

## Abstract

There is no denying that drama therapies and interventions, once lacking in quantified support, has seen a profusion of quantitative research in recent years. Theoretical foundations have been refined, techniques and methodologies cultivated, and an increasing amount of practitioners trained around the world. However, there is still ample room for improvement, particularly in the standardization of experimental design, and operationalization cohesion. The present meta-analysis sought to evaluate the effect of drama interventions on psychological well-being; it included 54 studies that examined the effectiveness of psychodrama, dramatherapy, and theatre interventions, which serve as representative approaches in the field. The studies measured a variety of outcomes that constituted psychological well-being, categorized into the clusters of Positive Relationships, Self Acceptance, Psychopathology, and Quality of Life. Participants in the studies represent a diverse range of demographics, differing in age (children, youth, adults, and elderly) and normality (Special and Typical). These studies involved a total of 18,159 participants. It was hypothesized that drama interventions would produce a positive improvement effect across all studies, and that there would be significant differences in effect among the Age and Normality demographics. Upon computation, a moderate and robust improvement effect was found across all the studies ( $d = 0.462$ ), supporting the first hypothesis. Regarding the second hypothesis, there was substantial variation within the Age and Normality clusters, explainable by their assortment of demographics. Overall, the present meta-analysis has served to demonstrate both the benefit and breadth of drama interventions across distinctive demographics.

Keywords: dramatherapy, psychodrama, theatre, meta-analysis, well-being