



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

## ***Growing for Health***

London, 1 April 2014

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# 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.**

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# 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?**

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# Effectiveness

## Choice of Outcome Measure

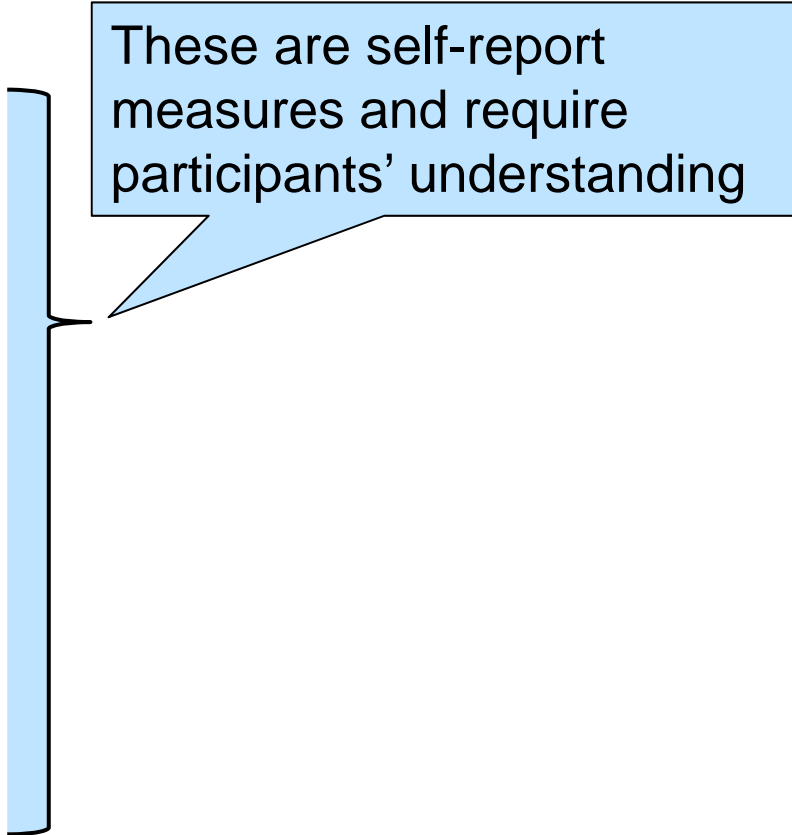
**Use validated measures. There are thousands of published outcome measures and associated normative data. Create your own measure only if there is a real need.**

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# 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

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# Outcome measures

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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**

