2024 AgrAbility NTW **New Staff Training**
Atlanta, GA

Monday, March 25, 2024

3:00-3:15 pm

By **Robert J. Fetsch**, Extension Specialist & Professor Emeritus

NAP QOL Evaluation Committee Leader

& NAP Evaluation Committee

AANTW New Staff 3.2524 CSimmons (Rev. 2.2724a)

To "**AgrAbility Quality of Life Study: New Staff Training**"

Who can tell us—
What is AgrAbility's Vision?

Our AgrAbility Vision

"The vision of AgrAbility is <u>to enhance the quality of life</u> for farmers, ranchers, and other agricultural workers with disabilities, so that they, their families, and their communities continue to succeed in rural America."

How will you know that your state project is effective at enhancing your farmers'/ranchers' QOL?

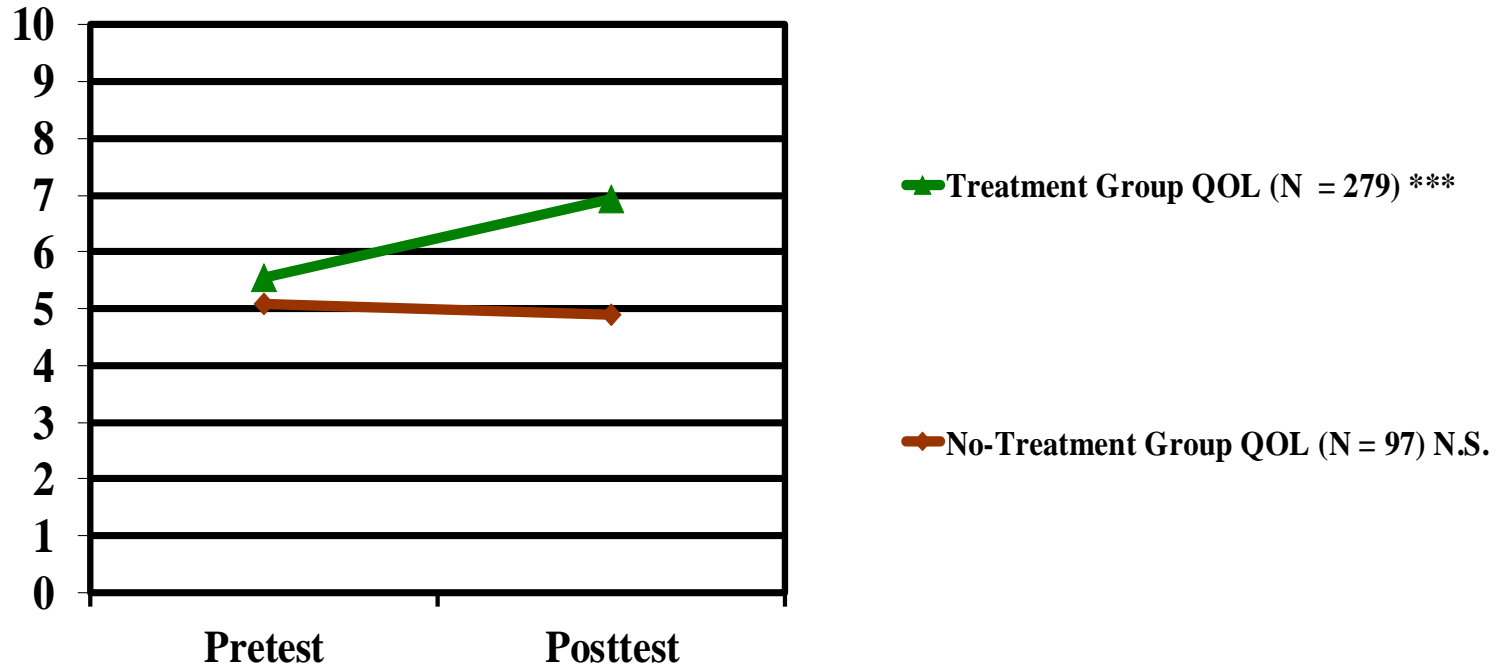# Measures Used in Longitudinal 17-Year, 17-State Study

- McGill Quality of Life (MQOL) Survey

- AgrAbility Independent Living & Working Survey (ILW) **Thank you, Carla Wilhite!**

- NAP Demographic Data **Thank you, Chuck Baldwin!**

- 2/20/2007-2/20/2024 = 17 years.

Who Is an AgrAbility Client?

