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More than a Landlord – helping Aboriginal Housing Victoria further meet the needs and aspirations of their Aboriginal tenants

Submission date 06/07/2021	**Recruitment status** No longer recruiting	[_] Prospectively registered [X] Protocol
Registration date 12/07/2021	**Overall study status** Completed	[_] Statistical analysis plan [X] Results
Last Edited 10/10/2023	**Condition category** Other	[_] Individual participant data

Plain English summary of protocol

Background and study aims
The project is evaluating the effect of an Indigenous-led life-coaching service on the health and the cultural and spiritual, social and emotional, wellbeing (SEWB) of Aboriginal people who are tenants of Aboriginal Housing Victoria (AHV).

Who can participate?
Aboriginal and Torres Strait Islander people over 16 years of age who are a tenant of AHV are able to participate.

What does the study involve?
Participants will be invited to complete a survey at three different times over an 18 month period with the help of an Aboriginal researcher employed by Aboriginal Housing Victoria. Survey participants will then be invited to participate in life coaching over the next 18 months to 2 years provided by a life coach employed by Aboriginal Housing Victoria. The life coach will work with participants to identify goals and strategies to achieve those goals.

What are the possible benefits and risks of participating?
The results of the study will help to
• evaluate the implementation of life-coaching and the effect on well-being long-term.
• understand the aspirations of Aboriginal and Torres Strait Islander people and their families
• find new ways to support Aboriginal and Torres Strait Islander people and their families
No risks

Where is the study run from?
The study is run from the University of Melbourne in partnership with Aboriginal Housing Victoria (Australia)

When is the study starting and how long is it expected to run for?
August 2019 to April 2023

Who is funding the study?
The National Health and Medical Research Council (Australia)

Who is the main contact?
Dr Alison Brown, alison.brown@unimelb.edu.au

Contact information

Type(s)
Public

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Additional identifiers

Study information

Scientific Title
Responding to Aboriginal and Torres Strait Islander aspirations – helping Aboriginal Housing Victoria further meet the needs and aspirations of their Aboriginal tenants

Acronym
MTAL

Study objectives
Among Indigenous people in Victoria, an Indigenous-led life-coaching service that is culturally responsive, context specific and focuses on aspirations will:
1) Support Aboriginal people to progress towards their self-determined health and wellbeing aspirations
2) Improve the social and emotional wellbeing of individuals and their families

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 09/02/2021, University of Melbourne Medicine and Dentistry Human Ethics Sub-Committee (Human Ethics Team, Office of Research Ethics and Integrity, Research, Innovation &

Commercialisation, Level 5, Alan Gilbert Building, 161 Barry Street, Carlton, The University of Melbourne, Victoria 3010 Australia; no telephone number provided; humanethics-enquiries@unimelb.edu.au), ref: 2020-13595-13162-4

Primary study design
Observational

Study design
Single centre observational prospective cohort study

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Social and emotional wellbeing

Interventions
All tenants of Aboriginal Housing Victoria in 3 Victorian regions are invited to participate in a survey of social and emotional wellbeing (SEWB), containing items consistent with key categories of SEWB as understood and defined by Aboriginal and Torres Strait Islander peoples, and key demographics, administered by Aboriginal and Torres Strait Islander peer researchers at baseline, 6 and 18 months. Survey participants are then invited to participate in strengths based life coaching for a duration of up to 18 months. Life coaches will work with tenants who agree to life coaching on identifying goals and implementing actions. Progress with life coaching goals and actions will be documented on an electronic support plan. Every 3 months the life coach will update the support plan and administer a short pulse check survey, which will prompt the tenant to reflect on their progress and their strengths. At the time of the 18-month survey, peer researchers will invite all life coaching participants to participate in a semi structured interview exploring their experience of life coaching.

Intervention Type
Behavioural

Primary outcome(s)
Social and emotional wellbeing as a multidimensional concept is measured via the following domains and survey items at baseline 6 months and 18 months:
1. Education, Employment & Finances - survey items on Highest level of education completed, employment status, barriers to employment, spending, bill payments, bill stress
2. Family structure and parenting - survey itemson on Number of children birthed/adopted /cared for, dependents/age/relationship, Strengths-based parenting tool
3. Out of Home Care - survey items on Removals/child protection services, age of housing independence, cultural placement plan
4. Culture and Community - survey items
5. Cultural safety - survey items on Connection to culture and community, community attitudes
6. Service Use - survey items on Service use and availability
7. Self determination - survey items on Choice and control in decision making on issues
8. Health - survey items on Health Conditions, Euroqual 5D-5L, disability, smoking
9. Wellbeing - survey items from Kessler-5, Mental Health Continuum, Aboriginal Resilience and Recovery Questionnaire
10. Housing - survey items on Number and type of occupants, household amenities, financial stress due to tenancy

11. Family violence - survey items on Experience of controlling, unsafe or threatening behaviour
12. Goal setting question - survey items on key categories of goals/aspirations

Key secondary outcome(s)
1. Achievement of goals measured using support plan over 18 months
2. Development of strengths and experience of life coaching measures measured using pulse check survey every 3 months for up to 18 months
3. Experience of life coaching measured by semi structured interview at 18 months

Completion date
01/04/2023

Eligibility

Key inclusion criteria
1. Tenant of Aboriginal Housing Victoria
2. Identifies as Aboriginal or Torres Strait Islander
3. 16 years and over

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
16 Years

Sex
All

Total final enrolment
95

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
13/04/2021

Date of final enrolment
31/12/2021

Locations

Countries of recruitment
Australia

Study participating centre
Aboriginal Housing Victoria
125-127 Scotchmer Street
Fitzroy North
Melbourne
Australia
3068

Sponsor information

Organisation
University of Melbourne

ROR
https://ror.org/01ej9dk98

Funder(s)

Funder type
Government

Funder Name
National Health and Medical Research Council

Alternative Name(s)
National Health and Medical Research Council, Australian Government, NHMRC National Health and Medical Research Council, NHMRC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Australia

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are not expected to be made available. Participants, who are from vulnerable communities, are assured anonymity and the plain language statement confirms to participants that only aggregate data will be presented in publications. No consent is sought from participants to make the data publicly available, nor is it being sought from the study partner Aboriginal Housing Victoria who facilitated data to be collected from consenting tenants in their social housing properties. Reasonable requests for restricted access to the underlying data can be sent to the Human Research Ethics Committee at The University of Melbourne (HREC ID: 2020-13595-13162-4) at the following email address: HumanEthics-Enquiries@unimelb.edu.au.

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	Results of the survey of social and emotional wellbeing (SEWB)	06/10/2023	10/10/2023	Yes	No
Protocol article	protocol	23/07/2021	26/07/2021	Yes	No
Participant information sheet	version v3	01/10/2020	26/07/2021	No	Yes
Participant information sheet	version v3	01/10/2020	26/07/2021	No	Yes