These are self-report measures and require participants' understanding

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

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# Using outcome measures

STH Programme





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# Using outcome measures

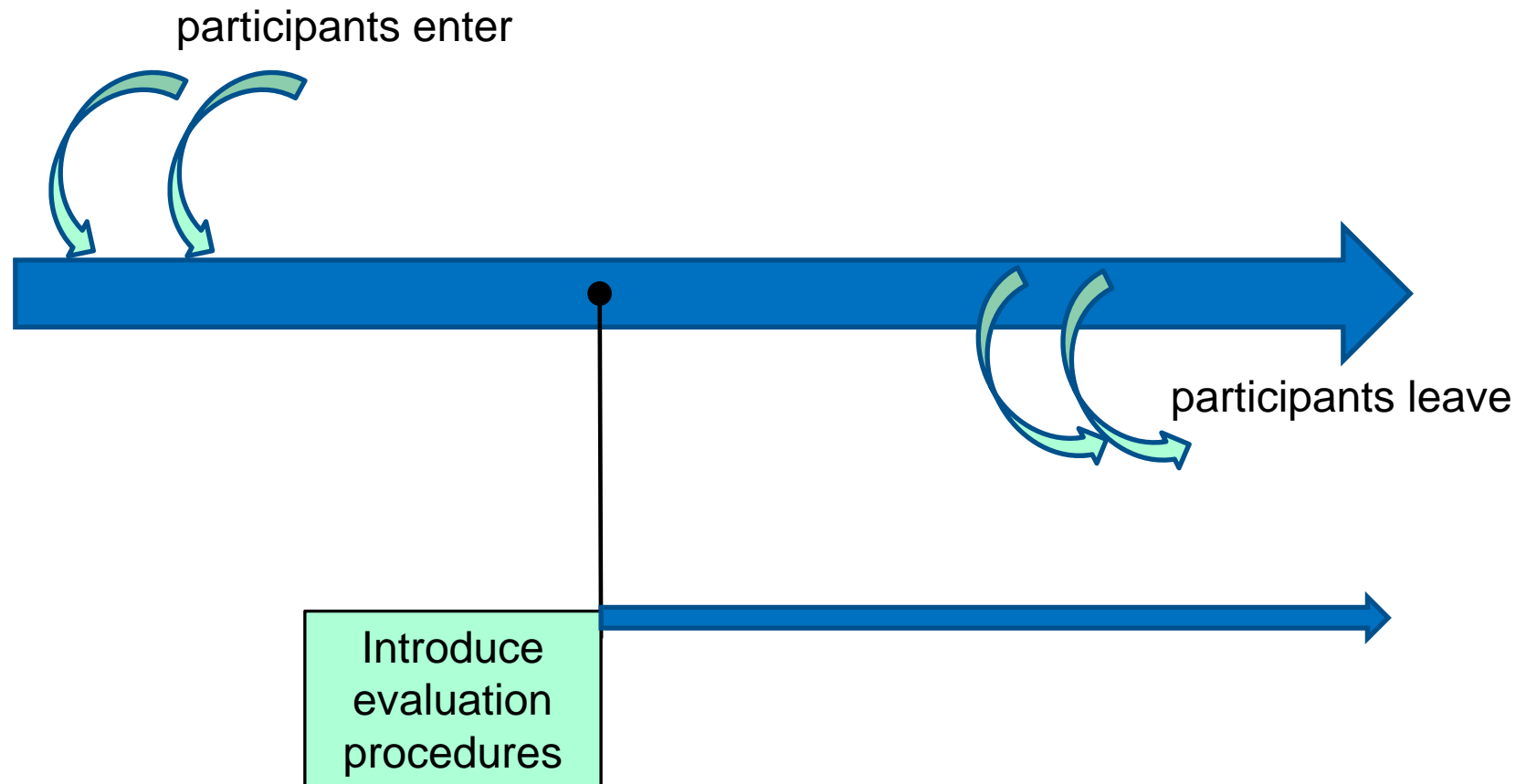


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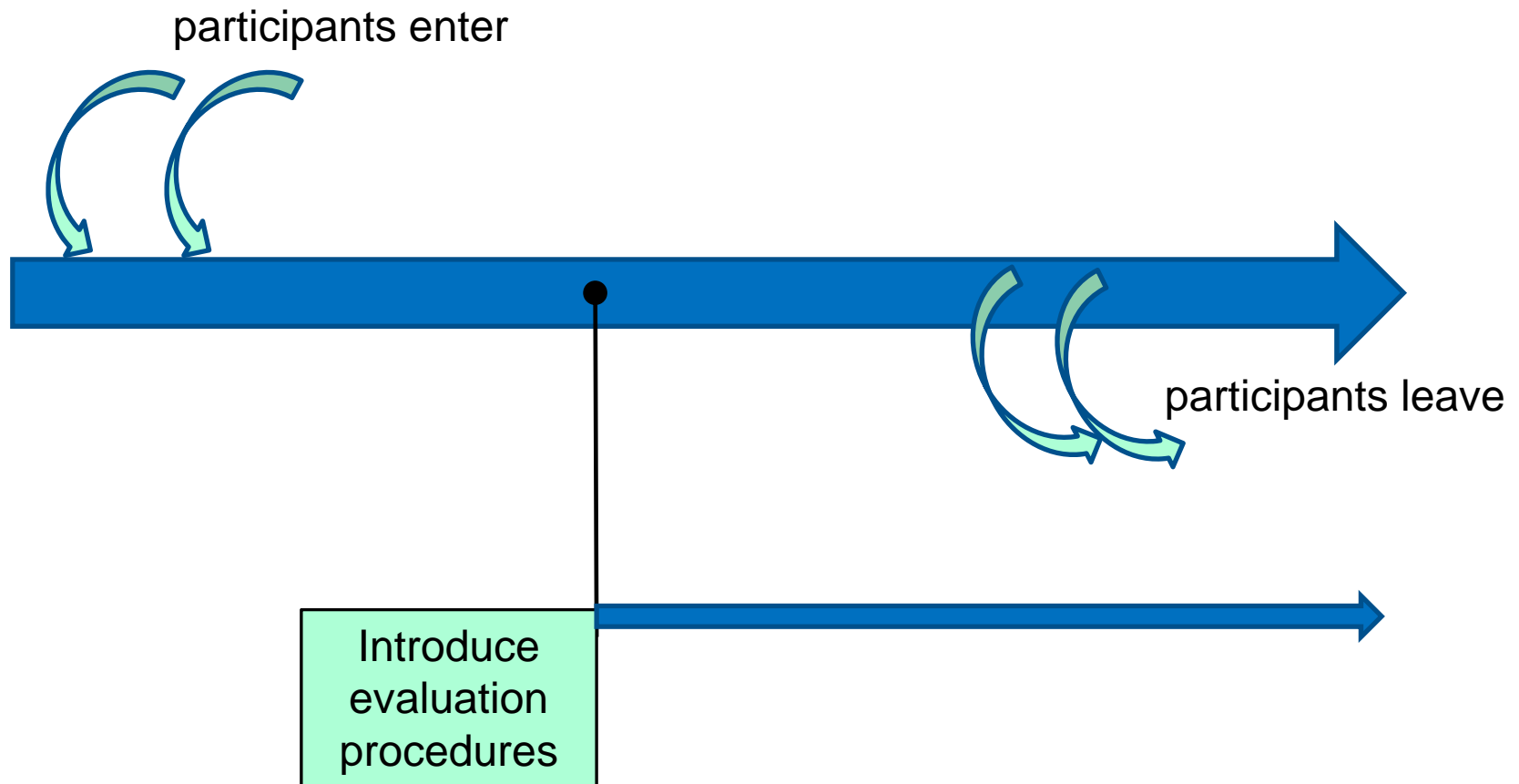
# Using outcome measures