- An AgrAbility client is an individual with a disability engaged in production agriculture as an owner/operator, family member, or employee who has received professional services from AgrAbility project staff during an **on-site visit**.
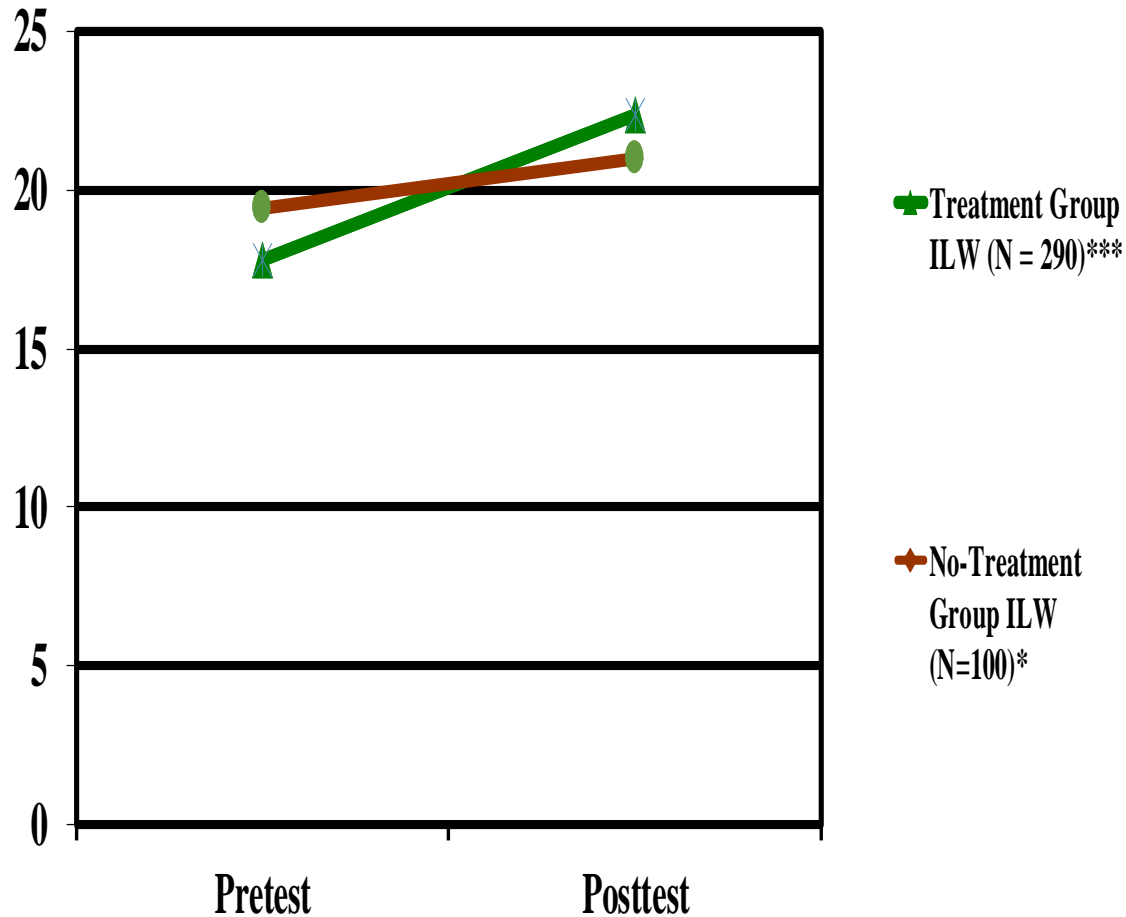
To assess our effectiveness,
how many of us here today are already using the McGill QOL and AgrAbility ILW surveys?

McGill QOL Pretest-Posttest <u>Overall QOL Score Changes</u> for AgrAbility Treatment & Non-AgrAbilityTreatment Comparison Groups

Legend:
- Treatment Group QOL (N = 279) ***
- No-Treatment Group QOL (N = 97) N.S.

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives, 6*(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

ILW Pretest-Posttest <u>Total Score Changes</u> for AgrAbility Treatment and No-AgrAbility Treatment Groups

Treatment Group ILW (N = 290)***

No-Treatment Group ILW (N=100)*

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives, 6*(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

What Have We Learned So Far?

- **77% improved their overall QOL levels** ($N = 216/279$).

- **79% improved their ILW levels** ($N = 230/290$).

- **69% improved all parts of their life**—physical, emotional, social, spiritual, and financial between when they began and completed their work with AgrAbility in 17 states ($N = 205/299$).

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. Medical Research Archives, 6(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762

Want to Learn More?

- Join Chad Reznicek and me **Wednesday March 27 8:00-9:00 AM in the Buckhead Ballroom 1** for "Promoting the Physical and Psychological Wellbeing of AgrAbility Clients."

Further Research Is Needed to Answer...

- What can we **learn from AgrAbility demographics?**

- What can we **learn from those who improved the most and the least?** What did they and their SRAPs do differently?

- **With which disabilities is AgrAbility most effective at improving QOL and ILW?**

How Many SRAPs Are Collecting QOL and ILW Data?

