



Research Article Review

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Article Topic: **Interpretation of GRM Effect Sizes**

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(if applicable) **RD Nolan & JS Hallam (2019) Construct Validity of the Theory of Grief Recovery (TOGR): A New Paradigm Toward Our Understanding of Grief and Loss, *American Journal of Health Education*, 50:2, 88-98, doi: [10.1080/19325037.2019.1571964](https://doi.org/10.1080/19325037.2019.1571964)**

Summary of Research Article

The effect size is a value that reflects the magnitude of the treatment effect, where the treatment is an exposure of some kind (e.g. exposure to a program). It represents the change in an outcome measure from before a program is implemented to the period afterwards. The effect size of the treatment group (i.e. those exposed to the program) can be compared to the effect size from the control group (i.e. those NOT exposed to the program) to determine if there are any differences, and if so, whether these differences are statistically significant. If these differences are shown to be statistically significant, there is greater confidence that the difference was due to the program. Another way to think about an effect size is that represents a percentage in decimal form. For example, 0.53 would be 53% and 0.91 would be 91% respectively. Effect sizes range from 0 to 1.0, which is essentially 0 to 100% because you can have 0% of people impacted by the program or you can have 100% of people impacted by the program. In program evaluation research, a large effect size (excellent) is generally 0.8 and above; a medium effect size (good) is anywhere between 0.5 and 0.79. A small or poor effect size (not ideal) tends to be around 0.3 or less. Most community-based program effect sizes range between 0.2 and 0.5 on average; meaning that 20% (one in every four persons) to 50% (one in every two persons) exposed to a community-based program report an improved outcome of some kind (i.e. change in an outcome measure/change in scores). In the scientific community, effect sizes, if significant, establish that the element of chance played a minimal role in the outcome; rather, it was exposure to the program that caused the change in scores.

Relevance to The Grief Recovery Method® or Related Products

Regarding research on the GRM program, the change in an outcome measure (i.e. effect size) is represented by the change in scores from pre (before exposure to the GRM program) to posttest (after exposure to the GRM program) on each of the four variables of grief recovery (i.e. knowledge, attitudes, beliefs, behaviors). Specifically, the GRM program research showed that the change in scores on the variable of knowledge from pre-to-posttest was 0.82, which meant that approximately 82% of people exposed to the GRM program reported a change in scores on knowledge from pre-to-posttest. For the variable of attitudes, the change in scores from pre-to-posttest was 0.91. For the variable of beliefs, the change in scores from pre-to-posttest was 0.53; and lastly, the change in scores from pre-to-posttest on the variable of behaviors was 0.78. Together, these statically significant program effect sizes demonstrate that the change in scores on the four variables of grief recovery wasn't by some random fluke or by chance. It was exposure to the GRM program that produced the change in scores on the variables of grief recovery, ultimately lowering levels of grief experienced.

This is the EVIDENCE part of evidence-based.

Basic Talking Points of the Article

- The program effect size is a value that reflects the magnitude of the treatment effect, where the treatment is an exposure of some kind (e.g. exposure to the GRM program) and the effect is what happened as a result of being exposed to the program.
- In laymen's terms the 'what happened' is called the outcome and can also be referred to as a change in scores on some variable(s).
- The program effect size is typically used to assess the change in scores (i.e. outcome) from pre (before exposure to the program) to posttest (after exposure to the program).
- Effect sizes range from 0 to 1.0 and can be thought of as a percentage in decimal form. For example, an effect size of 0.1 can be thought of as 10 or 10%. Likewise, an effect size of 1.0 can be thought of as 100 or 100%.
- Effect sizes range between 0 and 1.0 because you can have 0% of people impacted by the program or you can have 100% of people impacted by the program.
- In the GRM program, the outcome of reduced or less grief experienced is influenced by a change in scores on the four variables of grief recovery known as knowledge, attitudes, beliefs, and behaviors.
- Research on the GRM program showed that the change in scores on the variable of knowledge from pre-to-posttest was 0.82. For the variable of attitudes, the change in scores from pre-to-posttest was 0.91. For the variable of beliefs, the change in scores from pre-to-posttest was 0.53. Lastly, the change in scores from pre-to-posttest on the variable of behaviors was 0.78.
- Because the program effect sizes were statistically significant and ranged between 0.53 (good) and 0.91 (excellent), we can be confident that exposure to the GRM program produced the change in scores on the variables of grief recovery, and that this outcome wasn't by some random fluke or by chance.
- These program effect sizes establish the **EVIDENCE part of evidence-based** and mean that the program did what it was supposed to do (i.e. influence variables of grief recovery to lower the levels of grief experienced).

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