Table 2. Effect of nostalgic reminiscence (compared to non-nostalgic reminiscence) on various psychological resources

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Psychological resources | Distribution description | | | | | Random effects model | | | Heterogeneity | | | |
| k | N | Min ES | Max ES | Wghtd SD | Mean ES  (95% CI) | *SE* | *p-value* | REVC | *I2*  (%) | *df* | *p-value* |
| Social connectedness | 16 | 1,831 | 0.29 | 1.22 | 0.27 | 0.72 (0.57, 0.87) | 0.75 | 0.001 | 0.044 | 52.76 | 15 | 0.007 |
| Self-esteem | 11 | 1,882 | -0.32 | 1.06 | 0.30 | 0.50 (0.30, 0.70) | 0.10 | 0.001 | 0.087 | 75.70 | 11 | 0.001 |
| Meaning in life | 7 | 473 | 0.40 | 1.32 | 0.37 | 0.77 (0.47, 1.08) | 0.16 | 0.001 | 0.096 | 58.77 | 6 | 0.024 |
| Self-continuity | 6 | 619 | 0.42 | 1.55 | 0.28 | 0.81 (0.55, 1.07) | 0.13 | 0.001 | 0.056 | 56.00 | 5 | 0.045 |
| Optimism | 9 | 1,846 | 0.23 | 0.63 | 0.11 | 0.38 (0.28, 0.47) | 0.05 | 0.001 | 0.001 | 0.00 | 8 | 0.739 |
| Positive affect | 36 | 3,964 | -0.72 | 1.40 | 0.38 | 0.51 (0.37, 0.65) | 0.70 | 0.001 | 0.114 | 70.90 | 35 | 0.001 |
| Negative affect | 16 | 1,444 | -0.20 | 0.44 | 0.26 | -0.06 (-0.20, 0.09) | 0.07 | 0.443 | 0.029 | 38.70 | 15 | 0.058 |

k = Number of studies

N = Number of participants

ES = Effect size

Min ES = Minimum Effect Size

Max ES = Maximum Effect Size

REVC = Random Effects Variance Component

Wghtd SD= Weighted Standard Deviation