Number SRAPs

Currently unfunded

Comparison Group SRAPs

Treatment Group SRAPs

Please Join Us!
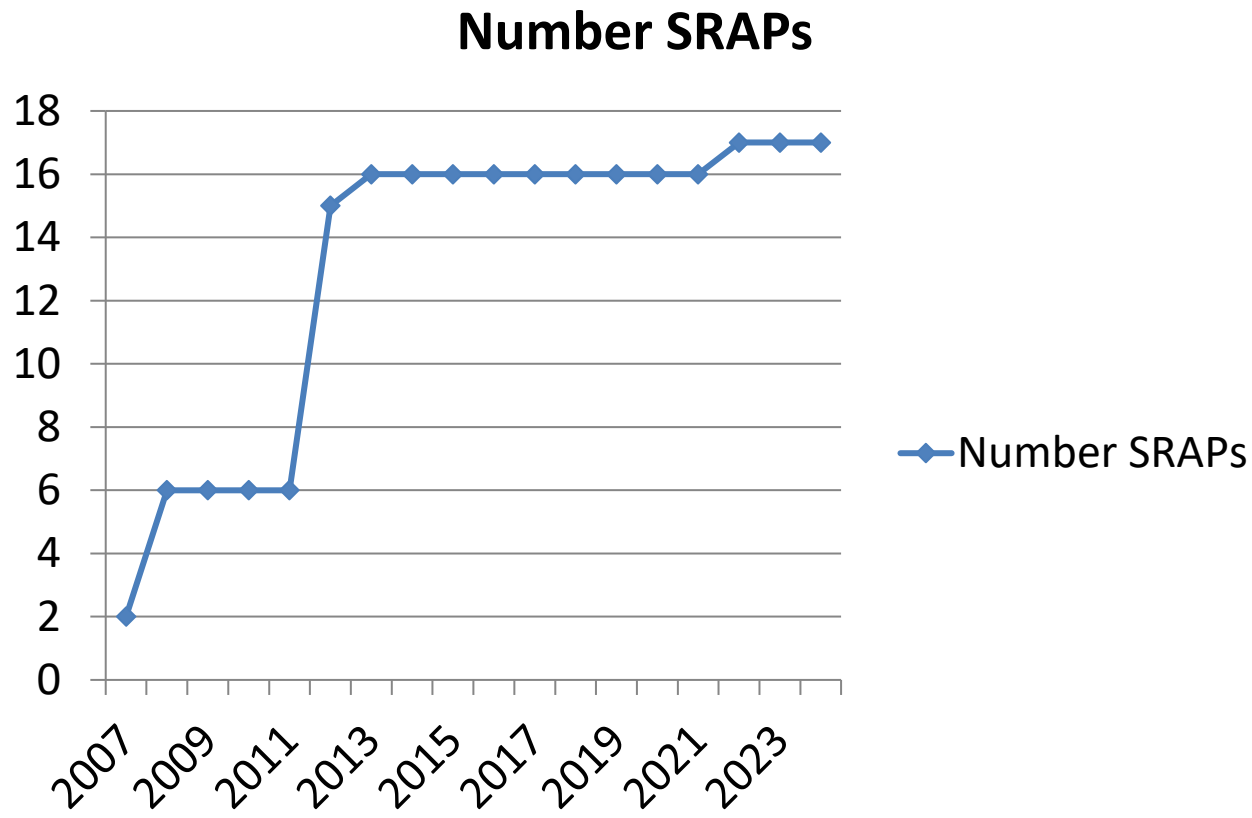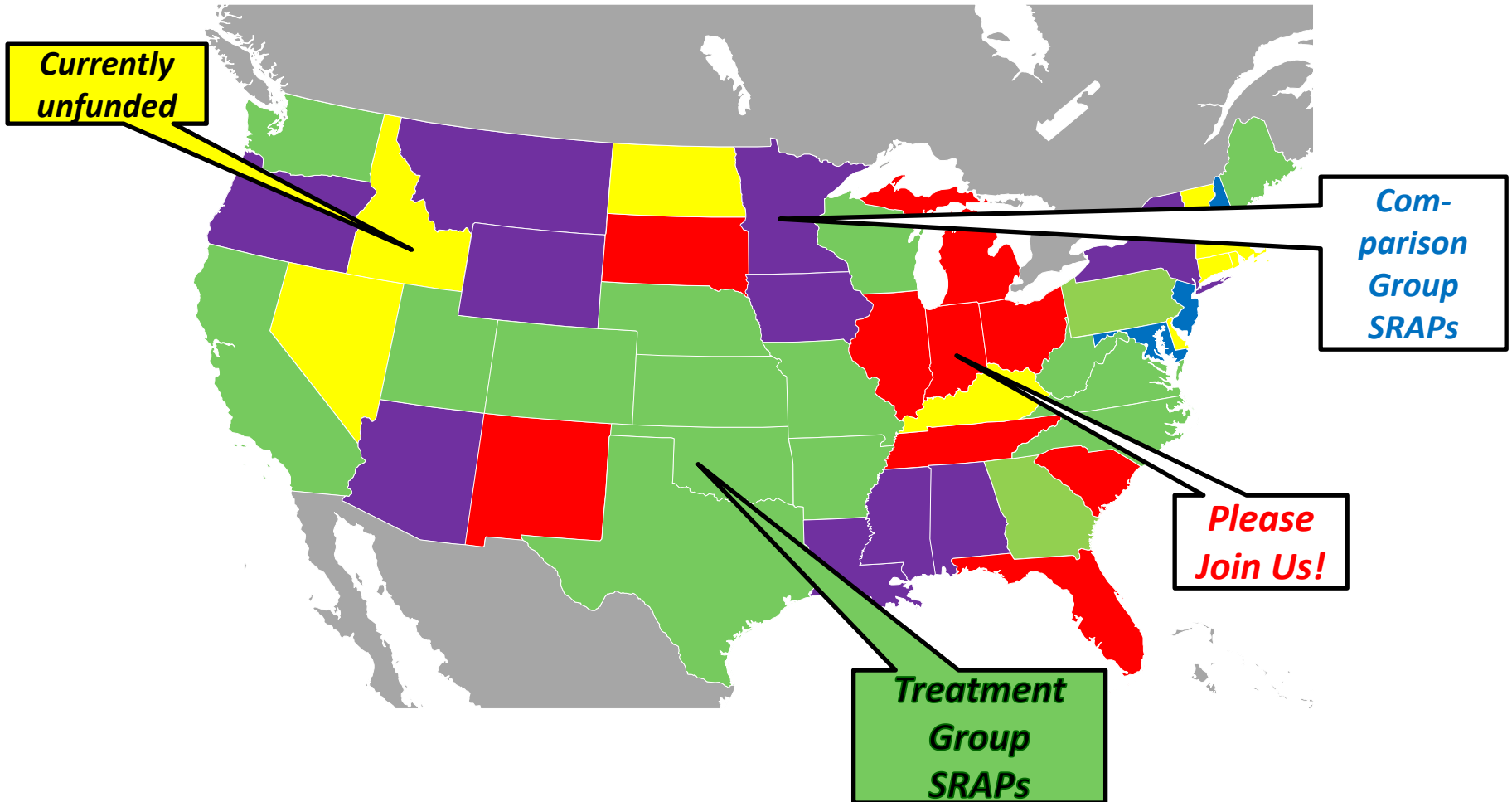
To Answer These Questions...

