

Incubators for CO-productive Enterprises and Social Inclusion (IN-CUBA) Project

Intellectual Output 5

Evaluate the impact of pilot test on individual Quality of Life

Responsible: CREA

The evaluation of the Quality of Life has been conducted in order to detect the possible impact of the entrepreneurial project on the whole Quality of Life and on the different areas and aspects of life of each user involved (e.g. personal identity development, psychological being, sense of community inclusion, autonomy, sense of belonging, opportunities for growth, etc.).

WHAT

- ✓ The assessment of Quality of Life includes the evaluation of **nine areas**:

| |
|--|
| 1. Physical Being includes general physical appearance, grooming, personal hygiene, nutrition and food, exercising and being fit, mobility, physical health, sex life. |
| 2. Psychological Being includes self-acceptance, self-esteem, satisfaction with self, freedom from stress and thinking and acting independently, psychological health. |
| 3. Spiritual Being involves personal values, personal standards to live by, spiritual/religious beliefs, feelings of hope and purpose, acting in an altruistic manner, and celebrating special events. |
| 4. Physical Belonging refers to place in which one's lives, material possessions, privacy, feelings of security, the neighborhood and the country in which one lives. |
| 5. Social Belonging refers to relationship with others (partner, friends, family, co-workers, neighbors); includes social groups, and the cultural or interest groups. |
| 6. Community Belonging includes having access to education, employment, social and medical services, financial resources, community places and events. |
| 7. Practical Becoming concerns the practical, purposeful activities, work around home, paid work, going to school, helping other people do things, volunteer activities, looking after other people or pets, and seeking out services helpful (e.g. health or social services). |
| 8. Leisure Becoming involves the things we do for fun, such a game, a stroll, a visit with friends, reading, watching TV, having a hobby, going to movie/theatre, a recreational event, and holidays. |
| 9. Growth Becoming refers to learning about new things, improving or maintaining physical skills and relationships, solving problems, testing new activities/ideas, and adjusting to changes in life. |

- ✓ For each of these nine areas of life, **three** measurement **dimensions** are assessed:
- 1) **importance**, attributed by the person to every area of life;
 - 2) **satisfaction** perceived by the person in the same areas;
 - 3) **opportunities** that the person had/has to develop importance and to perceive satisfaction in the different areas of life.

- ✓ The Quality of Life scores is calculated by the relationship between the importance and satisfaction ratings.
- ✓ Quality of life reflects how satisfied they are with aspects of life that are important to them
- ✓ Opportunities scores provide an important context in which to interpret quality of life scores.
- ✓ Quality of Life scores ranging from -10.0 (not satisfied with extremely important life issues) to 10.0 (extremely satisfied with extremely important life issues). The maximum Quality of Life score derives from the highest rating of Importance (5) and from the highest rating of Satisfaction (5), indicating a condition of being highly satisfied with aspects of life that are very important. The minimum score on the other hand derives from the maximum imbalance, that is, from the highest rating of Importance (5) and the lowest rating of Satisfaction (1), indicating a condition of being highly dissatisfied with aspects of life that are very important. Items rated as being of less importance produce more moderate Quality of Life scores (e.g., Importance (3) and Satisfaction (3) result in a score of 0).

A part of the BASIQ (adapted version for the IN-CUBA project) is shown in the following image.

| DESCRIPTION OF AREAS | QUESTIONS | Importance Satisfaction Opportunities SCORE | QoL SCORE* |
|---|--|---|------------|
| 1. Physical Being includes general physical appearance, grooming, personal hygiene, nutrition and food, exercising and being fit, mobility, physical health, sex life. | How <u>important</u> is Physical Being to XXX in his/her life? How much does XXX care about Physical Being? | e.g: 4 | e.g: -4 |
| | How <u>satisfied</u> is he/she with how he/she is currently dealing with his/her Physical Being? | e.g: 2 | |
| | To what degree are there <u>opportunities</u> for him to improve or change Physical Being? | e.g: 3 | |
| 2. Psychological Being includes self-acceptance, satisfaction from stress, acting independently, psychological | How important is Psychological Being to XXX in his life? How | | |
| 3. Spiritual personal v standards spiritual/rel feelings of acting in a and celeb events. | 5. Social Belonging refers to relationship with others (partner, friends, family, co-workers, neighbors); includes social groups, and the cultural or interest groups. | How <u>important</u> is Social Belonging to XXX in his life? How much does XXX care about Social Belonging? | |
| | | How <u>satisfied</u> is he with how he is currently dealing with his Social Belonging? | |
| | | To what degree are there <u>opportunities</u> for him to improve or change Social Belonging? | |
| 4. Physical place in w material p feelings of neighbor in which o | 6. Community Belonging includes having access to education, employment, social and medical services, financial resources, community places and events. | How <u>important</u> is Community Belonging to XXX in his life? How much does XXX care about Community Belonging? | |
| | | How <u>satisfied</u> is he with how he is currently dealing with his Community Belonging? | |
| | | To what degree are there <u>opportunities</u> for him to improve or change Community Belonging? | |
| | 7. Practical Becoming concerns the practical, purposeful activities, work around home, paid work, going to school, helping other people do things, volunteer activities, looking after other people or pets, and seeking out services helpful (e.g. health or social services). | How <u>important</u> is Community Belonging to XXX in his life? How much does XXX care about Community Belonging? | |
| | | How <u>satisfied</u> is he with how he is currently dealing with his Community Belonging? | |
| | | To what degree are there <u>opportunities</u> for him to improve or change Community Belonging? | |

WHEN

The evaluation of Quality of Life has been made for each participant with Intellectual Disability involved at two different times:

- 1st (T0) before the start of the pilot action or during the evaluation of the potential candidates (by proxy and/or self).
- 2nd (T1) at the end of the project (post pilot test) by proxy and/or self.

BY WHOM

Quality of Life assessment should be performed through an integrate system that includes 2 perspectives:

- self (people with intellectual disability themselves)
- proxy (such as a family caregiver, a healthcare professional or others close to the person with intellectual disability).

HOW

- Tool: (QoL-IP) *Quality of Life Instrument Package*, which has been released by the Centre for Health Promotion at the University of Toronto (Brown, Renwick, & Raphael, 1997).
- Tool Adaptation: The QoL-IP is in English and will be translated and adapted into each partner's language. The Italian adaptation of the QoL-IP is already available: the BASIQ - BAtteria di Strumenti per l'Indagine della Qualità di Vita (Bertelli et al., 2011).
- Training in the use of the tool by CREA.

ANALYSIS

- Define Baseline of the individual Quality of Life pre pilot test
- Collect data on individual Quality of Life post pilot test
- Measure the impact of the pilot test on the Quality of Life of participants, confronting the data collected pre and post pilot test (paired samples t-test to analyse the difference in T0 and T1).

TIME PLAN

| PRE-PILOT TEST/ during the evaluation of the potential candidates | PILOT TEST | POST PILOT TEST | Data Analysis |
|---|------------|---|---|
| <ul style="list-style-type: none"> • Training in the use of the tool; • Translation and adaptation of the tool into each partner's language; • Assessment of QoL for each participant whit ID by self and proxy evaluation (T0). | | <ul style="list-style-type: none"> • Assessment of QoL for each participant whit ID by self and proxy evaluation (T1). | <ul style="list-style-type: none"> • Compare pre- and post- pilot data |
| March 2020 | | March 2021 | April 2021 |

GENERAL RESULTS

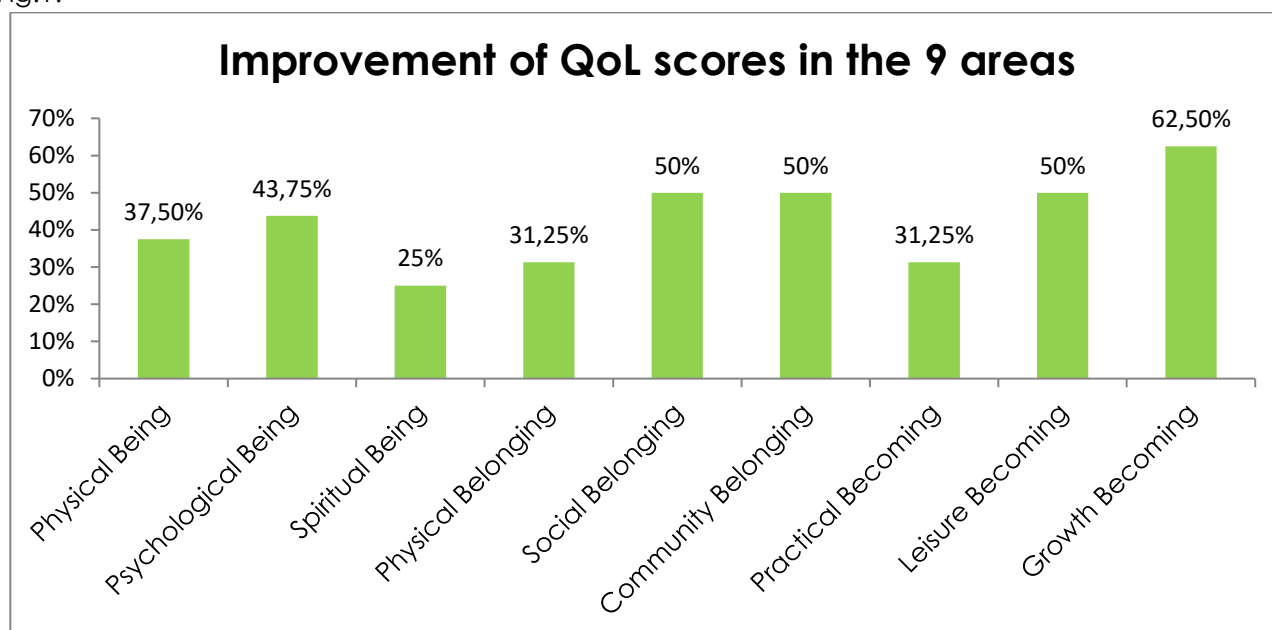
A total of 16 users were evaluated with the QoL tool in two times to measure the impact of the pilot test on the QoL of participants, confronting the data collected pre and post pilot test.

