

Characteristics of adult participants in Green Care programs on farms in Norway for return to work

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PROJECT BACKGROUND

- Concern in Norway

- High and increasing proportion of the population permanently or temporarily out of work
- Dependent on different kinds of welfare benefits (NAV 2009)



- Reasons for long-term sick leave and disability benefits:

- **Musculoskeletal pain causes:**

- 35% of all sickness absence (2008)
- 30% of all new disability benefits (2006) (Brage et al. 2010)

- **Psychological disorders**

- Increasing cause for receiving sickness/disability benefits
- New receivers of disability benefits with psychological problems increase most in the group between 20-39 years of age

GREEN CARE

- Green care - umbrella term for health promoting interventions that use nature to strengthen:
 - Social skills, physical and psychological health and quality of life
- Green care interventions on farms in Norway
 - **"Inn på tunet"** was introduced as a concept in 2001
 - Collective term for interventions that use the farm and the area around the farm in the intervention (must be regular farming activities on farm)



METHOD AND DESIGN

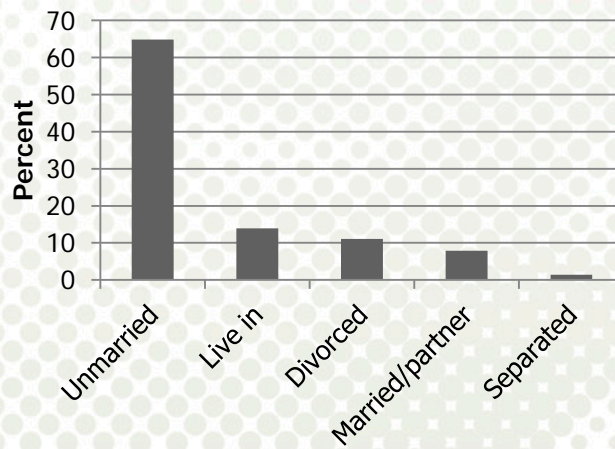
- Mapping of all Green care farms in Norway:
 - For adults between 18-67 years
 - Vocational training (addiction problems, psychiatry)
- Developed a nationwide survey for participants
 - Describe participants in Green care interventions on farms
 - Assess how Green care interventions on farms are related to satisfaction with life, subjective health complaints, general self-efficacy, social support, basic needs and emotions regarding return to work (RTW)
- Developed a nationwide survey for farmers providing green care



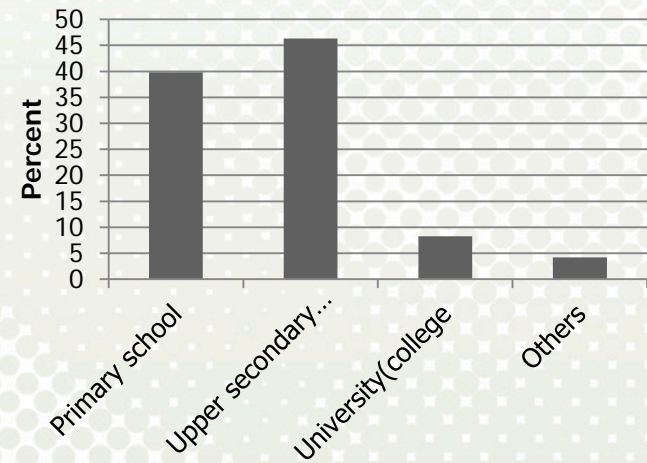
PRELIMINARY RESULTS AND DISCUSSION

- 214 participants (estimated response rate about 35-40%)
- 46% male and 54% female
- Mean age 35,7 years (range 19-67)

