Comparison
Study
Hedges's g and 95% CI
ACT vs CBT
Arch et al., 2012
England et al., 2012
Forman et al., 2012
Hayes et al., 2011
Hesser et al., 2012
Rost et al., 2012
Smout et al., 2010
Wetherell et al., 2011
Zettle & Rains, 1989
Overall
ACT vs Psych PL
Hesser et al., 2012
Lundgren et al., 2006
Shawyer et al., 2012
Thorsell et al., 2011
Twohig et al., 2010
Overall
ACT vs TAU
Bach & Hayes, 2002
Folke et al., 2012
Gaudiano & Herbert, 2006
Gifford et al., 2004
Gifford et al., 2011
Gratz & Gunderson, 2006
Gregg et al., 2007
Hayes et al., 2004
Luoma et al., 2012
Morton et al., 2012
Mo'tamedi et al., 2012
Pankey, 2008
Peterson & Zettle, 2009
Stotts et al., 2012
Weineland et al., 2012
Westin et al., 2011
White et al., 2011
Wicksell et al., 2009
Overall
ACT vs WL
Crosby, 2012
Jensen et al., 2012
Lillis et al., 2009
Roemer et al., 2008
Tapper et al., 2009
Westin et al., 2011
Wicksell et al., 2008
Wicksell et al., 2012
Woods et al., 2006
Overall
Overall (Across all conditions)
-4.00
-2.00
0.00
2.00
4.00
Favors Control
Favors ACT