

Personal goals of Dutch homeless people

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What did we found?

Findings:

- At entering the social relief system, homeless people have personal goals
- goals predominantly regard socio-economic resources
- goal related self-efficacy is positively related to quality of life

Implications

- personal goals should be the starting point of integrated service programs
- promote goal related self-efficacy by strength based interventions.

Why this study?

- There is considerable insight into the quality of life of homeless people.
- But: very little is known about the goals, expectations, standards and concerns of homeless people.

Personal goals & quality of life

- How do personal goals relate to the quality of life of homeless people?
- Goal related self-efficacy: the extent to which one is confident that a particular goal can be attained.
- Goal related self-efficacy influences quality of life directly and indirectly

Research questions

- 1) What are the personal goals of homeless people when they enter the social relief system?
- 2) What is the goal related self-efficacy for these goals?
- 3) Is goal related self-efficacy related to QoL?

Methods

By survey data on 407 homeless adults upon entry to the social relief system

We examined:

- their personal goals
- the association between their perceived goal related self-efficacy and their QoL

Methods - analysis

The association between self-efficacy & QoL by:

- a hierarchical regression analysis
- relative to factors contributing to QoL, such as demographic characteristics, socio-economic resources, health and service use.

Results - study sample

407 participants

- gender: 80.6% male
- age: average of 40.3 years
- ethnicity: 62.7% non-native Dutch
- educational level: 72.7 % low
- homelessness: 62.8% literally homeless or marginally housed, 37.2% institutionalised

Results - personal goals

	Goal	Self-efficacy	Correlation with QoL
Life domain	<i>n</i> (%)	<i>M</i> (<i>SD</i>)	<i>r</i>
Housing and daily life (n = 405)	382 (94.3)	3.71 (1.19)	.16**
Finances (n = 402)	336 (83.6)	3.53 (1.31)	.15**
Daily activities (n = 400)	265 (66.3)	3.81 (1.19)	.16*
Physical health (n = 403)	253 (62.8)	3.85 (1.17)	.16*
Psychological health (n = 403)	166 (41.2)	3.71 (1.02)	.12
Social relations (n = 401)	170 (42.4)	3.54 (1.21)	.11
General goal related self-efficacy (n = 398)		22.08 (1.50)	.20***

Results - QoL

Variables	correlation with QoL
Age	.21***
Ethnicity	-.11*
Income	.21***
Housing	.14**
Hours of (volunteer) work	.17**
Number of physical complaints	-.14**
Psychological distress score	-.50***
Legal aid	-.12*
Mental health care	-.19***

Step	Variable	ΔR^2	B	SE B	β
1	Gender	.05***	-0.23	.32	-.03
	Age		0.02	.01	.09*
	Ethnicity		-0.13	.27	-.02
	Education		-0.03	.28	-.01
2	Income	.28***	0.01	.00	.14**
	Housing		0.76	.26	.12**
	Hours of (volunteer) work		0.02	.01	.08*
	Number of physical complaints		0.09	.06	.07
	Psychological distress score		-2.03	.22	-.45***
	Legal aid		-0.63	.29	-.09*
	Mental health care		-0.63	.31	-.09*
3	Self-efficacy	.01*	0.05	.02	.09*

Discussion

The aim of this study:

- to investigate the personal goals of homeless adults
- to examine the role of goal related self-efficacy for QoL

Discussion

We found that :

- most goals regarding housing and daily life and finances.
- general self-efficacy beliefs with respect to self-chosen goals were a significant positive predictor of QoL.

Limitations

- results limited to homeless adults who were eligible for registration at the social relief system.
- cross-sectional design: limits the conclusions that can be drawn.

Implications

- homeless people have clear-cut personal goals for their recovery.
- strengths-based approach for vulnerable people: personal goals can provide a starting point for personalised recovery plans
- screening for psychological distress is important

Take home message

- personal goals with respect to socio-economic resources are most salient
- general goal related self-efficacy is an important factor for QoL
- use personal goals as a starting point for the integrated service programs for homeless people

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