- More SRAPs are encouraged to **join us especially AK, FL, IL, IN, MI, NM, OH, SC, SD, & TN).**

- SRAPs are encouraged to collect more matched pre-test and post-test data.

Why Join Us?

1. Document your project's *effectiveness* at increasing clients' ILW and QOL levels.

2. Join our 17-SRAP Team to find out what works.

3. Enhance your chances of *receiving funding* next time with empirical evidence of your SRAP's quality and effectiveness. (Cf. *FY 2021 RFA*, pp. 10, 20, 23, 24, and 29.)

4. Increase your chances for *outside funding* by demonstrating your accountability.

5. Contribute to AgrAbility's *Vision*.

Won't You Join Us? Here's How:

1. Send an email to robert.fetsch@colostate.edu.

Questions?
& Answers
Thank you very much!

Emotional Domain

- Farmers/Ranchers are reporting high stress, anxiety, fear, and depression levels.

- We are seeing higher levels of anxiety and fear.

- Most effective treatments of depression?

- 3/4 Americans who die by suicide are _____.

- 5 problems:
  - Stigma
  - Cost
  - Find "agri-culturally sensitive" BH provider.
  - Make first visit with BH provider
  - Follow through

What Have We Learned So Far?

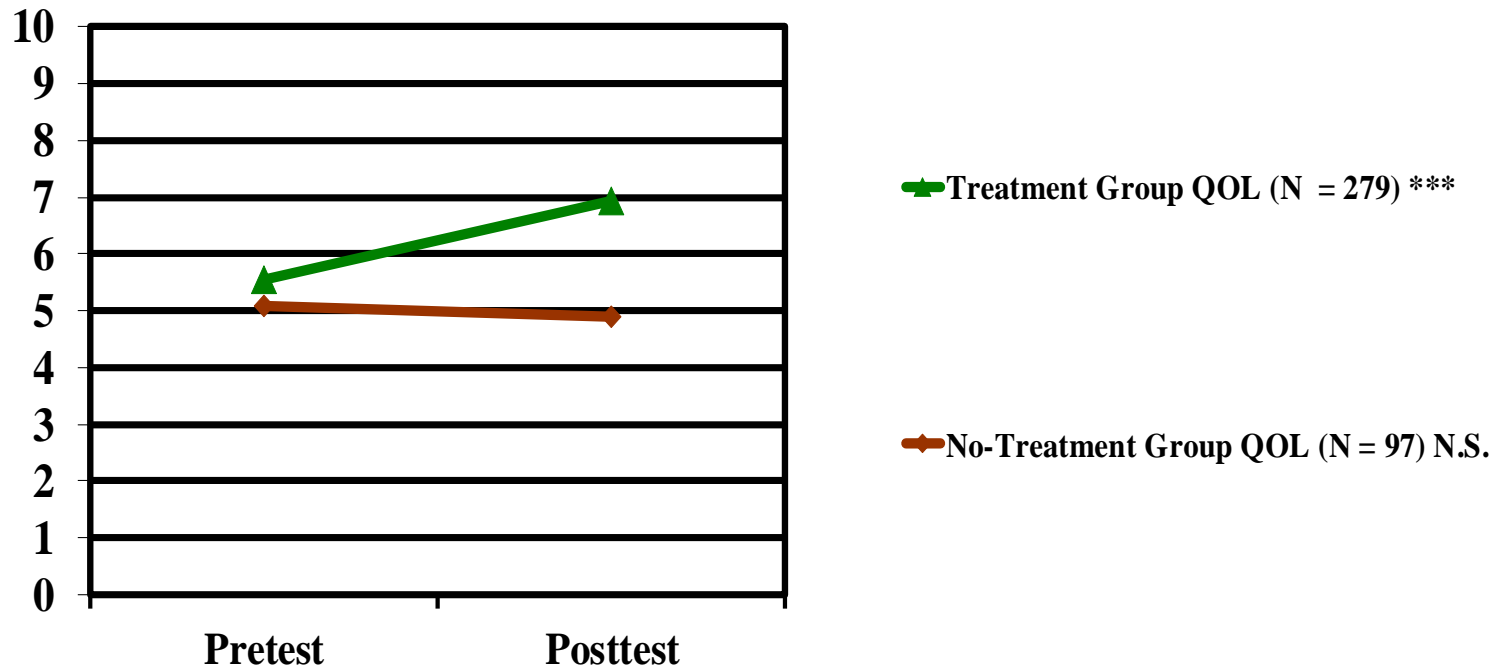- There is **no difference in QOL level by disability type** (N = 398).

Source: Jackman, D. M., Fetsch, R. J., & Collins, C. L. (2016). Quality of life and independent living and working levels of farmers and ranchers with disabilities. *Disability and Health Journal, 9,* 226-233. doi: http://dx.doi.org/10.1016/j.dhjo.2015.09.002

What Have We Learned So Far?

- The **mean QOL level of the AgrAbility group** (N = 279) **improved significantly** (p < .001) while there was **no change** in pretest-posttest QOL levels of a no-treatment comparison group (N = 100).

- The **average ILW level of the AgrAbility group rose significantly** (p < .001) while the comparison group's mean score **rose slightly**.

Source: Fetsch, R. J., & Turk, P. (2018). A quantitative assessment of the effectiveness of USDA's AgrAbility project. *Disability and Health Journal, 11*(2), 249-255. doi: https://doi.org/10.1016/j.dhjo.2017.10.004 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

McGill QOL Pretest-Posttest Total Score Changes
for AgrAbility Treatment & Non-AgrAbilityTreatment Comparison Groups

Treatment Group QOL (N = 279) ***

No-Treatment Group QOL (N = 97) N.S.

Pretest   Posttest

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives, 6*(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

What Have We Learned So Far?

- **77% improved their <u>overall QOL levels</u>** (*N* = 216/279).

- **79% improved their ILW levels** (*N* = 230/290).

- **79% improved all parts of their life**—physical, emotional, social, spiritual, and financial between when they began and completed their work with AgrAbility in 17 states (*N* = 205/299).

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. Medical Research Archives, 6(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762

What Have We Learned So Far?

- The AgrAbility group's **psychological well being levels improved significantly** ($p < .001$) ($N = 316$) as compared with **no change** in a no-treatment comparison group ($N = 99$).

