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Quantitative analysis of wellbeing and personal goals

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11th European Research Conference on Homelessness

Homelessness and
Social Work in Europe



Friday 23rd September 2016
DGI-byen, Copenhagen, Denmark



Seminar 3: (Room: Enghave Plads, 2nd floor) “Just to Have a Small Place of My Own” – the Case of the Netherlands

Chair: Isabel Baptista, PT

Quantitative Analysis of Wellbeing and Personal Goals

Jorien van der Laan, NL:

In this paper we present data on 407 homeless adults who have just entered the Dutch social relief system. We examined their personal goals of homeless adults and the association between their perceived goal related self-efficacy and their quality of life. Based on a hierarchical regression analysis we analyzed the association between quality of life and goal related self-efficacy, relative to factors contributing to quality of life, such as demographic characteristics, socio-economic resources, health and service use. We found that the majority of homeless adults entering the social relief system have personal goals regarding socio-economic resources and their goal related self-efficacy is positively related to quality of life. Based on these findings we argue that it is important to take the personal goals of homeless people as the starting point of integrated service programs and to promote their goal related self-efficacy by strengths-based interventions.