The mean age was 45±9. The majority (11 out of 16) were male.

The overall improvements in Quality of Life mean scores in the nine BASIQ areas are shown in Fig. 1.

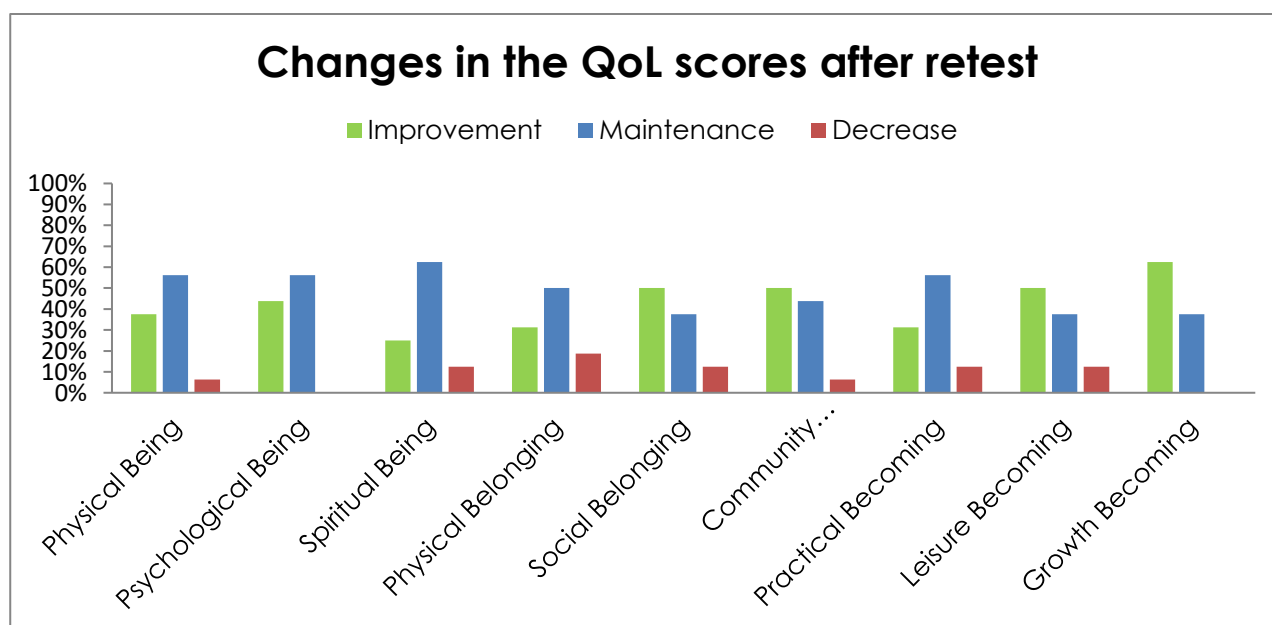
Most users showed an improvement in QoL in many of the 9 areas after the pilot test, especially in Growth Becoming, Leisure Becoming, Community and Social Belonging.

Fig.1.



The changes in Quality of Life mean scores between the pre and post pilot test in the 9 BASIQ areas are shown in Fig. 2.

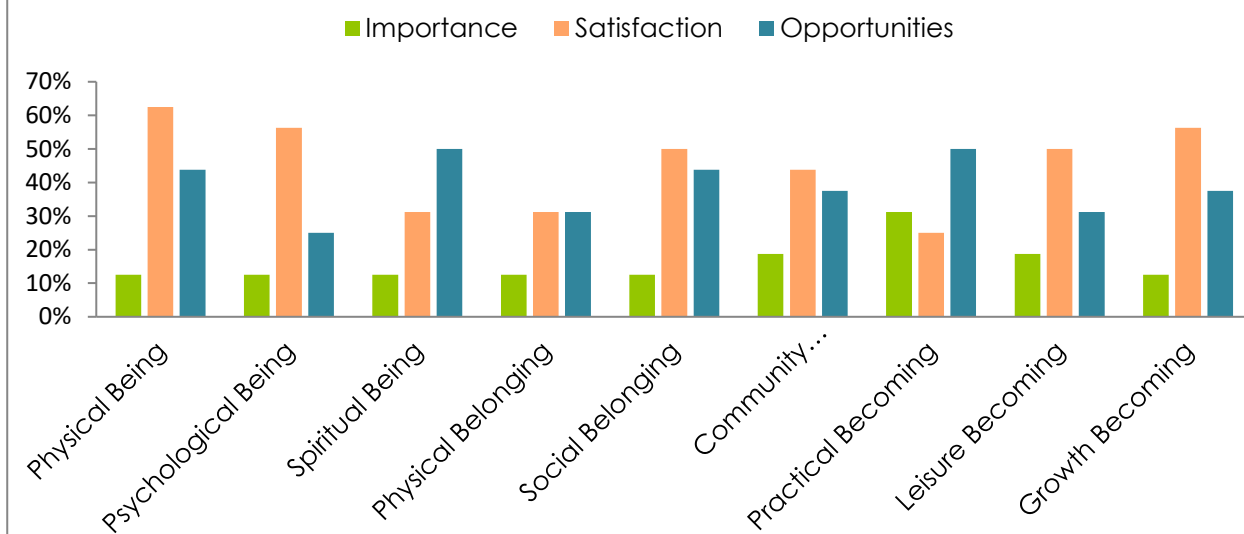
Fig.2.



The results show an improvement in the average scores of the three dimensions in the 9 areas after the pilot test, especially in satisfaction and opportunity dimensions. See Fig. 3

Fig. 3.

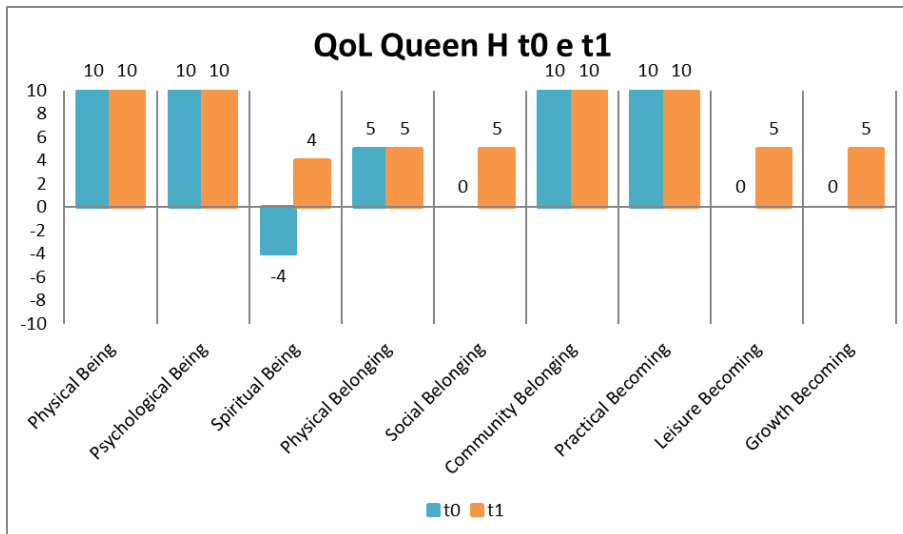
Improvement of the 3 dimensions in the 9 areas



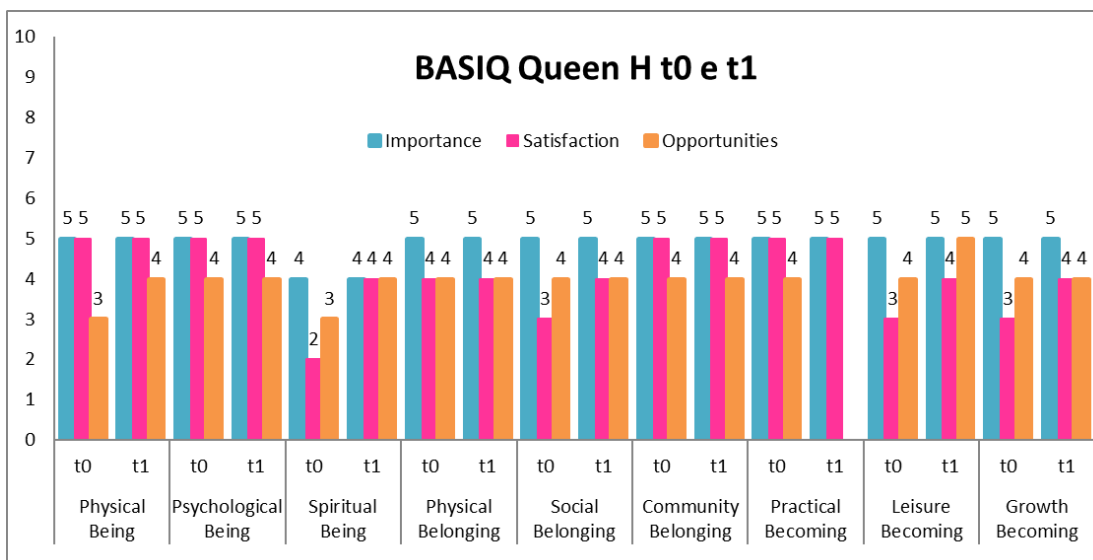
RESULTS: CADIAI

Queen shows an increase of QoL scores in the areas of Spiritual Being, Social Belonging, Leisure Becoming and Growth Becoming; in the other areas the scores, already high, are unvaried.