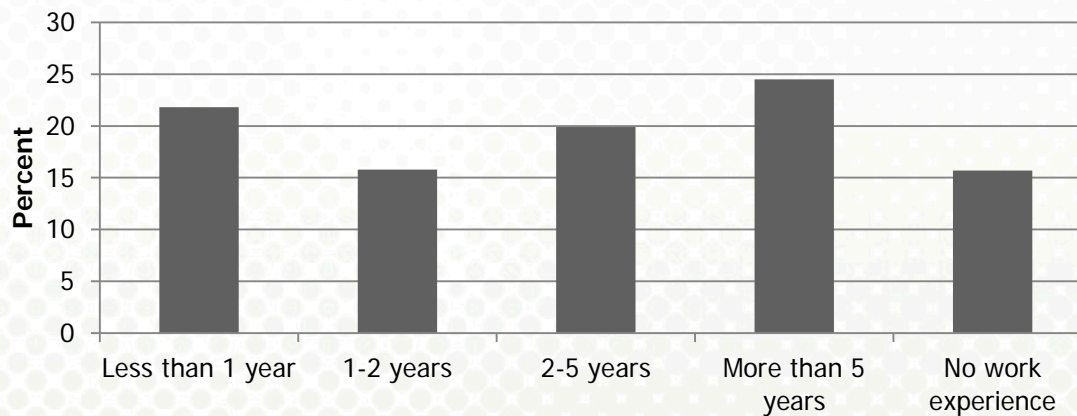
Marital status



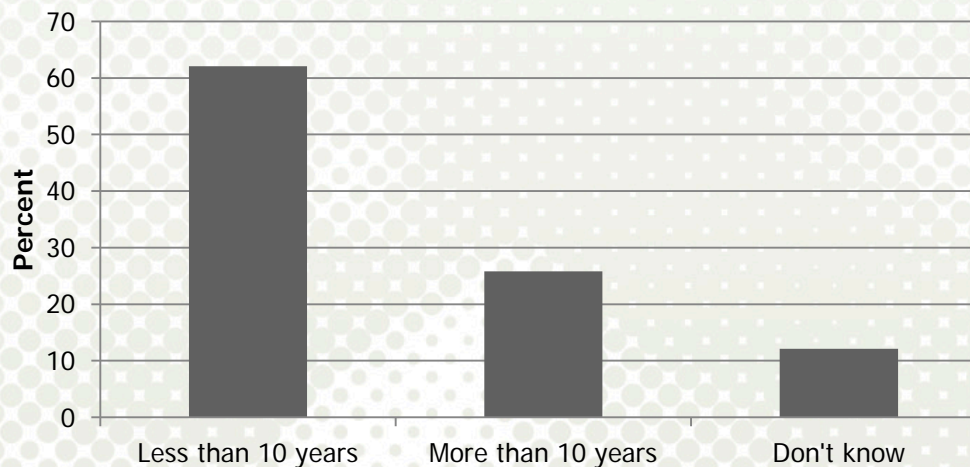
Education level



Time out of work at intervention start



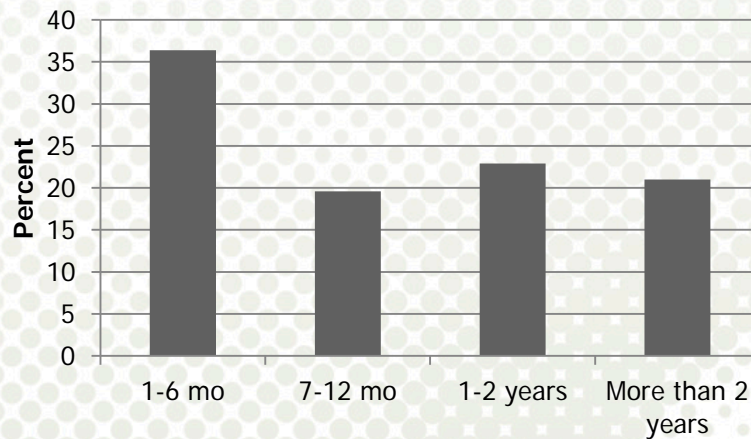
Total number of years working



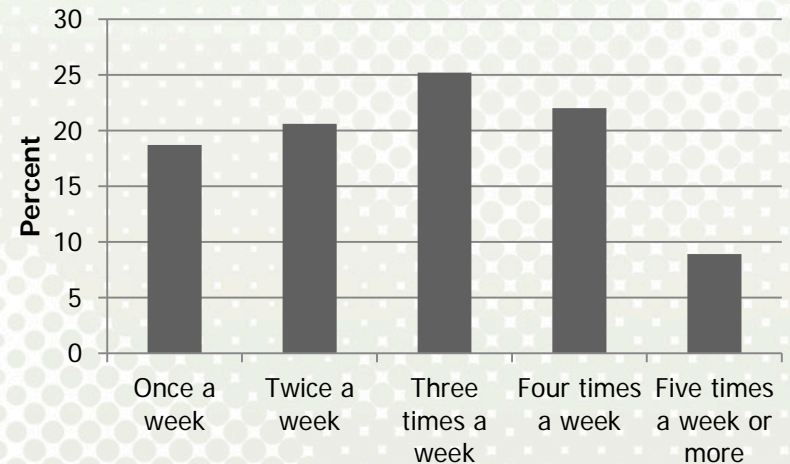
ON THE FARM

- 86% report being on farms with animals
- 65% report farmer as having the main responsibility
- 94% report being with other participants in the intervention

Time spent in the intervention



Days per week spent on the farm



CORRELATIONS

- Emotions about RTW
 - Measured with 4 questions
 - Higher scores indicate more positive emotions
- Positive emotions about RTW are correlated to:
 - General self-efficacy (.495)
 - Judgements we make of our own capabilities to execute courses of action
 - Satisfaction with life (.260)
 - Global cognitive judgement of satisfaction with our lives
 - Subjective health complaints (-.221)

CORRELATIONS CONT.