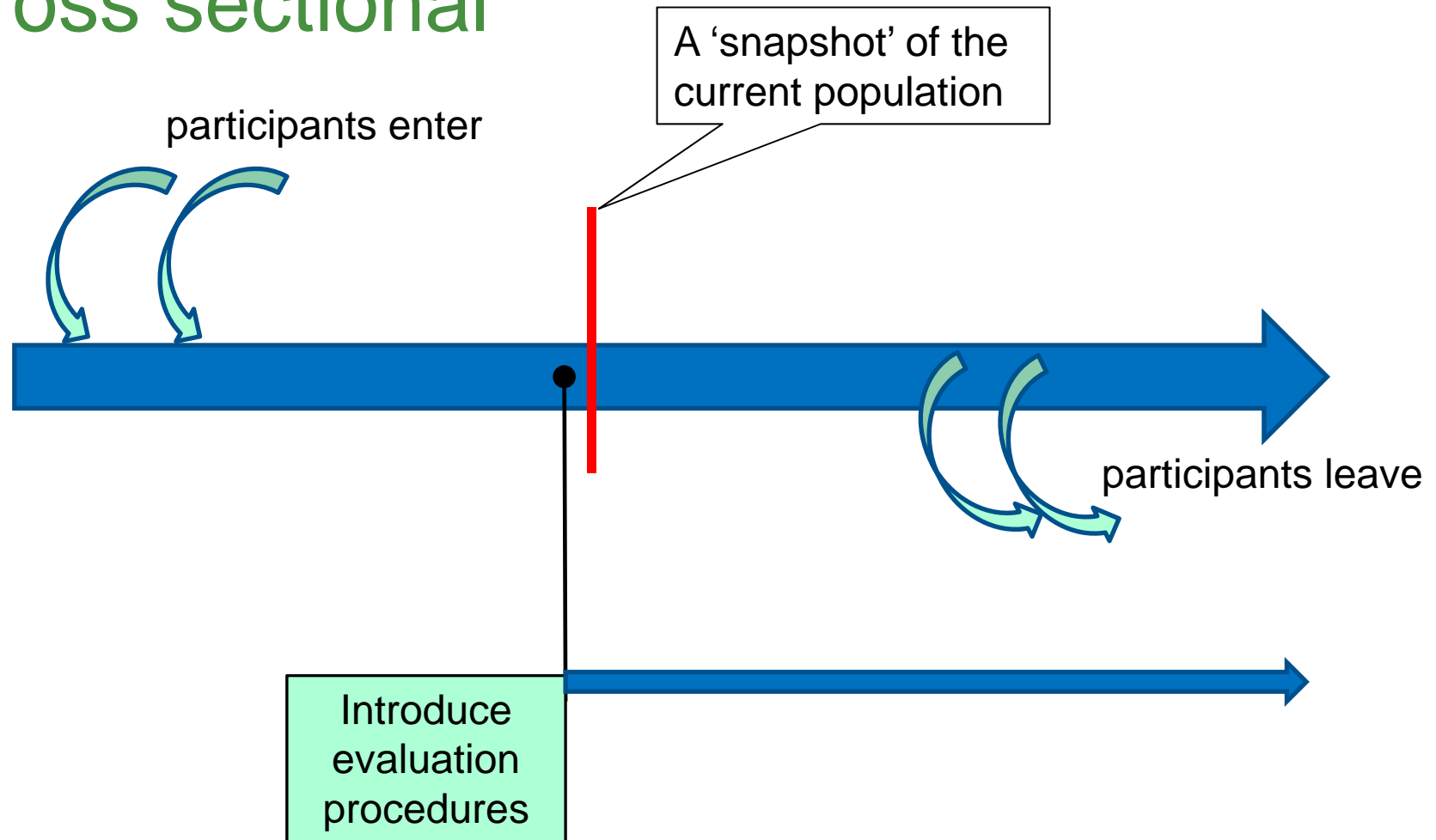
# Using outcome measures



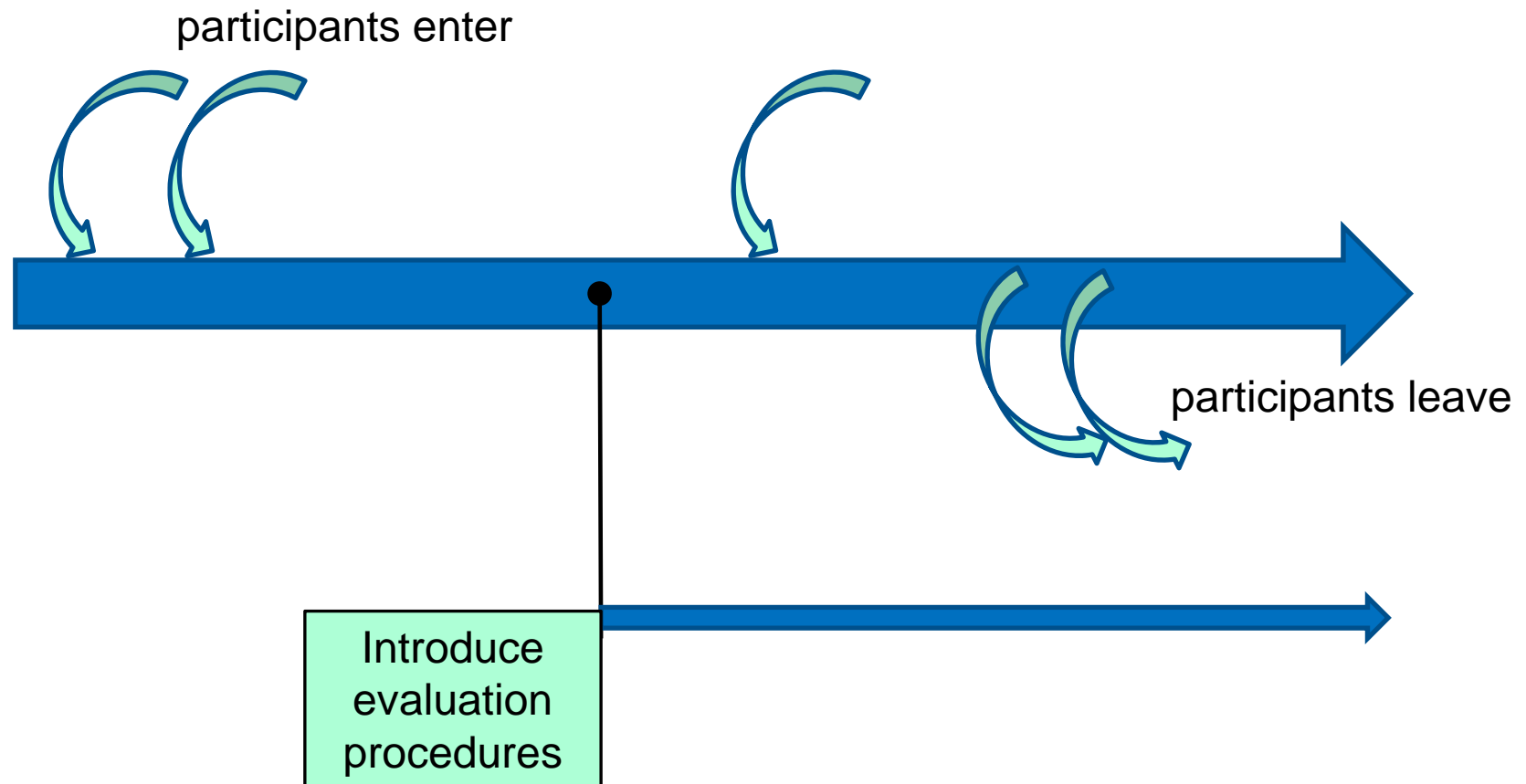
# Using outcome measures: cross sectional