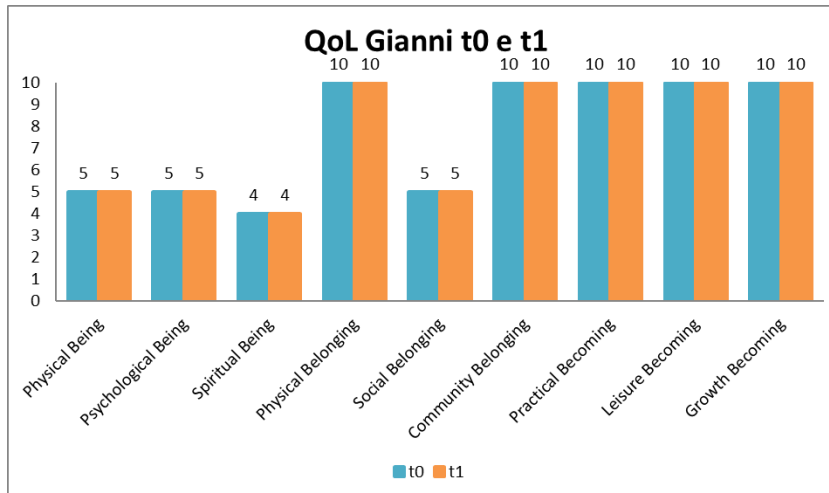
The paired samples t-test shows a significant difference between T0 and T1 ($p=0.042$).



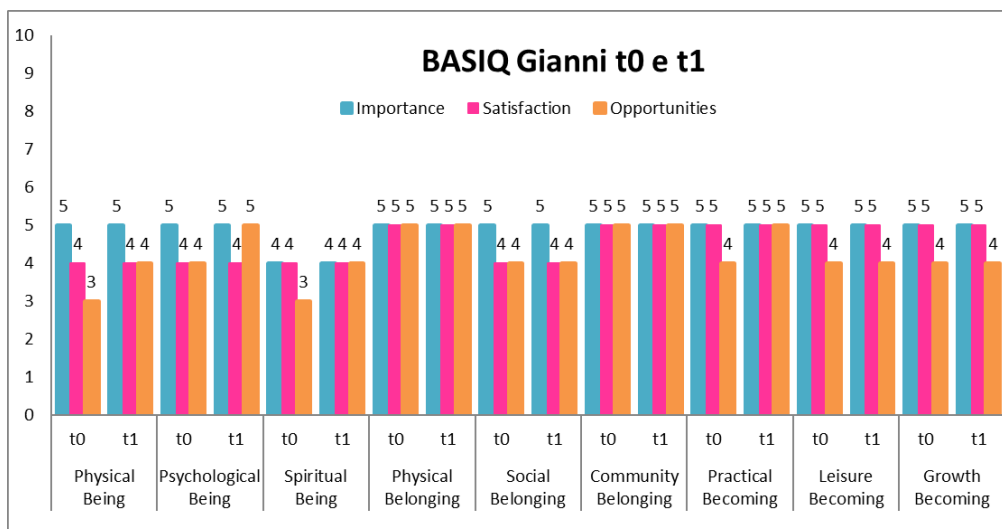
Queen shows an increase of level of Satisfaction in the areas of Spiritual Being, Social Belonging, Leisure Becoming and Growth Becoming and shows an increase of level of Opportunities in Physical Being, Spiritual Being and Leisure Becoming. Moreover, there is a missing value of Opportunities in t1 in the area of Practical Becoming.



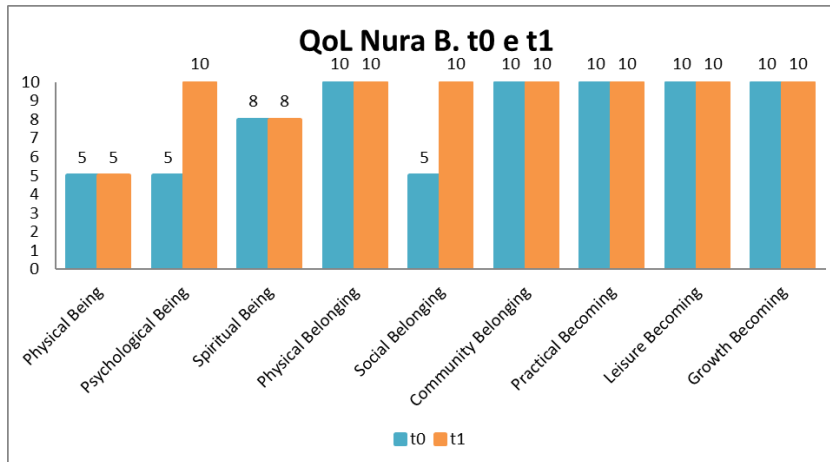
The QoL scores are unvaried. All QoL scores are high, especially those of Physical Belonging, Community Belonging, and the three areas of Becoming (Practical, Leisure and Growth).



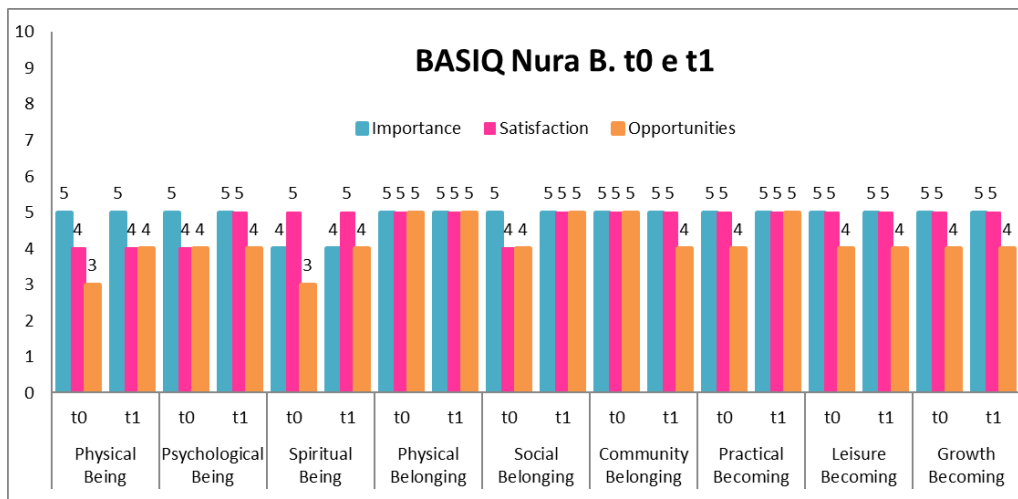
Gianni shows an increase of level of Opportunities in all three areas of Being (Physical, Psychological and Spiritual) and Practical Becoming.



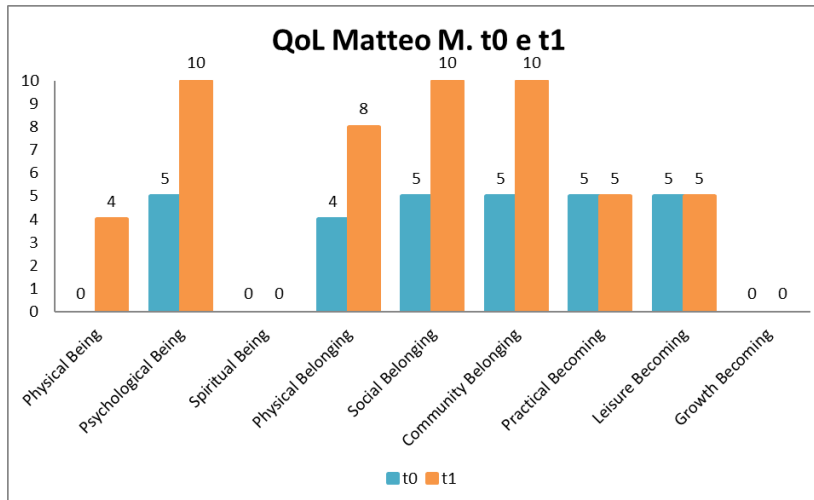
Nura shows an increase of QoL scores in the areas of Psychological Being and Social Belonging.



