of Arts, University of Denver, Denver, CO.
- Ramirez, M. V. (1976). *Evaluation of the San Diego County probation department program - Operation Summit: Final report*. San Diego, CA: San Diego County Probation Department.
- Rohling, M. P. (1987). *An investigation into participant characteristics and goal attainment of the Underway/Spectrum Project*. Master, Southern Illinois University, Carbondale, IL.
- Sachs, J. J., & Miller, S. R. (1992). The impact of a wilderness experience on the social interactions and social expectations of behaviorally disordered adolescents. *Behavioral Disorders*, 17(2), 89-98.
- Weeks, S. Z. (1985). *The effects of Sierra II, an adventure probation program, upon selected behavioral variables of adolescent juvenile delinquents*. Doctor of Education, University Of Virginia, Charlottesville, VA.
- Wichmann, T. F. (1990). *Interpersonal problem-solving and asocial behavior in a therapeutic wilderness program*. Doctor of Philosophy, Southern Illinois University, Carbondale, IL.
- Willman Jr., H. C., & Chun, R. Y. F. (1973). Homeward bound: An alternative to institutionalization of adjudicated juvenile offenders. *Federal probation*, 37, 52-58.
- Winterdyk, J. A. (1980). *A wilderness adventure program as an alternative for juvenile probationers: An evaluation*. Master of Arts, Simon Frasier University, Surrey, BC.
- Winterdyk, J. A., & Roesch, R. (1982). A wilderness experiential program as an alternative for probationers: An Evaluation. *Canadian Journal of Criminology and Criminal Justice*, 24, 39-49.
- Witman, J. P. (1987). The efficacy of adventure programming in the development of cooperation and trust with adolescents in treatment. *Therapeutic Recreation Journal*, 21, 22-29.
- Ziven, H. S. (1988). *The effects of the challenge group treatment program on psychiatrically hospitalized adolescents*. Doctor of Psychology, Massachusetts School of Professional Psychology, Boston, MA.

Zwart, T. J. (1988). *The effects of a wilderness/adventure program on the self-concept, locus of control orientation, and interpersonal behavior of delinquent adolescents*. Doctor of Education, Western Michigan University, Kalamazoo, MI.

Note: Although 22 studies were used to calculate the overall mean effect size, a further 9 studies are asterisked, signifying inclusion in the meta-analysis.