- By the time they completed posttests, AgrAbility participants were **less depressed, less nervous or worried, less sad, and more optimistic about the future.**

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives, 6*(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)
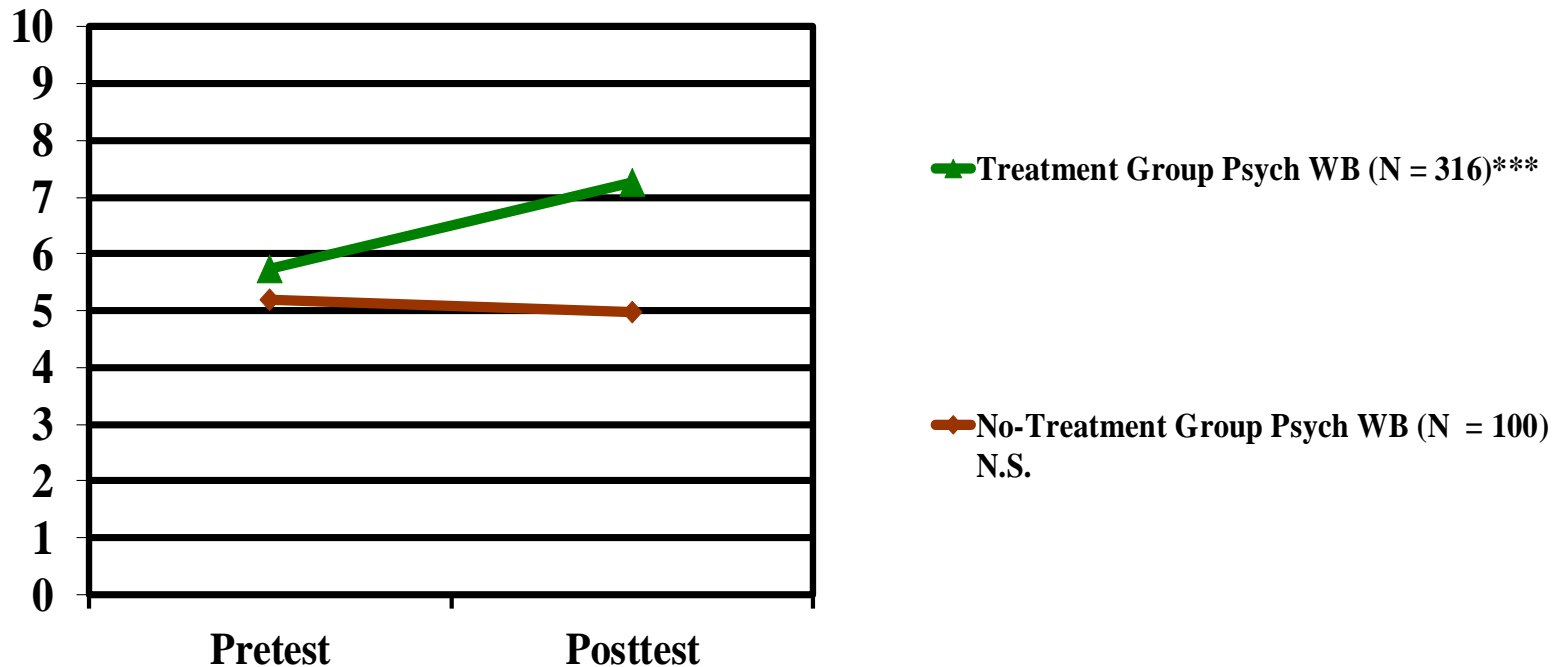
McGill Quality of Life Survey

- "Considering all parts of my life—physical, emotional, social, spiritual, and financial—*over the past two (2) days* the quality of my life has been:

  very bad 0 1 2 3 4 5 6 7 8 9 10 **excellent"**

- **69%** (*N* = 205/299) AgrAbility clients reported improving all parts of their life—physical, emotional, social, spiritual, and financial between when they began and completed their work with AgrAbility in 17 states.

- 17-year longitudinal study (2/20/2007-2/20/2024)

McGill **Physical Well Being** Pretest-Posttest Changes for AgrAbility Treatment & Non-AgrAbilityTreatment Comparison Groups

Treatment Group Physical WB (N = 249, p = .000)