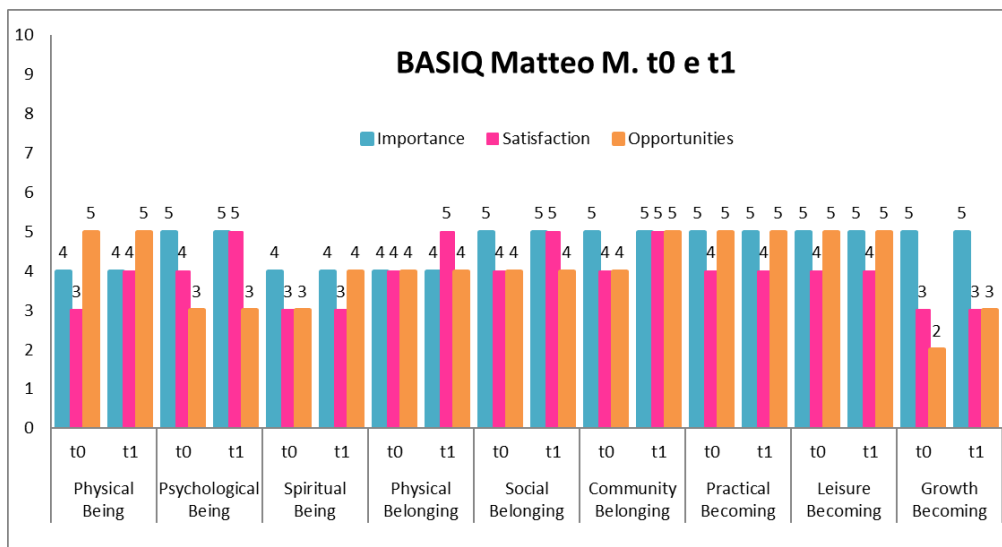
Nura shows an increase of level of Satisfaction in the areas of Psychological Being and Social Belonging and shows an increase of level of Opportunities for the areas of Physical Being, Spiritual Being, Social Belonging and Practical Becoming.



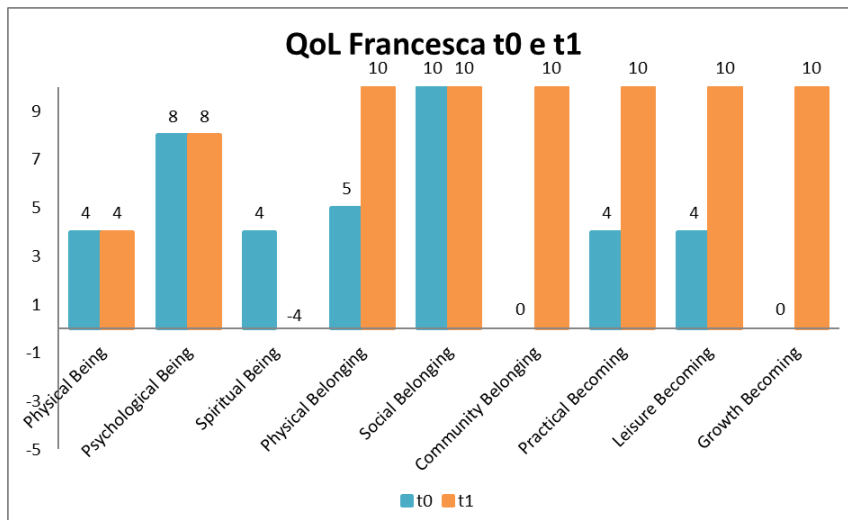
Matteo M. shows an improvement of QoL scores in 5 out of 9 areas: Physical Being, Psychological Being, Physical Belonging, Social Belonging and Community Belonging. The paired samples t-test shows a significant difference between T0 and T1 ($p=0.014$).



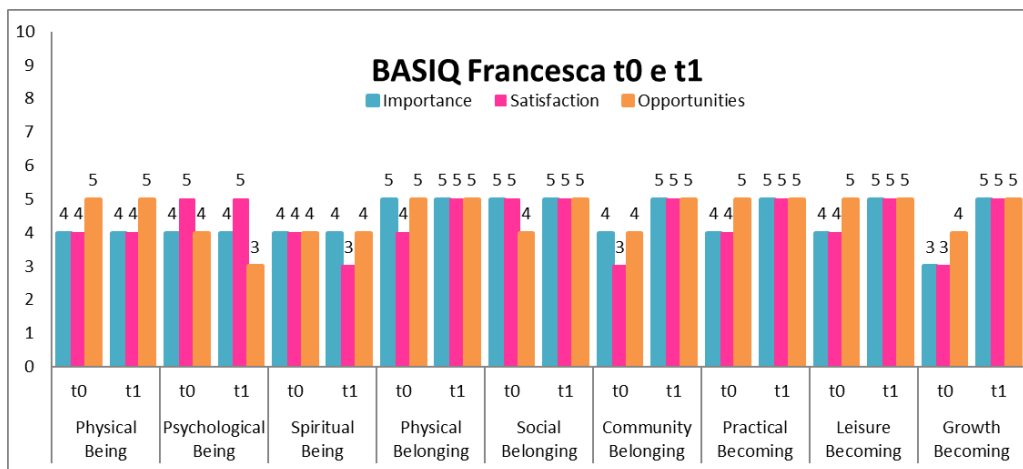
Matteo M. shows an increase of level of Satisfaction in all the three areas of Belonging (Physical, Social and Community) and in Physical Being and Psychological Being and shows an increase of level of Opportunities in the areas of Spiritual Being, Community Belonging and Growth Becoming.



Francesca shows an improvement of QoL scores in 5 out of 9 areas: Physical Belonging, Community Belonging, Practical Becoming, Leisure Becoming and Growth Becoming, otherwise shows a decrease in the score of Spiritual Being (-4).

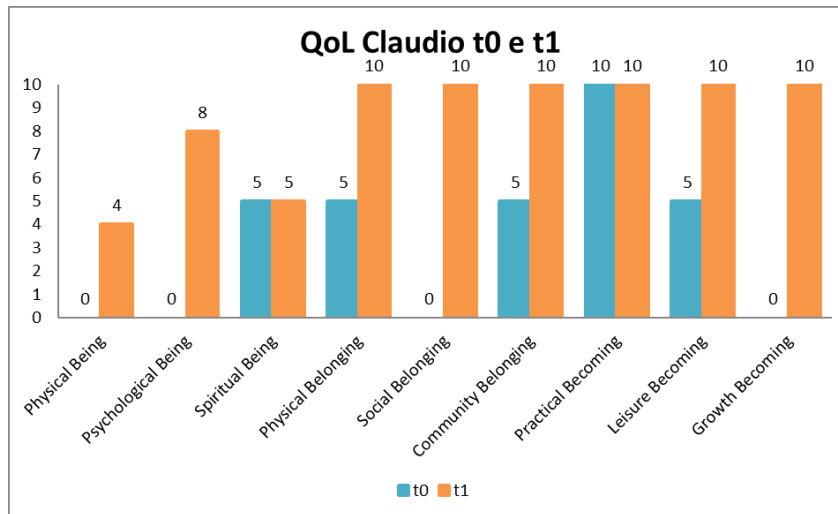


Francesca shows an increase of level of Importance in the three areas of Becoming (Practical, Leisure and Growth) and in Community Belonging, an increase of level of Satisfaction in areas of Physical Belonging, Community Belonging and in the three areas of Becoming (Practical, Leisure and Growth) and shows an increase of Opportunities in areas of Social Belonging, Community Belonging and Growth Becoming.



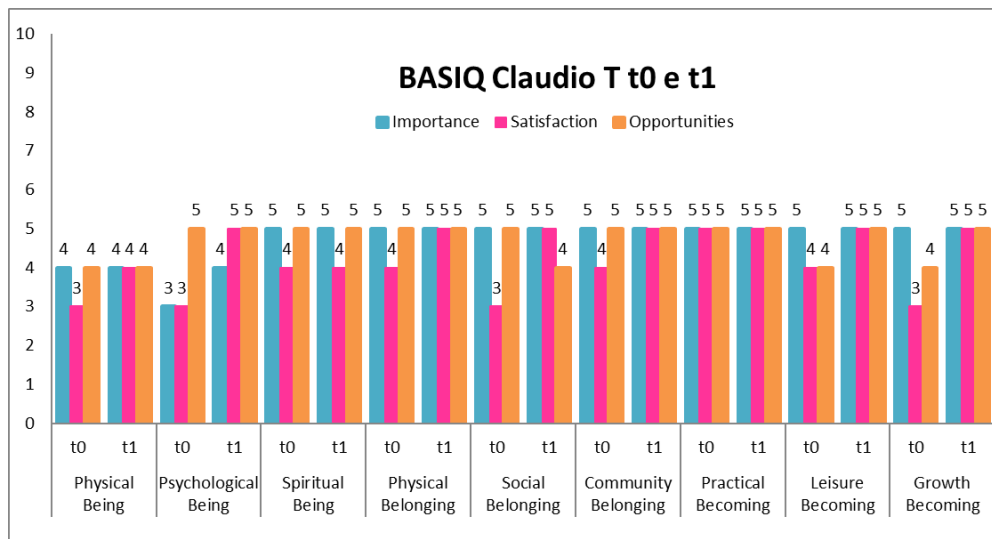
Claudio shows an improvement of QoL scores in 7 out of 9 areas: Physical Being, Psychological Being, Physical Belonging, Social Belonging, Community Belonging, Leisure Becoming and Growth Becoming.

