Influence of Adaptive Water Sports Programs on Quality of Life Perceptions for People with Disabilities: A Feasibility Study

Joanna Cosbey
Jason Jackson
William Meyer

Follow this and additional works at: https://digitalrepository.unm.edu/ot

Recommended Citation

This Poster is brought to you for free and open access by the Health Sciences Center Student Scholarship at UNM Digital Repository. It has been accepted for inclusion in Occupational Therapy by an authorized administrator of UNM Digital Repository. For more information, please contact disc@unm.edu.
Influence of Adaptive Water Sports Programs on Quality of Life Perceptions for People with Disabilities: A Feasibility Study
Joanna Cosbey, PhD OTR/L; Jason Jackson, MOTS; William Meyer, MOTS

Objectives
1. Examine the relationship between participation in adapted water sports events and QoL.
2. Analyze the feasibility of the data collection methods from participants involved in adaptive water sport activities.

Background
- Participation in adaptive sport and physical exercise programs is enjoyable for participants with a wide variety of disabilities and contributes to improved personal perceptions of QoL and self-worth.
- Because individuals with disabilities generally report lower levels of community participation, life satisfaction, and QoL perceptions, it is important to explore the relationship between participation in adaptive sports and perceptions in these areas.
- Feasibility of hand delivering questionnaires has not been examined in previous research.

References

Methods
Instrumentation: Adaptive Water Sports Questionnaire (AWSQ)
- Developed by UNM faculty and students.
- Pre-Activity: 4 pages long (51 questions; 5 sections).
- Post-Activity: 3 pages long (33 questions; 3 sections).
- Not subject to reliability or validity testing.

Domains examined in AWSQ
1. QoL perceptions
2. Feasibility

Data Analysis
- Processed in Microsoft Excel 2011.
- All data ≥ ±1.5 SD considered meaningful.
- Demographic data analyzed for:
  - Gender
  - Disability type
  - Age
  - Self- or proxy-report.
- QoL data analyzed for:
  - Mean
  - SD
  - Mode.

Quality of Life
QoL is elusive and difficult to quantify.
- In general, QoL remained the same after AWSW participation.
- The use of participant surveys did not produce statistically significant information.

Feasibility
- The analysis of feasibility data collected indicated a need for better recruitment strategies, survey design, and timing of survey distribution.

Design
- Quasi-experimental study.
- Used self- or proxy-report questionnaires.
- Pre- and post-activity data collection time periods.
- Quantitative questionnaire data analyzed for feasibility of measuring QoL perceptions in this population.

Participants
- 13 participants with a disability.
- Recruited through the NMASP Inclusion Criteria:
  - Any documented disability.
  - Participation in NMASP event.

Conclusions
Quantifying QoL perceptions:
- Better instruments and more rigorous research methods need to be developed and implemented in future research.

Ways to improve future QoL data collection methods:
- Reduce survey length.
- Reduce items requiring written response.
- Distribute survey at a time and place that minimizes distractions and environmental discomfort.
- Multiple survey formats (hardcopy and email).

Recommendations
- Participate in NMASP event.
- Use self- or proxy-report questionnaire.
- Pre- and post-activity data collection time periods.

Data
- Processed in Microsoft Excel 2011.
- All data ≥ ±1.5 SD considered meaningful.
- Demographic data analyzed for:
  - Gender
  - Disability type
  - Age
  - Self- or proxy-report.
- QoL data analyzed for:
  - Mean
  - SD
  - Mode.

QoL Perceptions
- No statistically significant data due to small sample size and incomplete participant responses.
- Data indicates that participation in AWSW does not increase participant QoL perceptions.
- Data challenges popular assumptions, and much of the extant body of research.

Results
Feasibility
- Comments indicated that collecting QoL data utilizing a questionnaire format must account for:
  1. Environmental distractions.
  2. Time restrictions.
  3. Caregiver responsibilities.
  4. Survey length.
  5. Complexity.

QoL attribute | Mean Score of Perceived Importance | Pre-Activity/Post-Activity | Difference
--- | --- | --- | ---
Physical health | 4.69 | 4.70 | 0.01
Ability to get around | 4.46 | 4.10 | -0.36
Ability to perform ADLs | 4.23 | 3.90 | -0.33
Ability to concentrate | 4.00* | 3.90 | -0.10
Ability to communicate | 4.08 | 4.50 | 0.42
Flexibility and/or the ability to cope with stressful situations | 4.15 | 3.80 | -0.35
Energy to participate in life | 4.46 | 4.60 | 0.14
Physical fitness | 4.77 | 4.89 | 0.12
Active lifestyle | 4.46 | 5.00 | 0.54*
Feeling of safety | 4.23 | 4.89 | 0.66*
Opportunities for leisure activities | 4.38 | 4.40 | 0.02
Ability to work | 4.08 | 4.10 | 0.02
Personal relationships | 4.15 | 3.56* | -0.60*
Support from friends | 4.46 | 4.40 | -0.06
Community inclusion | 4.58 | 3.70 | -0.88*
Sense of self-confidence and/or self-efficacy | 4.75 | 4.70 | -0.05
Feeling of independence | 4.54 | 4.70 | 0.16
Overall happiness | 4.77 | 4.90 | 0.13

Total Group Attribute mean (SD) | 4.40 (0.25) | 4.37 (0.46) | 0.03 (0.38)

Values ≥ ±1.5 SD from Total Group Attribute Mean in each area.