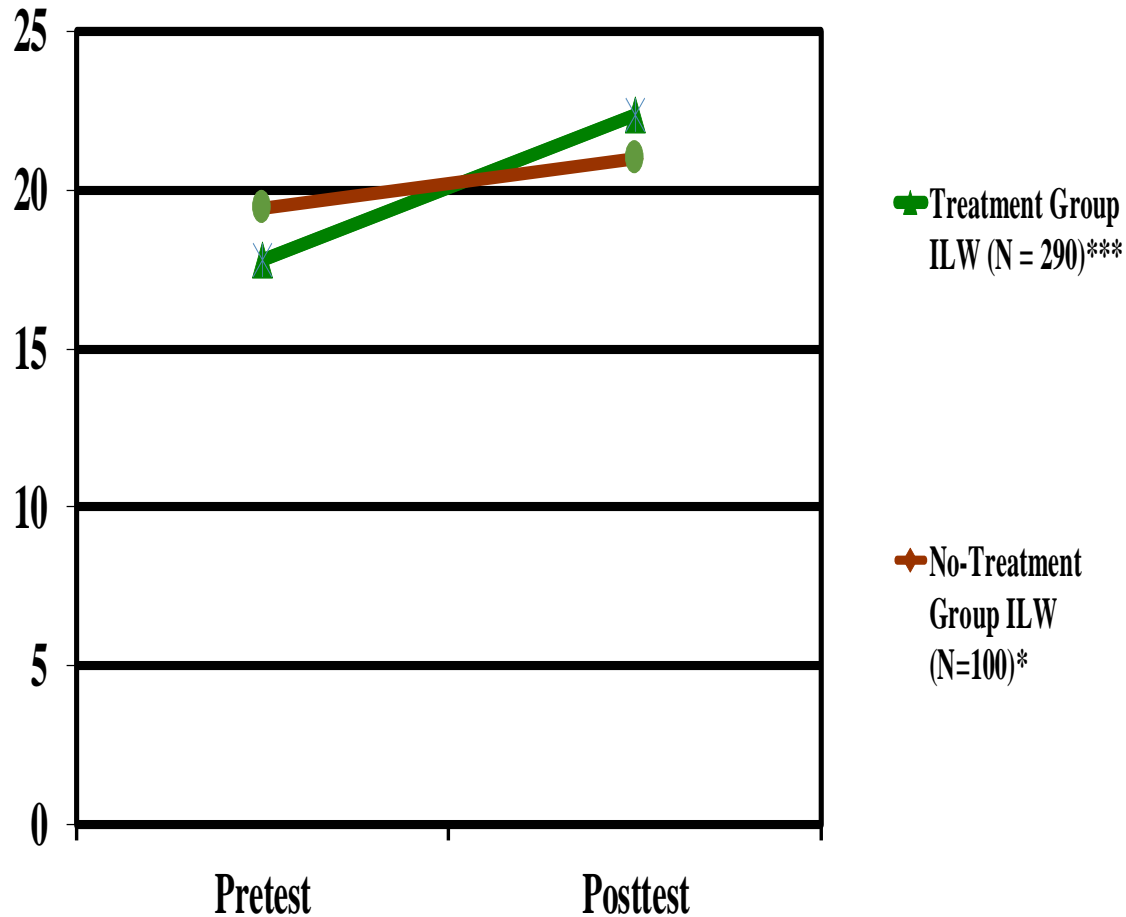No-Treatment Group Physical WB (N = 100, p = .640)
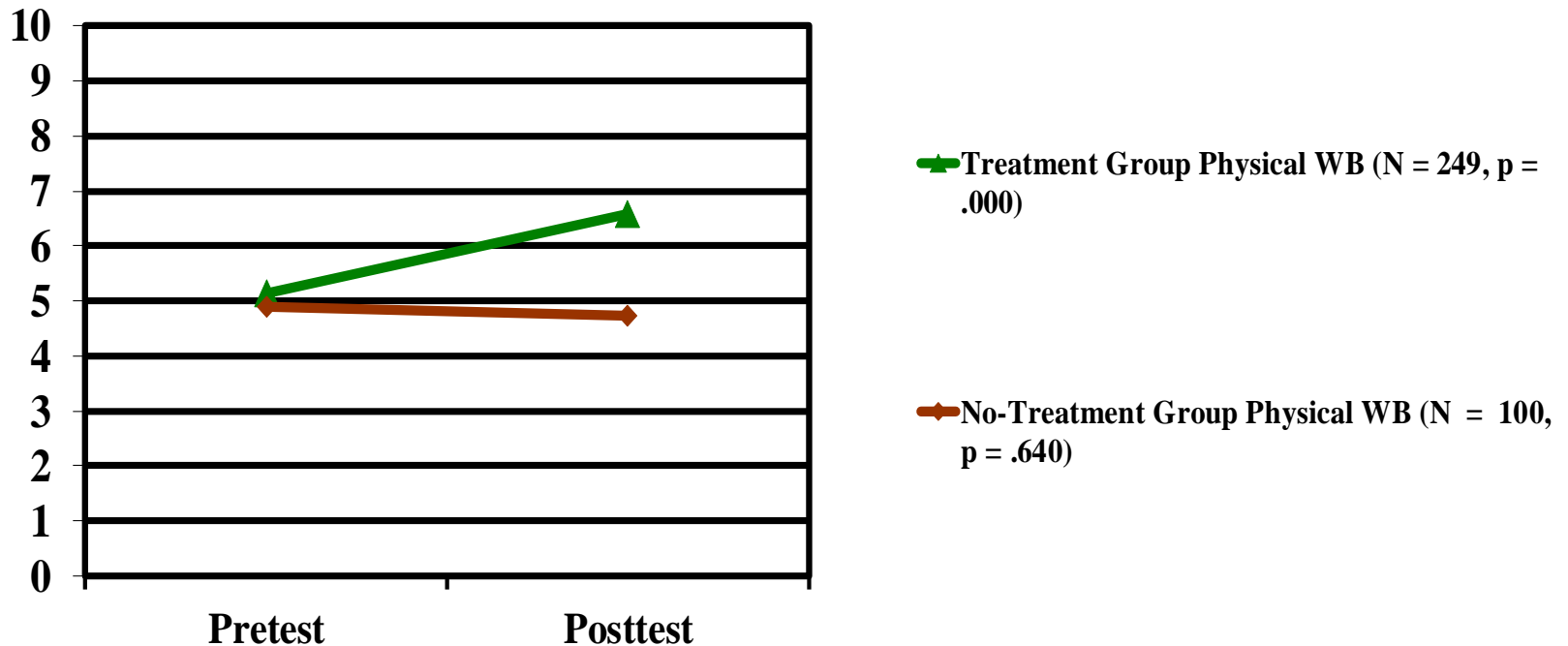
Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives, 6*(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