The paired samples t-test shows a significant difference between T0 and T1 ($p=0.003$).

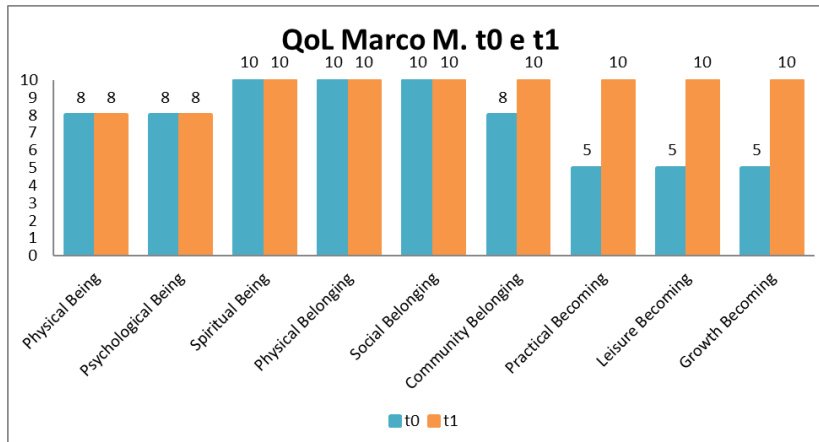


Claudio shows an increase of level of Importance in the area of Psychological Being and an increase of level of Satisfaction in 7 out 9 areas: all the three areas of Belonging (Physical, Social and Community) and in areas of Physical Being, Psychological Being, Leisure Becoming and Growth Becoming.

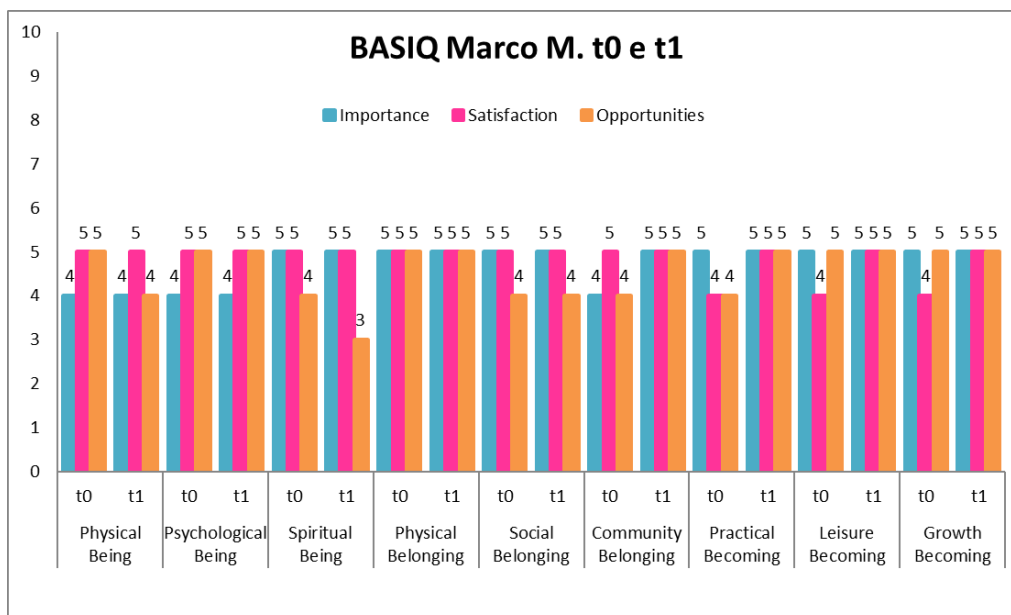
The level of Opportunities increases for the areas of Leisure Becoming and Growth Becoming.



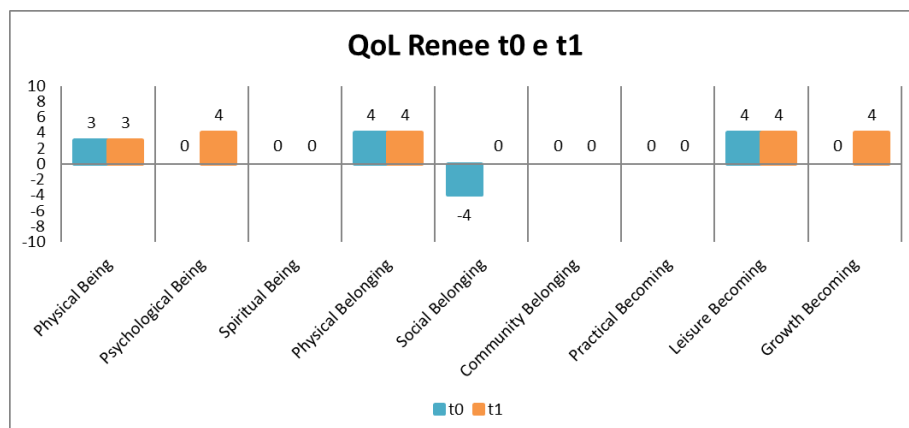
Marco M. shows an increase in all the three areas of Becoming (Practical, Leisure and Growth) and in the area of Community Belonging. The paired samples t-test shows a significant difference between T0 and T1 ($p=0.047$).



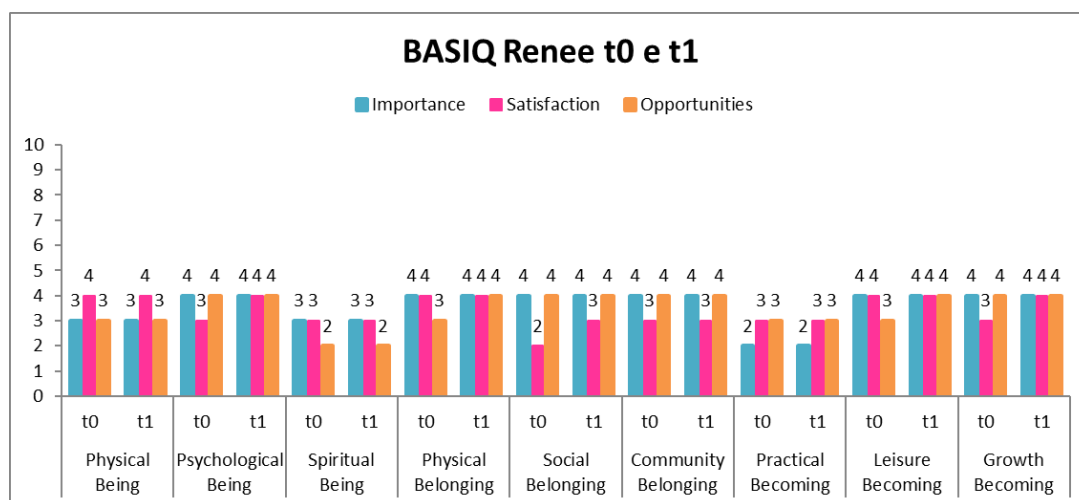
Marco M. shows an increase of level of Importance in the area of Communication Belonging and an increase of level of Satisfaction in all areas of Becoming (Practical, Leisure and Growth).



Renee shows an improvement of QoL scores in the areas of Phycological Being, Social Belonging, and Growth Becoming; in the other areas the scores are unvaried.

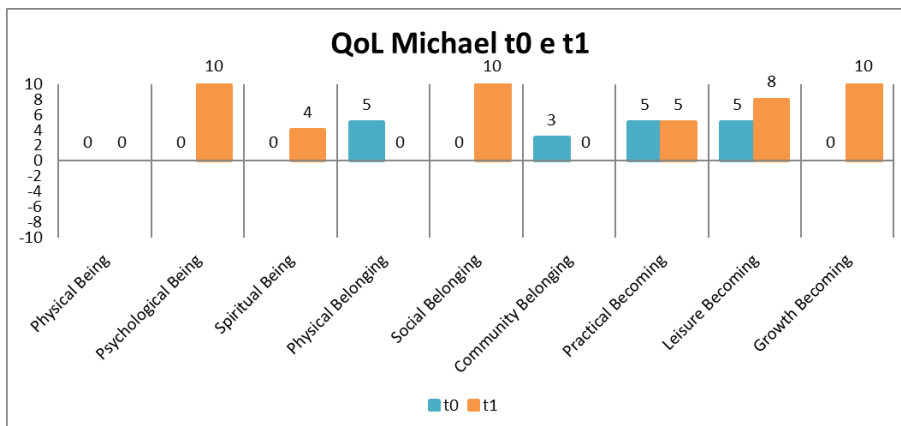


Renee shows an increase of level of Satisfaction in the areas of Psychological Being, Social Belonging and Growth Becoming. The level of Opportunities increases for the areas of Physical Belonging and Leisure Becoming.