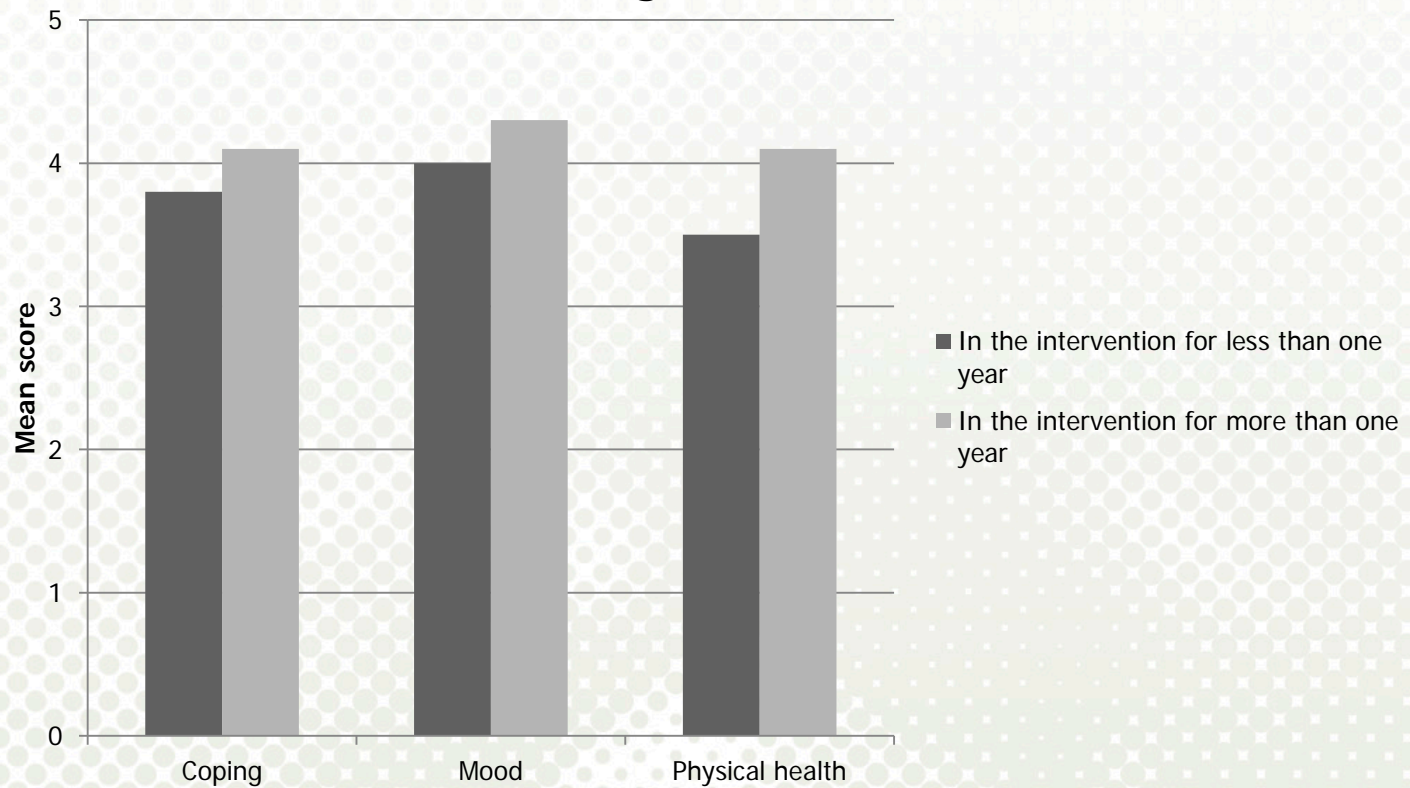
- Positive emotions about RTW is also relation to basic needs (self-determination theory SDT):
 - Autonomy (.204)
 - Competence (.352)
 - Relatedness (.352)
- Self-determination theory represent broad framework for human motivation and personality
- Contexts that support satisfaction of the needs results in a high motivation and engagement in the activity

GROUP DIFFERENCES BASED ON TIME SPENT IN THE INTERVENTION

- Two groups:
 - 1) Intervention - less than one year (n=101)
 - 2) Intervention – more than one year (n=53)
- Participants that have been in the intervention for more than one year have;
 - Higher *satisfaction with life* scores
 - Higher *nondirective social support* scores
 - Higher scores on *basic needs* (autonomy, competence and relatedness)
 - Less *subjective health complaints*

GROUP DIFFERENCES BASED ON TIME SPENT IN THE INTERVENTION CONT.

Participants perceptions of change from being in the intervention



IN CONCLUSION

- Positive emotions towards RTW are associated with:
 - GSE, SWL, and SHC
 - basic needs (autonomy, competence and relatedness)
- People that has been in the intervention for more than one year also have higher scores on
 - SWL, NDSS and basic needs (autonomy, competence and relatedness)
 - Self-percieved changes in coping, mood and physical health
 - less SHC