



Effect of green-care farms on quality of life of people with a psychiatric and/or drug-addict background

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Introduction

Various organizations in the Netherlands would like to know the effect of working on green-care farms on the participants. They would like to have quantitative data on which their ideas and policy can be based.

Pilot-study

In a pilot-study, we performed focus-group interviews with 42 participants on eight green-care farms. This pilot-study served as a basis for the final research design.



Final research design

A quantitative study is performed by surveying participants for 1.5 year to get insight into the development of QoL over time. Participants fill in a survey before they start on a project, after 6 months (t=1), after 1 year (t=2) and 1.5 years (t=3). The study takes into account not only the participants that work on a green-care farm, the experimental group, but also a control group of participants working on another day activity project.



Results of the pilot-study

Participants indicated the following effects of participation:

Physical	Mental	Social
Physical strength	Self-confidence	Re-socialization
Appetite	Persistence	Sense of responsibility
Use of senses	Involvement and responsibility	Number of social contacts
Accomplishing more work	Relaxation	Self-respect
Becoming tired	Awareness	

The positive effects of green-care farms on the physical, mental and social well-being of participants.

Which questionnaires?

The survey consists of several established questionnaires with questions depending on the results of the pilot-study. For instance, because participants mentioned an increase of appetite, we integrated the SNAQ (Simplified Nutritional Appetite Questionnaire) to measure the appetite of respondents.

We ask participants about their:

- Quality of life (WHOQOL-bref and parts of WHOQOL-100)
- Social functioning (Social Functioning Scale)
- Mental health (Mental Health Inventory, MHI-5)
- Appetite (SNAQ)
- Medical care
- Use of medication, drugs or alcohol
- Social and demographic data

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