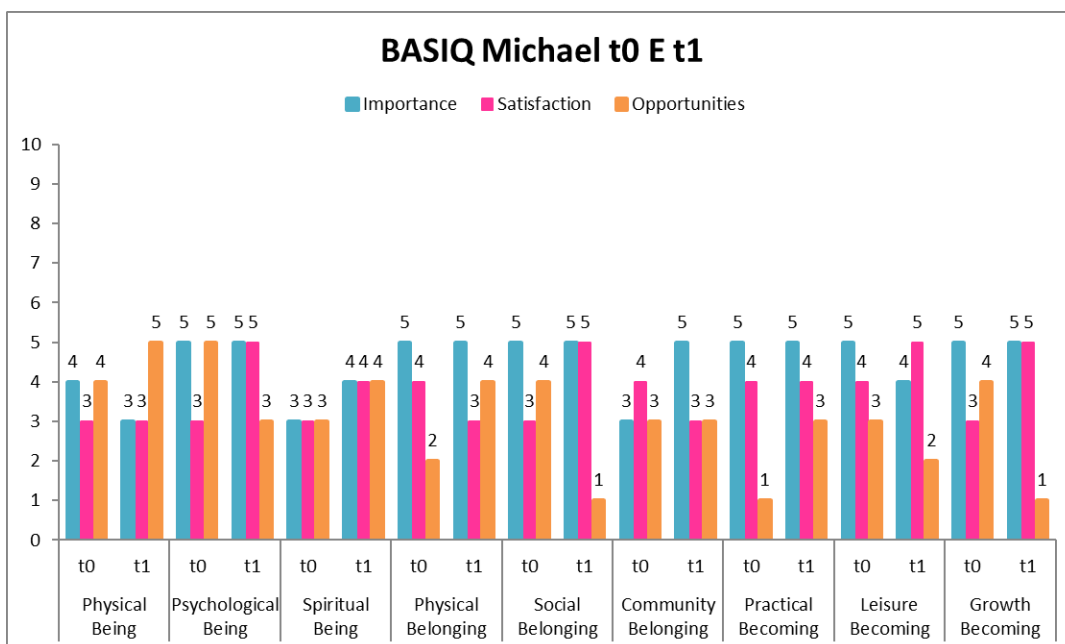


RESULTS: DE LORK

Michael shows an improvement of QoL scores in 5 out of 9 areas: Psychological Being, Spiritual Being, Social Belonging, Leisure Becoming and Growth Becoming, otherwise shows a decrease in the score of Physical Belonging (-5) and Community Belonging (-3).

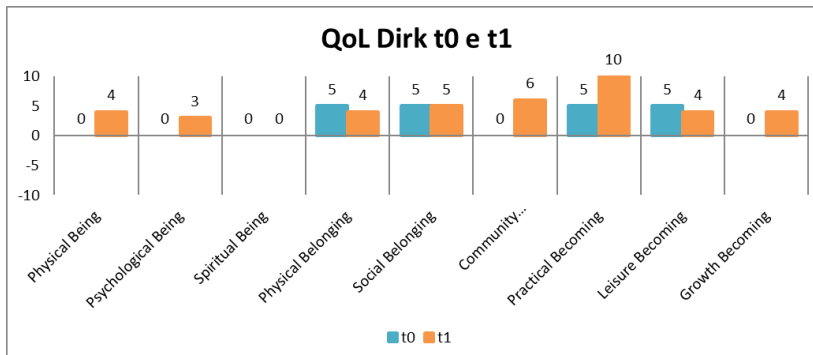


Michael shows an increase of level of Importance in the area of Spiritual Being and Community Belonging and an increase of level of Satisfaction in 5 of 9 areas: Psychological Being, Spiritual Being, Social Belonging, Leisure Becoming and Growth Becoming. The level of Opportunities increases for the areas of Physical Being, Spiritual Being, Physical Belonging and Practical Becoming.

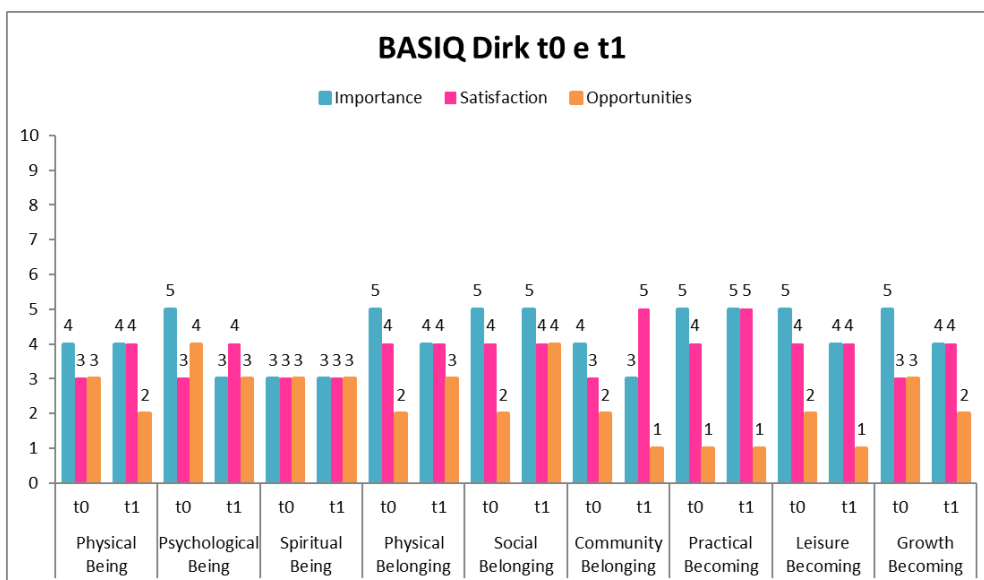


Moreover, Michael shows a decrease of level of Importance in the areas of Physical Being and Leisure Becoming, a decrease of level of Satisfaction in the areas of Physical Belonging and Community Belonging and a decrease of level of Opportunities in the areas of Psychological Being, Social Belonging, Leisure Becoming and Growth Becoming.

Dirk shows an improvement of QoL scores in 5 out of 9 areas: Physical Being, Psychological Being, Community Belonging, Practical Becoming and Growth Becoming, otherwise shows a decrease in the score of Physical Belonging (-1) and Leisure Becoming (-1).
The paired samples t-test shows a significant difference between T0 and T1 ($p=0.040$).



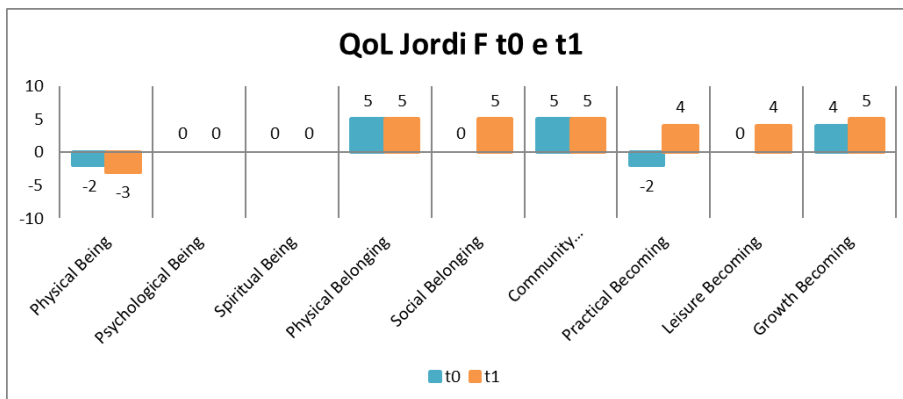
Dirk shows an increase of level of Satisfaction in 5 of 9 areas: Physical Being, Psychological Being, Community Belonging, Practical Becoming and Growth Becoming and an increase of Level of Opportunities in the areas of Physical Belonging and Social Belonging.



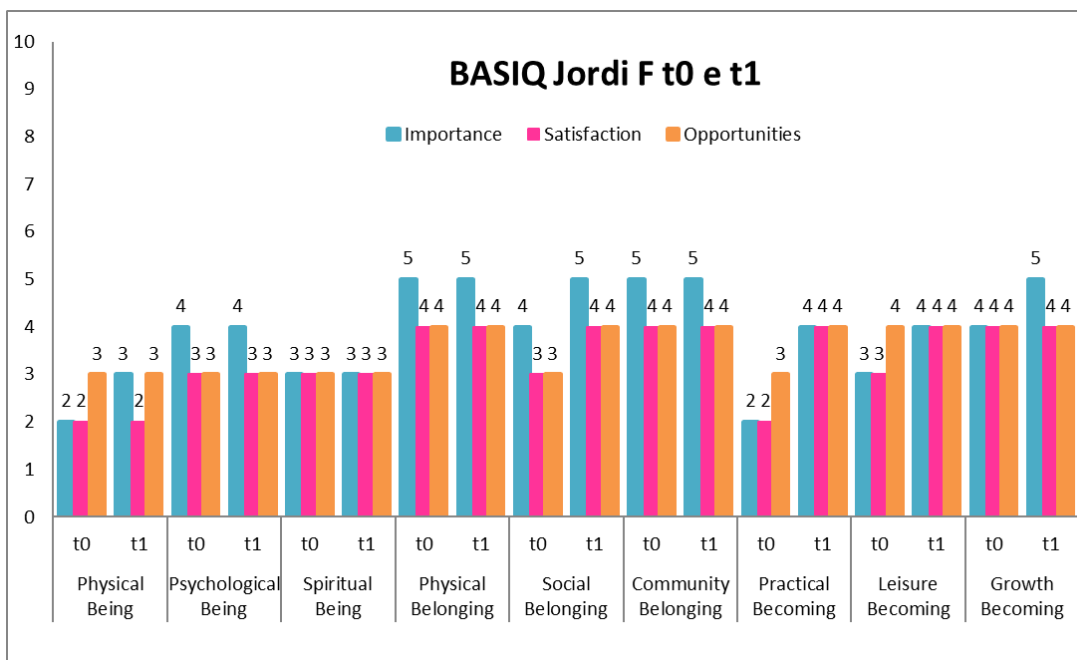
Moreover, Dirk shows a decrease of level of Importance in 5 of 9 areas: Psychological Being, Physical Belonging, Community Belonging, Leisure Becoming and Growth Becoming and a decrease of level of Opportunities in 5 of 9 areas: Physical Being, Psychological Being, Community Belonging, Leisure Becoming and Growth Becoming.

