Table 1*.*

*Study Characteristics and Results for PTG and QOL Studies*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Outcome | *N* | *d* | *SE* | *Lower* | *Upper* | *z* | *p* | *Power1* | *Power2* |
| Gebler & Maercker (2007) 1 | PTG | 9 | 0.01 | 0.33 | -0.64 | 0.66 | 0.03 | 0.98 | .05 | .06 |
| Gebler & Maercker (2007) 2 | PTG | 9 | 0.09 | 0.33 | -0.56 | 0.74 | 0.27 | 0.79 | .06 | .06 |
| Kállay & Băban (2008) | PTG | 45 | 0.18 | 0.15 | -0.11 | 0.47 | 1.20 | 0.23 | .22 | .14 |
| Slavin-Spenny, Cohen, Oberleitner, & Lumley (2011) | PTG | 36 | 0.21 | 0.17 | -0.12 | 0.54 | 1.25 | 0.21 | .23 | .12 |
| Smith et al. (2015) | PTG | 139 | 0.17 | 0.09 | 0.00 | 0.34 | 1.95 | 0.05 | .51 | .33 |
| Ullrich & Lutgendorf (2002) | PTG | 47 | 0.26 | 0.15 | -0.03 | 0.55 | 1.77 | 0.08 | .42 | .14 |
| Lancaster et al. (2015) | PTG | 45 | -0.07 | 0.15 | -0.36 | 0.22 | -0.47 | 0.64 | .07 | .14 |
| Lu, Zheng, Young, Kagawa-Singer, Loh (2012) 1 | PTG | 19 | 0.21 | 0.23 | -0.24 | 0.66 | 0.91 | 0.36 | .14 | .08 |
| Lu et al. (2012) 2 | PTG | 19 | -0.02 | 0.23 | -0.47 | 0.43 | -0.09 | 0.93 | .05 | .08 |
| **Possemato, Ouimette, & Geller (2010)** | **QOL** | **48** | **2.06** | **0.19** | **1.68** | **2.44** | **10.66** | **<.01** | **1.00** | **.14** |
| Craft, Davis, & Paulson (2013) 1 | QOL | 26 | 0.70 | 0.21 | 0.29 | 1.11 | 3.38 | <.01 | .93 | .10 |
| Craft et al. (2013) 2 | QOL | 26 | -0.23 | 0.2 | -0.62 | 0.16 | -1.17 | 0.24 | .20 | .10 |
| Lu et al. (2012) 1 | QOL | 19 | 0.19 | 0.23 | -0.26 | 0.64 | 0.82 | 0.41 | .12 | .08 |
| Lu et al. (2012) 2 | QOL | 19 | -0.02 | 0.23 | -0.47 | 0.43 | -0.09 | 0.93 | .05 | .08 |
| Gellaitry, Peters, Bloomfield, & Horne (2010) 1 | QOL | 38 | 0.21 | 0.16 | -0.11 | 0.53 | 1.29 | 0.20 | .24 | .12 |
| Gellaitry et al. (2010) 2 | QOL | 38 | -0.08 | 0.16 | -0.40 | 0.24 | -0.49 | 0.62 | .08 | .12 |
| Gellaitry et al. (2010) 3 | QOL | 38 | 0.13 | 0.16 | -0.19 | 0.45 | 0.80 | 0.42 | .12 | .12 |

*Note*. 1 Power calculated from the study statistics using *d* and *N.* 2 Power calculated from study sample size and overall estimate of *d* = 0.13. Bolded study indicates outlier effect.

Table 2.

*Estimates of Effect Size for Fixed and Random Effects Models*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Fixed Effects | | | Random Effects | | |
|  | Effect Size | Lower | Upper | Effect Size | Lower | Upper |
| All Experiments | 0.22 | 0.14 | 0.30 | 0.24 | 0.02 | 0.46 |
| All Experiments  (no outlier) | 0.13 | 0.05 | 0.22 | 0.13 | 0.04 | 0.22 |
| PTG | 0.14 | 0.04 | 0.25 | 0.14 | 0.04 | 0.25 |
| QOL | 0.35 | 0.22 | 0.48 | 0.36 | -0.13 | 0.87 |
| QOL  (no outlier) | 0.12 | -0.02 | 0.26 | 0.12 | -0.09 | 0.33 |