

## RESONATE\_C9\_CareFarms (#172878)

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### 1) Have any data been collected for this study already?

No, no data have been collected for this study yet.

### 2) What's the main question being asked or hypothesis being tested in this study?

An intervention at care farms in the Netherlands, designed as collaborative action research with staff members, aims to strengthen and enhance the use of the outdoor natural areas. We expect that participation, compared to control farms, will improve staff's job satisfaction and the psychosocial climate for clients, encompassing both elderly with dementia and young people with a mental handicap.

### 3) Describe the key dependent variable(s) specifying how they will be measured.

- The quality of the outdoor area, assessed pre-post intervention by the research team during farm visits using a 48-item tool based on the Perceived Sensory dimensions model (Stoltz & Grahn, 2021).
- Staff well-being and job satisfaction, evaluated pre-post using established measures including the WHO-5, and the UWES scale for Work Engagement.
- The psychosocial climate at the farms, observed pre-post using the Caring Climate Scale and the Person Centered Climate Questionnaire by two independent researchers.
- Clients' appreciation of their farm experience, informally gauged through brief pre- and post-intervention interviews, and via a post-intervention survey completed by staff, family and other caregivers.

### 4) How many and which conditions will participants be assigned to?

Two conditions: An intervention group of staff and clients of care farms that will participate in the collaborative action research, and a control group of staff and clients of care farms that engage in 'business as usual'. Staff in the intervention condition will come together three times in the period from May-September 2024 as part of the collaborative action research. They will exchange their best practices in using the outdoor area, and they will also develop and evaluate new practices, together with the clients. They will share their insights with other staff members at the farms.

### 5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.

Repeated measures of analyses with intervention as an independent variable will be used to examine changes from pre to post for all quantitative measures. In case of positive effects of the intervention on quality of the environment, job satisfaction, and psychosocial climate we will conduct mediation analyses using change scores of quality of the environment and/or job satisfaction as the mediator(s) and psychosocial climate as the outcome variable.

### 6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.

We will exclude participants who show clear signs of tampering or misunderstanding of the data by visual inspection of responses to the surveys.

### 7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.

- Twelve staff members from six care farms will participate in the collaborative action research, acting as their own researchers to collect data during the period of the intervention, reporting on the impacts of the outdoor natural area and related activities on both clients and themselves.
- All staff members from participating farms, encompassing both intervention and control groups, will be invited to complete pre- and post-surveys to assess their well-being and job satisfaction. We anticipate collecting a total of 60-120 responses.
- A selected group of clients from each farm will undergo interviews to explore their experiences at the farm. We aim to interview 12-24 clients in total at both pre- and post-intervention stages.
- Family members and caregivers of clients will be requested to complete a post-survey to report any observed changes in the well-being of the clients during the research period. While predicting response rates precisely is challenging, we estimate a range of 40-120 responses.

### 8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)

We will conduct exploratory analyses on evaluations collected from staff in the intervention condition, client interviews, and the post-intervention survey among family and other caregivers. Additionally, we will perform exploratory analyses on key dependent variables both pre- and post-intervention, aiming to uncover relationships between the quality characteristics of the farm outdoor areas and the well-being of both staff and clients.