RESULTS: AMPANS

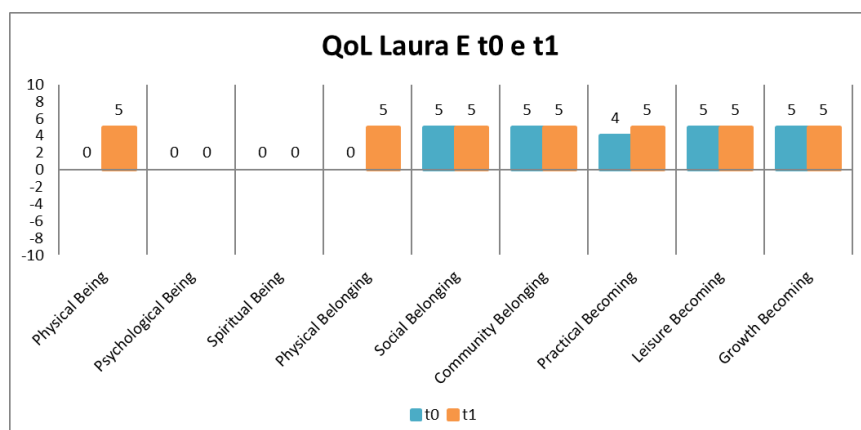
Jordi shows an increase of QoL scores in the areas of Social Belonging and in the areas of Becoming (Practical, Leisure and Growth) and a decrease in the area of Physical Being.



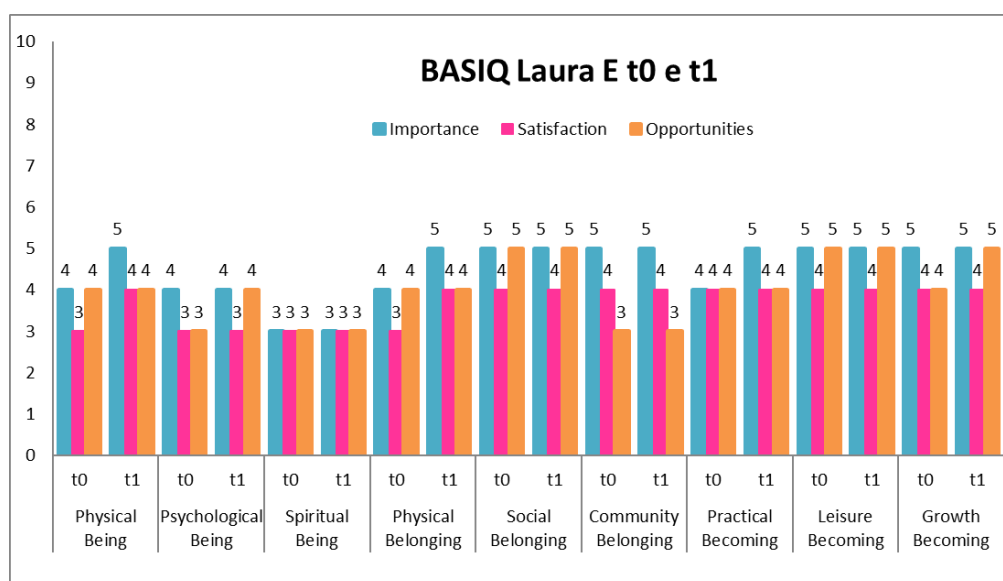
Jordi shows an increase of level of Importance in the areas of Physical Being, Social Belonging and in the three areas of Becoming (Practical, Leisure and Growth), shows an increase of level of Satisfaction in the areas of Social Belonging, Practical Becoming and Leisure Becoming and shows an increase of level of Opportunities in the areas of Social Belonging and Practical Becoming.



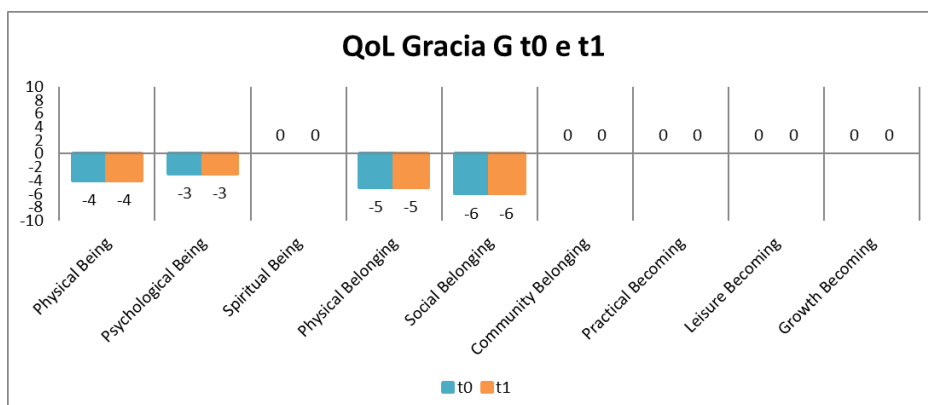
Laura shows an increase of QoL scores in the areas of Physical Being, Physical Belonging and Practical Becoming; in the other areas the scores are unvaried.



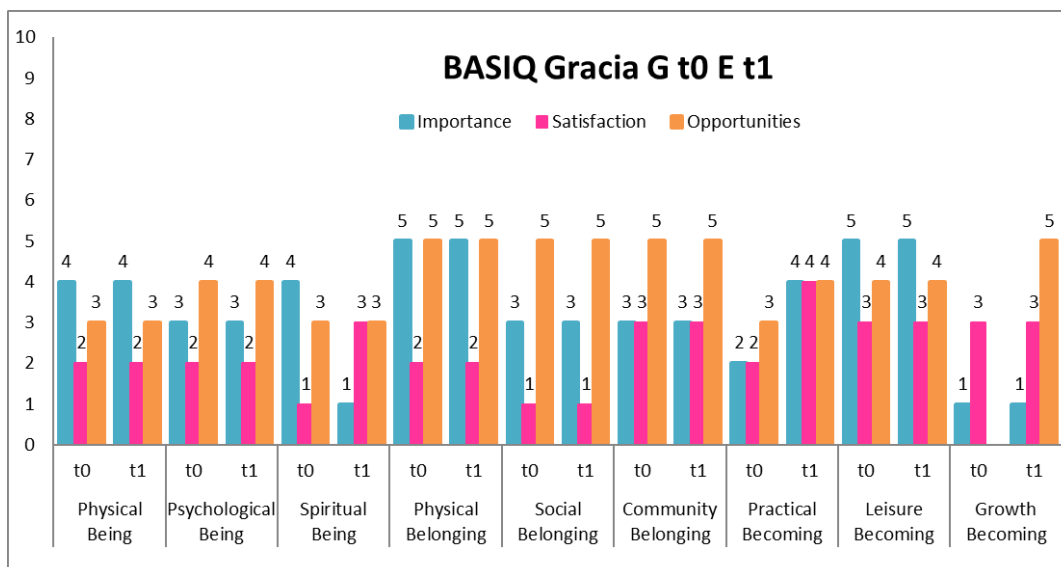
Laura shows an increase level of Importance in the areas of Physical Being, Physical Belonging and Practical Becoming, an increase of level of Satisfaction in the areas of Physical Being and Physical Belonging and shows an increase of level of Opportunities in Psychological Being and Growth Becoming.



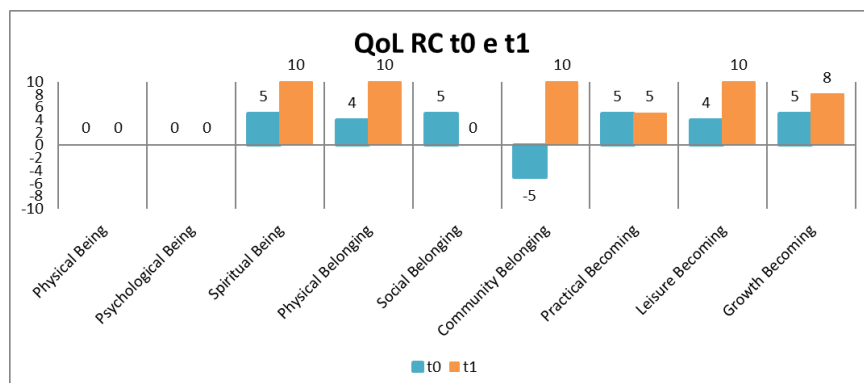
The QoL scores are unvaried.



