Outcome measures for individual health and well-being in green care

Growing for Health
London, 1 April 2014
Effectiveness

Choice of Outcome Measure

Therapeutic horticulture projects often do not state their aims clearly – do they want reduction of symptoms, improved well-being, increased social interaction etc? The choice of outcome measure is directly related to a project’s aims, activities and client groups.
Effectiveness

Choice of Outcome Measure

Consider why you want to measure the outcomes. For example, to demonstrate your project’s effectiveness to funders? To improve management of clients and improve your practice?
Effectiveness

Choice of Outcome Measure

Use validated measures. There are thousands of published outcome measures and associated normative data. Create your own measure only if there is a real need.
Outcome measures

- Symptoms
- Mood
- Well-being
- Nature-related attitudes
- Recovery
- Inventories of medication, drug and alcohol use
- Quality of life

These are self-report measures and require participants’ understanding.
Outcome measures

- Symptoms
- Mood
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- Inventories of medication, drug and alcohol use
- Quality of life
- Behavioural observations
- Physiological measures

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Outcome measures

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- Behavioural observations
- Physiological measures

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These can be used with participants who have little communication, but are harder to administer.
Using outcome measures

STH Programme
Using outcome measures
Using outcome measures

participants enter

participants leave
Using outcome measures

participants enter

participants leave

Introduce evaluation procedures
Using outcome measures: cross sectional

- Participants enter
- Participants leave
- Introduce evaluation procedures
Using outcome measures: cross sectional

- Introduce evaluation procedures
- Participants enter
- A ‘snapshot’ of the current population
- Participants leave
Using outcome measures - longitudinal

- Participants enter
- Introduce evaluation procedures
- Participants leave
Using outcome measures - longitudinal

- Participants enter
- Time ‘0’
- Introduce evaluation procedures
- Participants leave
Using outcome measures - longitudinal

- Participants enter
- Time ‘0’
- + n months
- Participants leave
- Introduce evaluation procedures
Using outcome measures - longitudinal

- Participants enter
- Time '0'
- + n months
- Participants leave

Introduce evaluation procedures

Attrition (drop out) = Missing Data
Managing Data

Results from outcome measures need to be stored in a way that they can be accessed and analysed. The best way is to use a database (e.g. *Microsoft Access*) which can link general client data with outcome data.
Effectiveness

Analysing Data

To show effectiveness, of a project it will be necessary to aggregate results and analyse statistically. Most of this can be done in Excel. Correct interpretation of results is essential.
Example: longitudinal study

- Participants with learning disabilities:
  excluding participants who had attended > 3 months
Example: cross-sectional analysis

Social Interaction

<table>
<thead>
<tr>
<th>Time at Thrive</th>
<th>6 months or less</th>
<th>6 – 12 months</th>
<th>1-2 Years</th>
<th>more than 2 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Data Points</td>
<td>131</td>
<td>20</td>
<td>18</td>
<td>40</td>
</tr>
</tbody>
</table>

*Significant difference
The Workshop

- Consider reasons for using outcome measures
- Examine some outcome measures used in STH research
- Look at some published research which has used these outcome measures
- Consider issues around data storage, management and analysis
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