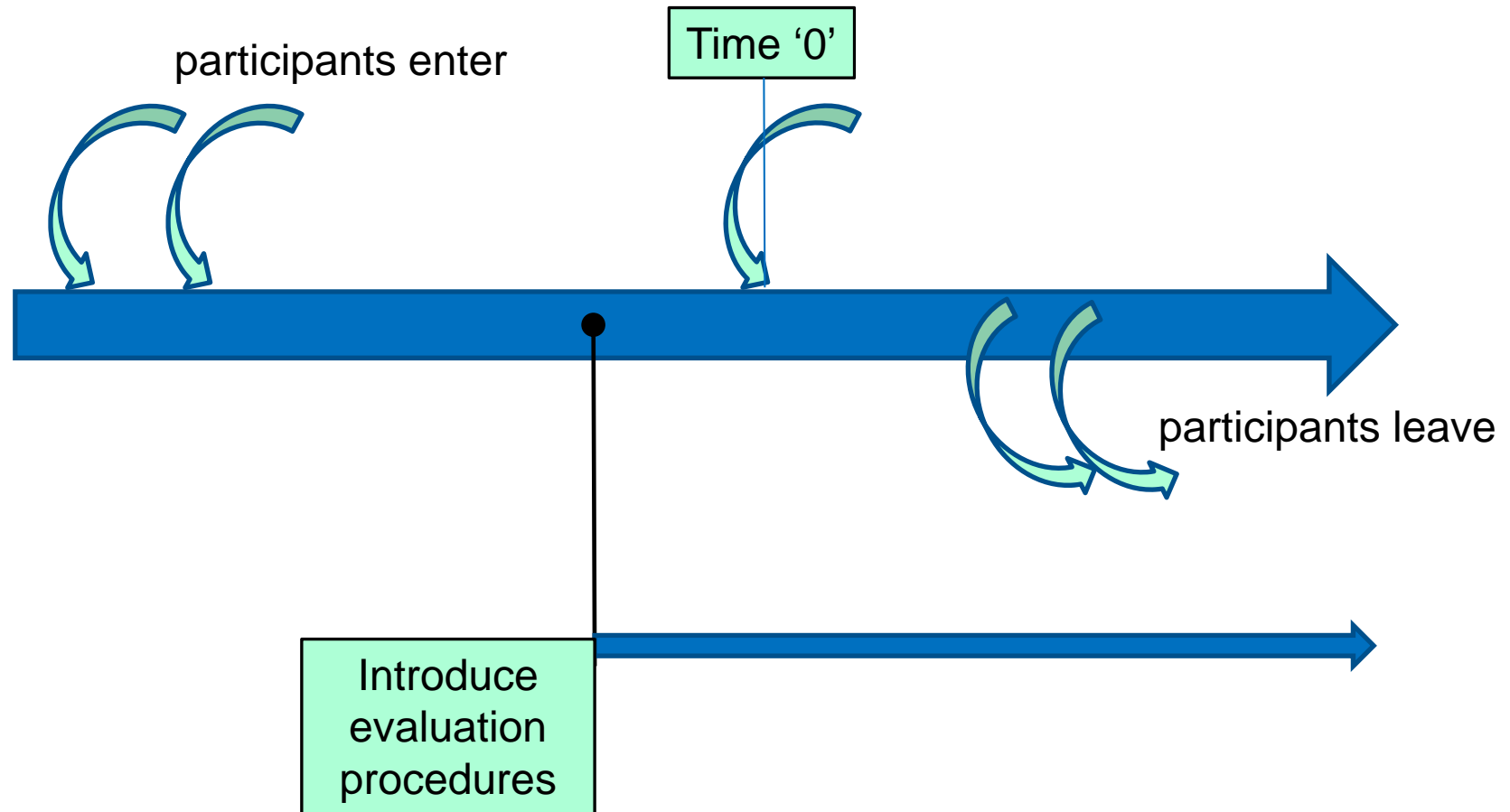
# Using outcome measures: cross sectional