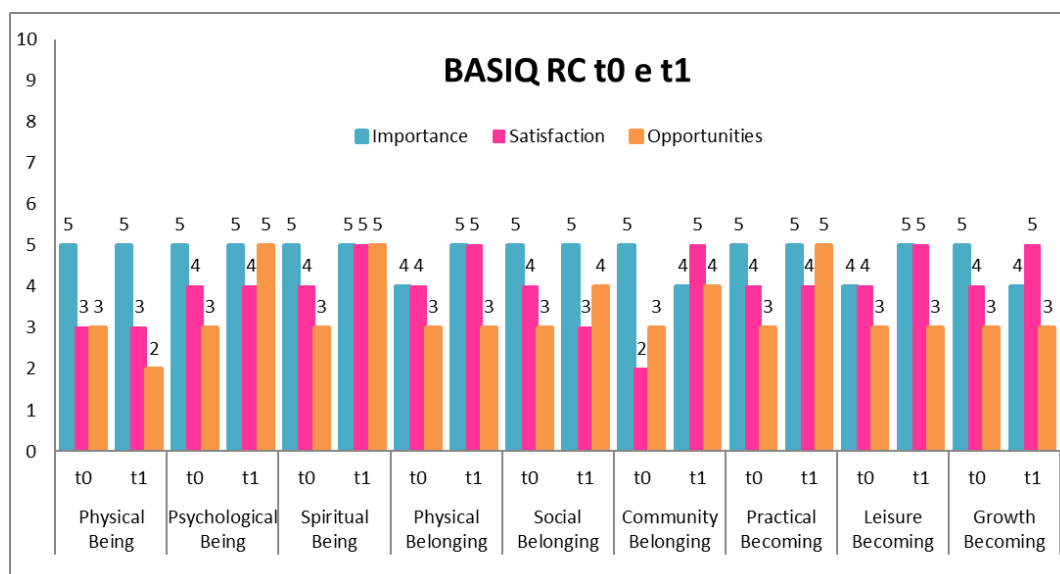
Gracia an increase of level of Importance in the area of Practical Becoming, an increase of level of Satisfaction in the areas of Spiritual Being and Practical Becoming and shows an increase in the area of Practical Becoming. Moreover, shows a decrease of level of Importance in the area of Spiritual Being.



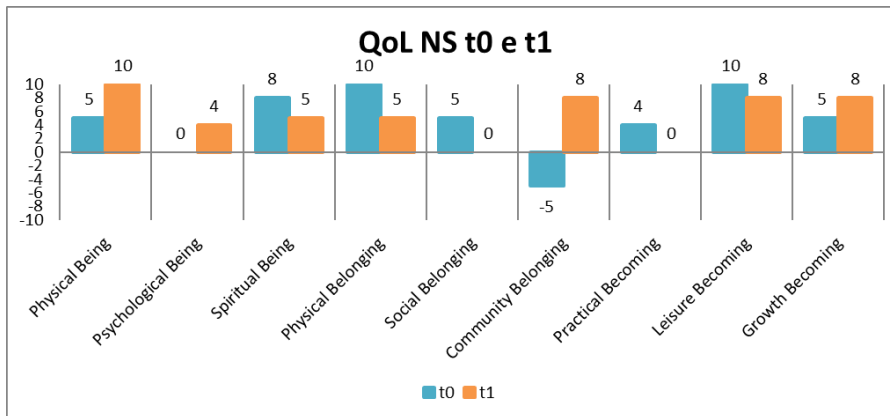
R. shows an increase of QoL scores in the areas of Spiritual Being, Physical Belonging, Community Belonging, Leisure Becoming and Growth Becoming; moreover, shows a decrease of QoL scores in the area of Social Belonging.



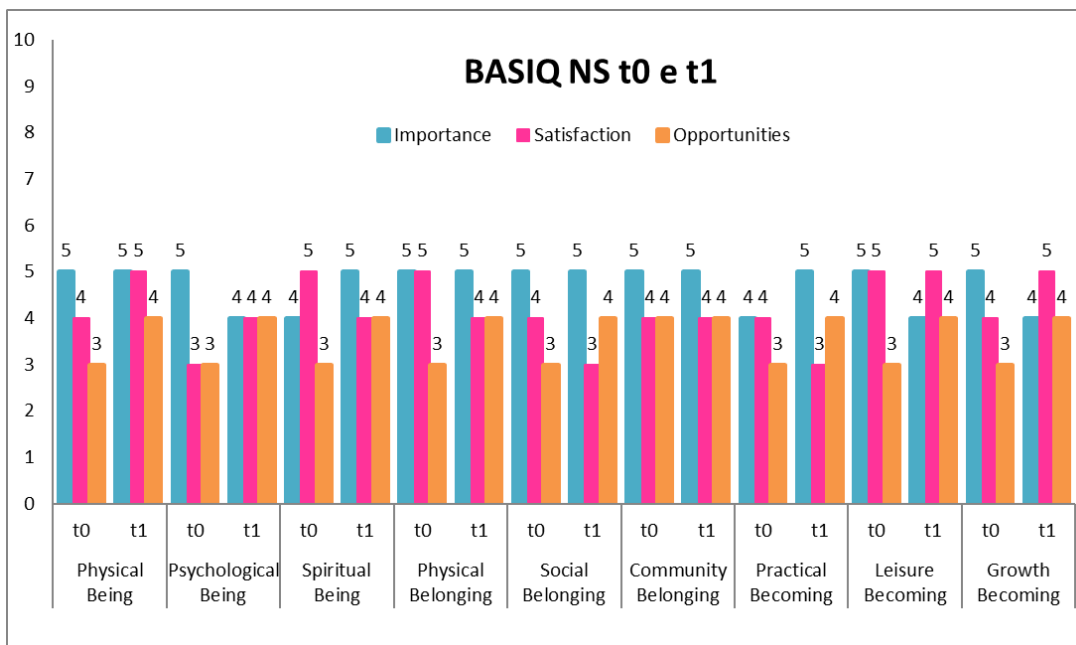
R. shows an increase of level of Importance in the areas of Physical Belonging and Leisure Becoming, an increase of level of Satisfaction in the areas of Spiritual Being, Community Belonging, Leisure Becoming and Growth Becoming and shows an increase of level of Opportunities in the areas of Psychological Being, Spiritual Being, Social Belonging, Community Belonging and Practical Becoming. Moreover, shows a decrease of level of Importance in the areas of Community Belonging and Growth Becoming, a decrease of level of Satisfaction in the area of Social Belonging and a decrease of level of Opportunities in the area of Physical Being.



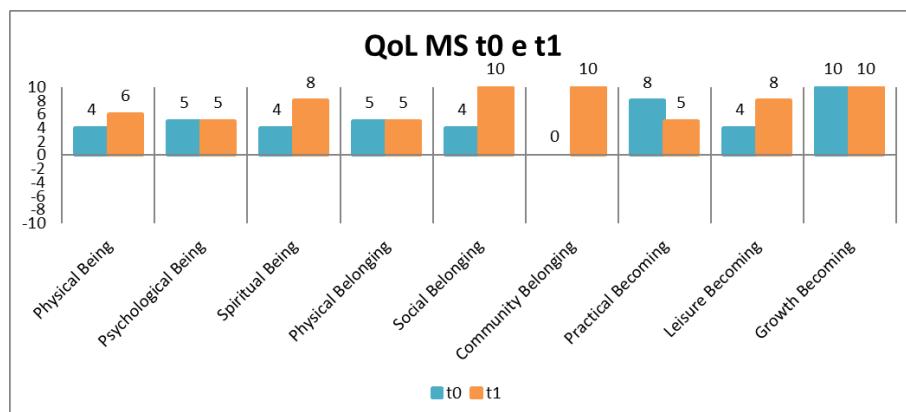
N. shows an increase of QoL scores in the areas of Physical Being, Psychological Being, Community Belonging and Growth Becoming; moreover, shows a decrease in the areas of Spiritual Being, Physical Belonging, Social Belonging, Practical Becoming and Leisure Becoming.



N. shows an increase of level of Importance in the areas of Spiritual Being and Practical Becoming, an increase of level of Satisfaction in the areas of Physical Being, Psychological Being and Growth Becoming; moreover, shows an increase of level of Opportunities in all the areas except for the area of Community Belonging. Besides shows a decrease of level of Importance in the areas of Psychological Being and Leisure Becoming and a decrease of level of Satisfaction in the areas of Spiritual Being, Physical Belonging, Social Belonging and Practical Becoming.



M. shows an increase of QoL scores in the areas of Physical Being, Spiritual Being, Social Belonging, Community Belonging and Leisure Becoming; moreover, shows a decrease in the area of Practical Becoming.



M. shows an increase of level of Importance in the areas of Social Belonging and Practical Becoming, an increase of level of Satisfaction in all the areas of Being (Physical, Psychological and Spiritual) and in the areas of Social Belonging, Community Belonging and Leisure Becoming and shows an increase of level of Opportunities in all the areas of the BASIQ (Being, Belonging and Becoming). Moreover, M. shows a decrease of level of Importance in the areas of Physical Being and Psychological Being and a decrease of level of Satisfaction in the area of Practical Becoming.

