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The Goodness of Life for Every Alaska Native (GLEAN) Scale

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Background

- Quality of life (QOL) is widely researched; however, Alaska Native (AN) peoples are scarcely represented therein.
- The GLEAN study identified nine QOL domains: family, subsistence, access to resources, health and happiness, traditional knowledge and values, acts of self, providing, sobriety, and healing.

Methods

- Research guided by AN Elder community advisory board
- Participants (N = 500) were AN adults ranging in age from 18-76 (M = 42) and most were women (84%).
- Inclusion was identifying as an AN adult.
- Recruitment was done online and administered through Qualtrics; there was a chance to win 1/3 \$250 gift card.
- Measures were a demographic survey; GLEAN Scale (45 questions based on 9 GLEAN Study domains); WHOQOL-BREF; I COPPE Scale; SWLS; and AN Wellness Survey.

<u>Analyses</u>

- Quantitative, within-subjects design
- Data splitting for cross-validation
- Exploratory factor analysis (EFA)
- Confirmatory factory analysis (CFA)
- · Hierarchical multiple regression

Factor 1: Acts of Self

- 1. Taking care of myself is important to me.
- 2. Education is important to me.
- 3. Setting goals are important to me.
- 4. Making positive choices are important to me.

Factor 5: Providing

15. I provide for my family (e.g.,

money, hunting, food,

16. I contribute to my family's

17. It makes me feel good to

take care of my family.

18. Planning for the future of my

family is important to me.

sewing).

wellbeing.

Factor 2: Traditional Values

- 5. Cultural activities are important to me.
- 6. My traditional values are important to me.
- 7. My traditional language is important to me.
- 8. Learning form my Elders is important to me.

0 1 2 Very much Completely

Not at all

Somewhat

Factor 4: Family

- 12. I feel connected to my family/friends.
- 13. I have family/friends who are supportive of me.
- 14. I feel connected to my community.

Factor 3: Subsistence

- 9. I spend time in nature.
- 10. I gather from the land.
- 11. Subsistence is important to me.

<u>Results</u>

- EFA produced a 5-factor model with 37items..Subscale intercorrelations were moderate to strong and correlations between subscale factors and other measures were significant.
- CFA produced an 18-item model with adequate fit (chi-square/df ratio < 5; CFI ≥ .90; PNFI ≥ .60; IFI ≥ .90; and RMSEA ≤ .08).
- Three multiple regressions revealed that the GLEAN Scale, when controlling for QOL (WHOQOL-BREF), uniquely and significantly contributed to satisfaction with life, AN wellness, and overall wellbeing.

Conclusions

- Limitations include exploratory nature of analyses, the COVID-19 pandemic, and generalizability.
- This is the first validated measure to include culturally AN salient themes and the first for AN adults.
- Future implications exist for AN healthcare, mental health, community health, and research adaptation.

Reference

Crouch, M. C., Skan, J., David, E. J. R., Lopez, E. D. S., & Prochaska, J. J. (2020). Indigenizing quality of life: The goodness of life for every Alaska Native research study. *Applied Research in Quality of Life*, doi:10.1007/s11482-019-09782-5