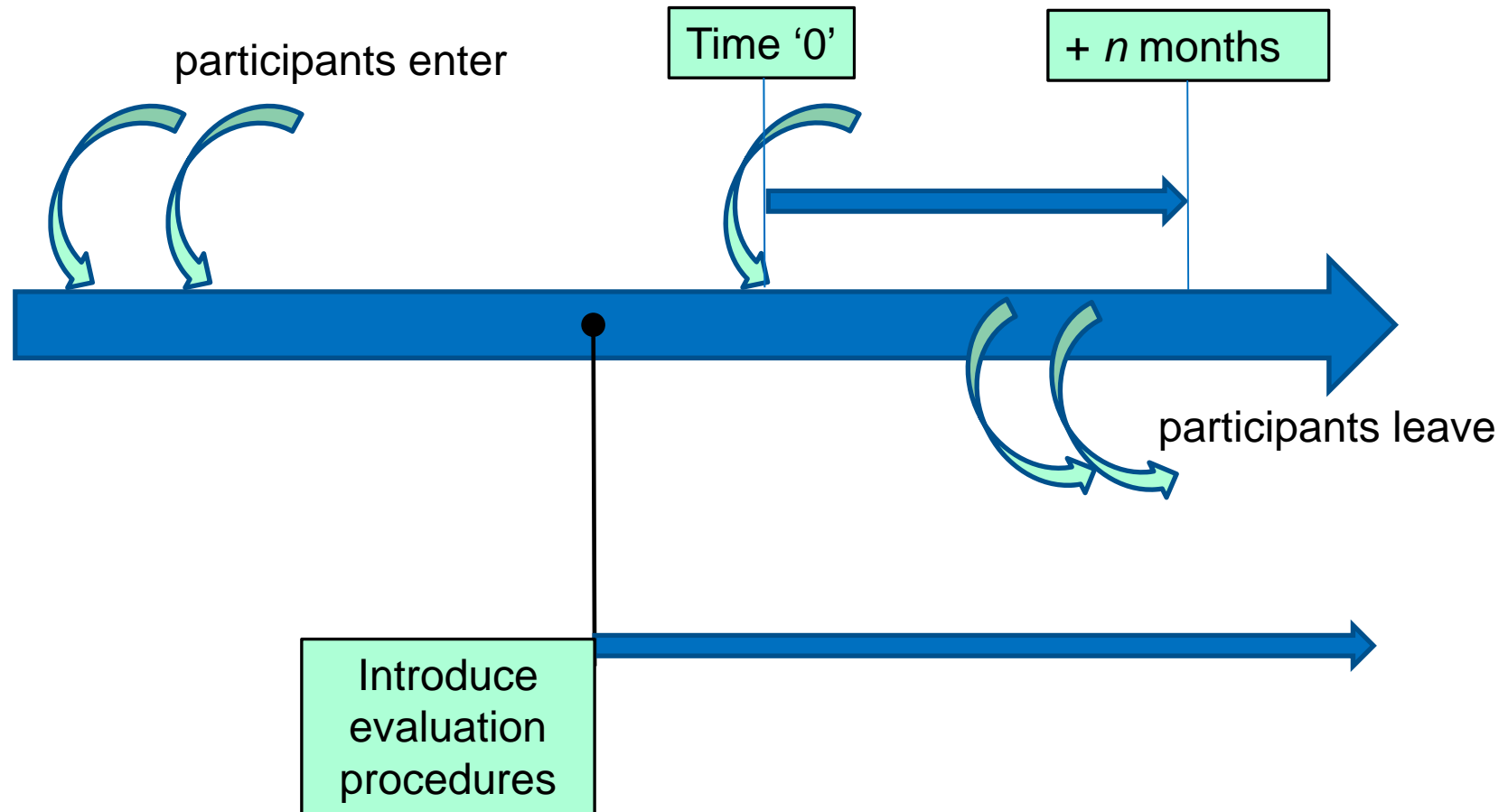
# Using outcome measures - longitudinal



# Using outcome measures - longitudinal

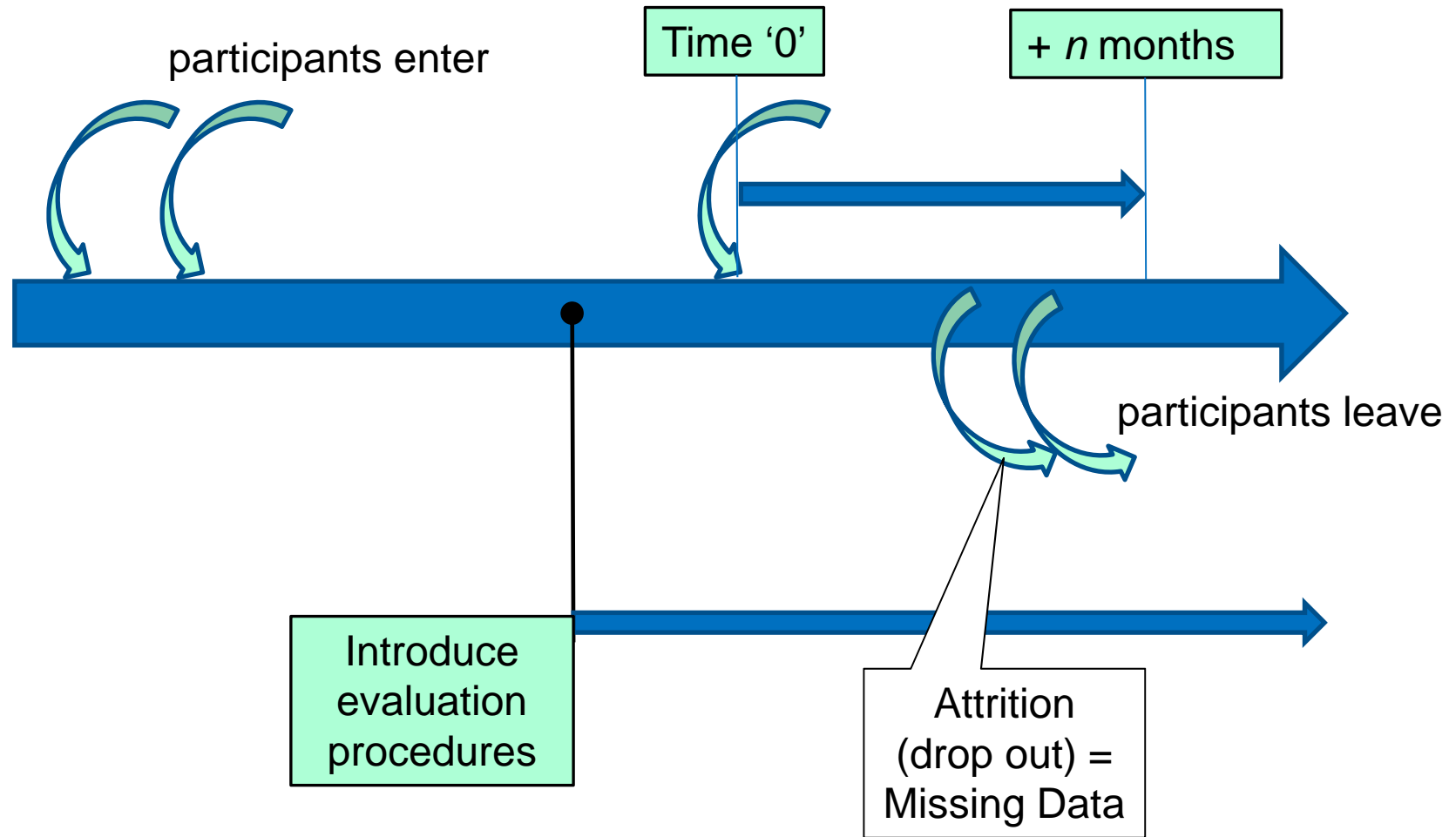


# Using outcome measures - longitudinal





# Using outcome measures - longitudinal