McGill **Psychological Well Being** Pretest-Posttest Changes for AgrAbility Treatment & Non-AgrAbilityTreatment Comparison Groups

Legend:
- Treatment Group Psych WB (N = 316)***
- No-Treatment Group Psych WB (N = 100) N.S.

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives, 6*(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

ILW Pretest-Posttest Total Score Changes for AgrAbility Treatment and No-AgrAbility Treatment Groups

Legend:
- Treatment Group ILW (N = 290)***
- No-Treatment Group ILW (N=100)*

X-axis: Pretest, Posttest

Source: Fetsch, R. J., & Collins, C. L. (2018). The effects of AgrAbility on the mental/behavioral health of farmers and ranchers with functional limitations: A comparison study. *Medical Research Archives, 6*(2). http://www.journals.ke-i.org/index.php/mra/article/view/1691/1762 & Fetsch AAMcGillQOL10.0522 (Rev. 2.2623)

How Do We Define QOL?

- QOL is a multidimensional construct of a person's overall physical, emotional, social, financial, and spiritual well-being.

Sources:

Bogue P, Phelan J. Exploring the quality of life of farm families in Ireland: implications for extension. J Int Agri Ext Educ. 2005;12(1):79-90.

Cummins RA. Assessing quality of life for people with disabilities. In: Brown RJ., ed. Quality of Life for Handicapped People. Cheltenham, UK: Stanley Thomas, 1997:116-150.

Fetsch, R. J., & Turk, P. (2018). A quantitative assessment of the effectiveness of USDA's AgrAbility project. *Disability and Health Journal, 11*(2), 249-255. doi: https://doi.org/10.1016/j.dhjo.2017.10.004

Hagerty MA, Cummins RA, Ferriss AL. et al. Quality of life indexes for national policy: review and agenda for research. Soc Indic Res. 2001;55(1):1-96.

How Do We Measure
Quality of Life (QOL) Levels?

- The McGill QOL scale is a 17-item scale (0-10) with five subscales…
  - Physical well-being.
  - Physical symptoms.
  - Psychological well-being.
  - Existential/Experiential well-being.
  - Support.

Brad Rein Asked Us to Help Respond.

- So far 17 SRAP's are collecting data from **AgrAbility clients with on-site visits** (AR, CA, CO, GA, KS, ME, MO, NC, NE, OK, PA, TX, UT, VA, WA, WI, & WV).

- They email their QOL data to me at Colorado State University AgrAbility for data entry and analyses.

AgrAbility Quality of Life Study:
New Staff Training

By Robert J. Fetsch (CSU) & Hamida Jinnah (UGA),
Robert Aherin & Chip Petrea (UIL),
Hannah Barthels, Vicki Janisch, & Abigail Jensen (UW),
Sheila Simmons & Kerri Ebert (KU),
Candiss Leathers & Danielle Jackman (CSU/Goodwill Colorado),
Nancy Frecks & Sharon Nielsen (UN),
Linda Fetzer (PSU),
Karen Funkenbusch (UMO),
Rick Peterson (TAMU),
Linda Jaco, Jan Johnston, & Diana Sargent (OSU),
Toby Woodson (UAR),
Richard Brzozowski & Leilani Carlson (UME),
Inetta Fluharty (WVU),
Kirk Ballin (ESVA),
Betty Rodriguez, Michele Proctor & Madeline McCauley (ECU),
Kristen VanValkenburg (WSU),
Esmeraldo Mandujano (UC Davis), &
Rhonda Miller (USU).

What Have We Learned So Far?

- **64% improved their <u>physical</u> well being levels** (N = 160/249).

- **73% improved their <u>physical symptoms levels</u>** (N = 193/265).

Source: Fetsch & Collins, 2018.