

Table 1. Hedges's *g* Effect Sizes, 95% Confidence Intervals, and Heterogeneity Indices for Comparisons of Writing Therapy to WLC and TFCBT

Comparison	Domain	Posttest					Follow-up				
		Hedges's <i>g</i>	95% CI	<i>k</i>	<i>Q</i>	<i>I</i> ²	Hedges's <i>g</i>	95% CI	<i>k</i>	<i>Q</i>	<i>I</i> ²
WT-WLC	PTS	0.807***	0.579–1.035	5	4.277	6.480	0.700**	0.263–1.137	1	–	–
	Depression	0.824***	0.453–1.195	5	10.601*	62.267	0.468*	0.038–0.898	1	–	–
WT-TFCBT	PTS	–0.212	–0.500–0.075	2	1.018	1.771	–0.067	–0.351–0.217	2	0.837	0
	Depression	–0.238	–0.523–0.046	2	0.087	0	–0.194	–0.478–0.091	2	0.058	0

Positive effect sizes indicate greater efficacy of writing therapy. WT = writing therapy; WLC = waitlist control; TFCBT = trauma-focused cognitive behavioral therapy; CI = Confidence Interval; *k* = number of studies included in comparison; *Q* = Cochran's *Q*; *I*² = 100% × (*Q*-*df*)/*Q* [47]; PTS = posttraumatic stress. * *p* < 0.05. ** *p* < 0.01. *** *p* < 0.001.

Study name	Comparison	Outcome	Time point	Statistics for each study						
				Hedges's <i>g</i>	Standard error	Variance	Lower limit	Upper limit	Z-value	p value
Knaevelsrud (2007)	WLC	combined	post	0.864	0.212	0.045	0.448	1.280	4.072	0.000
Lange (2001)	WLC	combined	post	0.934	0.409	0.168	0.132	1.736	2.282	0.022
Lange (2003)	WLC	combined	post	1.097	0.226	0.051	0.654	1.539	4.853	0.000
Lange (2010)	WLC	IES-T	post	0.385	0.287	0.082	-0.177	0.946	1.342	0.180
Van Emmerik (2008)	WLC	IES-T	post	0.686	0.223	0.050	0.249	1.123	3.078	0.002
				0.807	0.116	0.014	0.579	1.035	6.943	0.000