

I have analysed the data in SPSS running a paired-sample T test. This test is used to evaluate any significant changes between the pre- and post-data. There were nine areas where there was significant improvement for the members. To show there is significant difference between the two time points, not due to chance but do to an outside force (e.g., the Write to Freedom retreat), the p value must be ≤ 0.05 .

The areas of significant improvement were:

I've been feeling optimistic about the future ($p= 0.021$).

I've been feeling useful ($p= 0.009$)

I've been feeling interested in others ($p= 0.006$).

I've been feeling good about myself ($p= 0.040$).

I've been feeling close to other people ($p= 0.017$).

I've been feeling confident ($p= 0.011$).

I've been feeling loved ($p= 0.016$).

I've been connecting with nature ($p= 0.005$).

I trust those around me ($p= 0.007$).

I have included a bar graph (Figure 1) so you can see the areas of improvement that the retreat provided for the members. Although the other 11 questions did not show significant improvement, all but one (e.g., I know what barriers I face in my recovery) did show some improvement (Figure 2). As you can see from Figure 3, overall the Write to Freedom retreat has a positive effect on those who attended.

Thank you.

Warmest regards,

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Figure 1

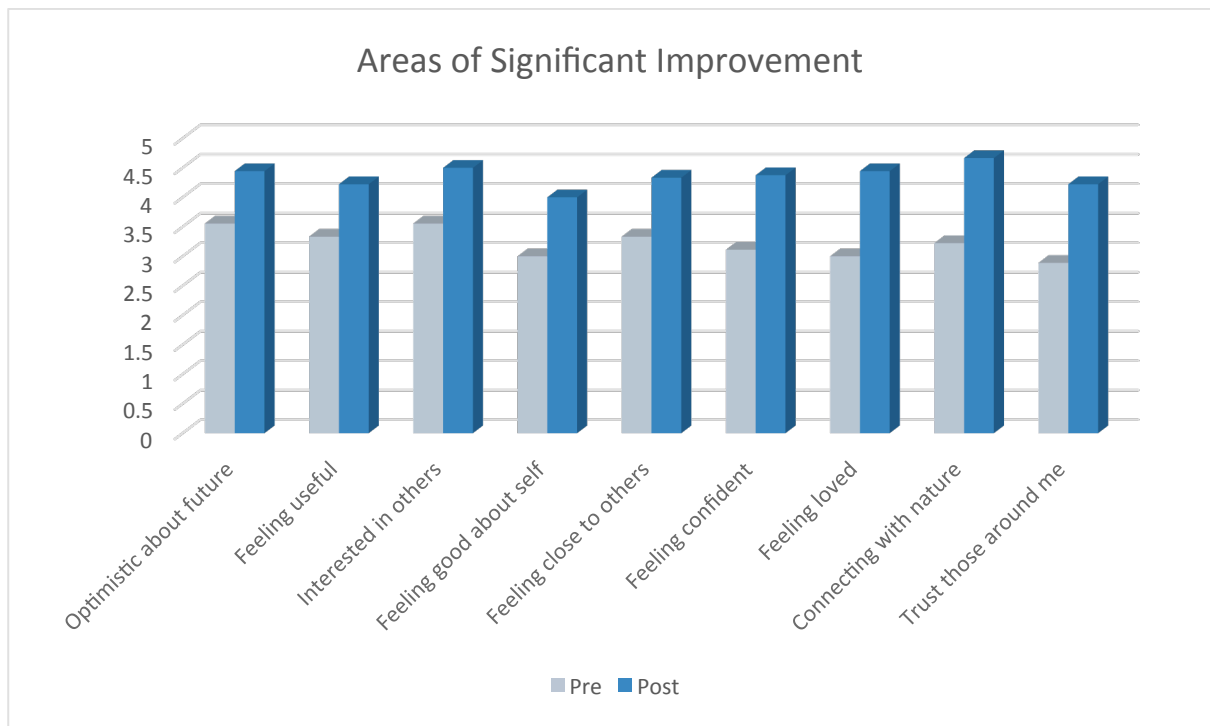


Figure 2

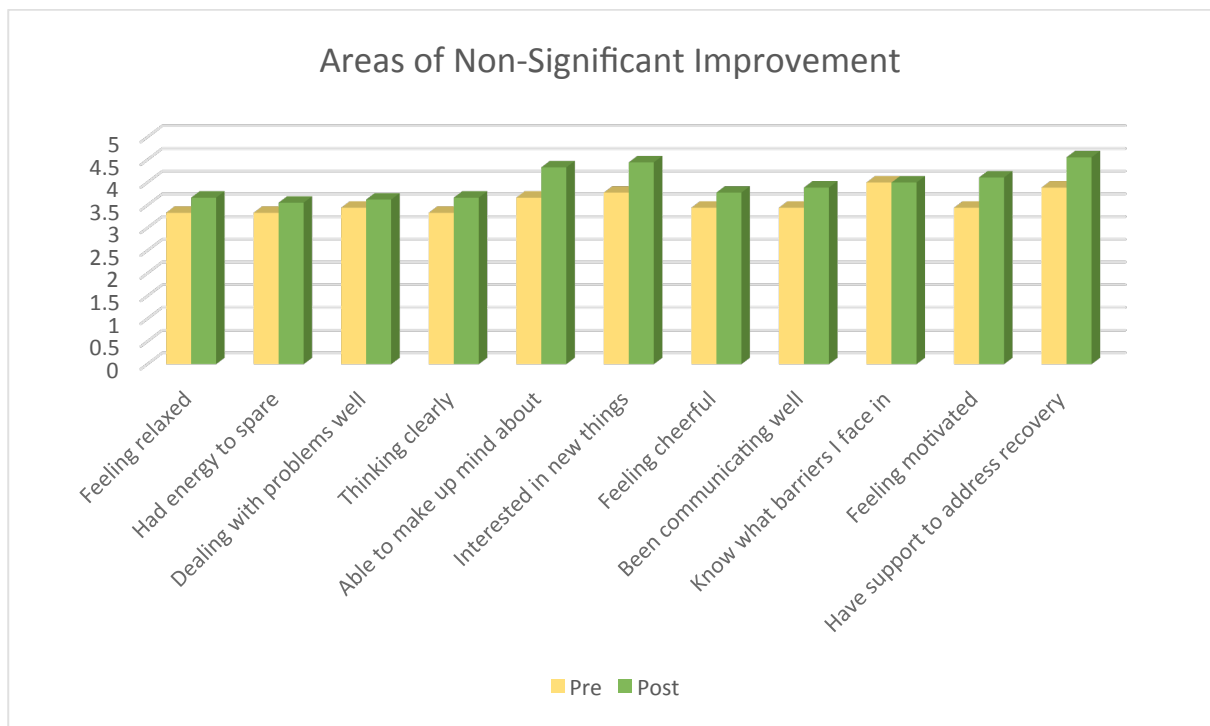


Figure 3