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# Effectiveness

## 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.**

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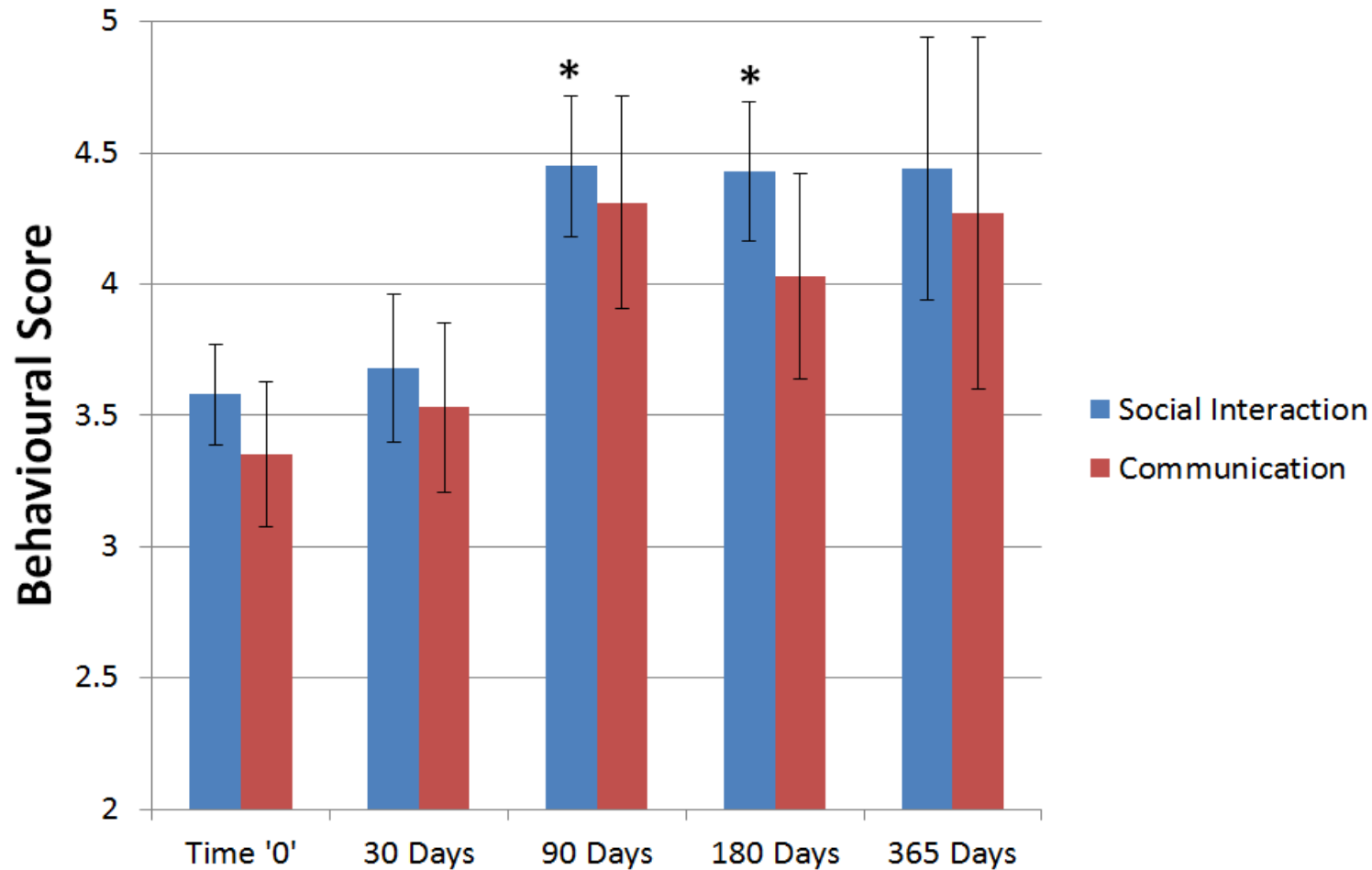
# Effectiveness

## 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.**

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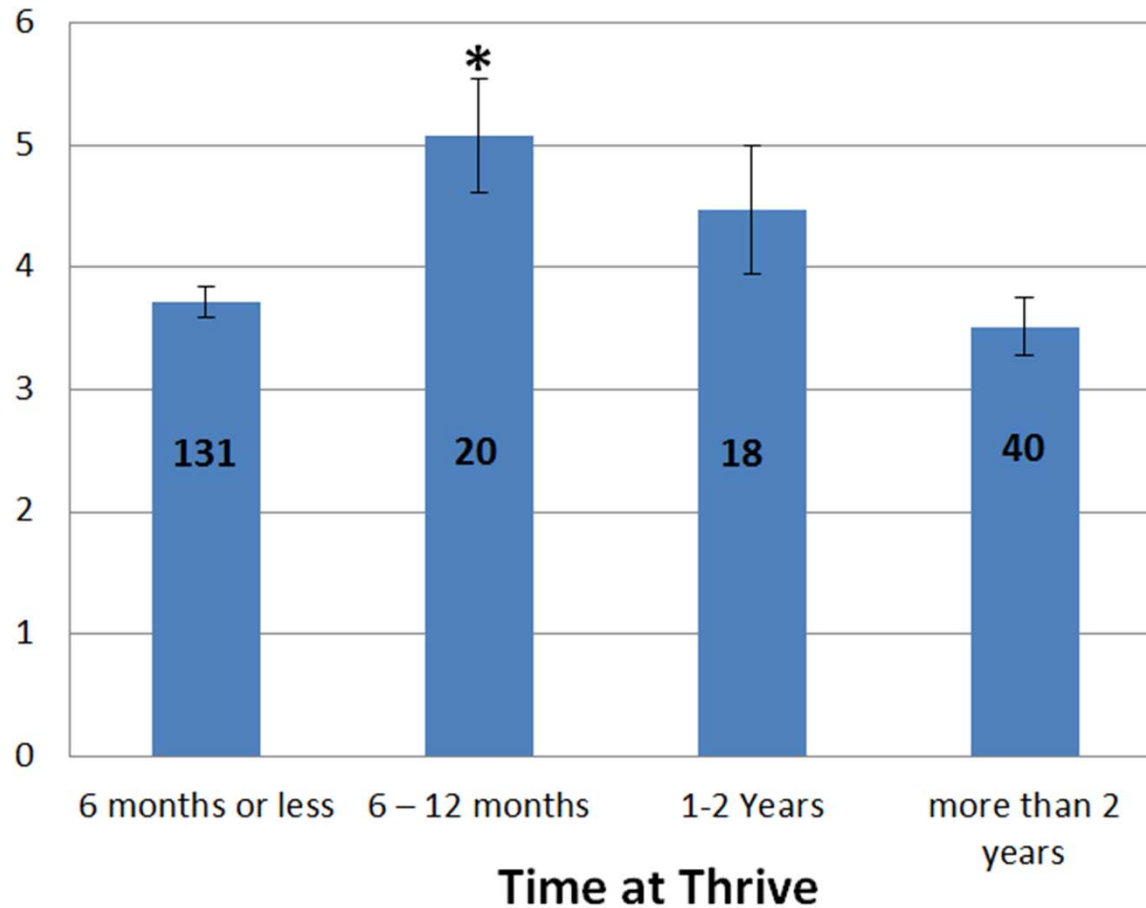
# Example: longitudinal study



Participants with learning disabilities:  
excluding participants who had attended > 3 months

# Example: cross-sectional analysis

## Social Interaction



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# 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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