Basic psychological need satisfaction of adolescents with a visual impairment: effectiveness of a community-based **mentoring program**

Eline Heppe, Agnes Willemen, Sabina Kef, & Carlo Schuengel

RESEARCH TEAM

Dr. Eline Heppe

Mentor Support

Dr. Sabina Kef

Dr. Agnes Willemen

Prof. Carlo Schuengel

Dr. Janis Kupersmidt

Dr. Deborah Gold

VISUAL IMPAIRMENT

Mobility

Communication skills

Accessibility

Social participation

Social relations

Work/education

Leisure activities

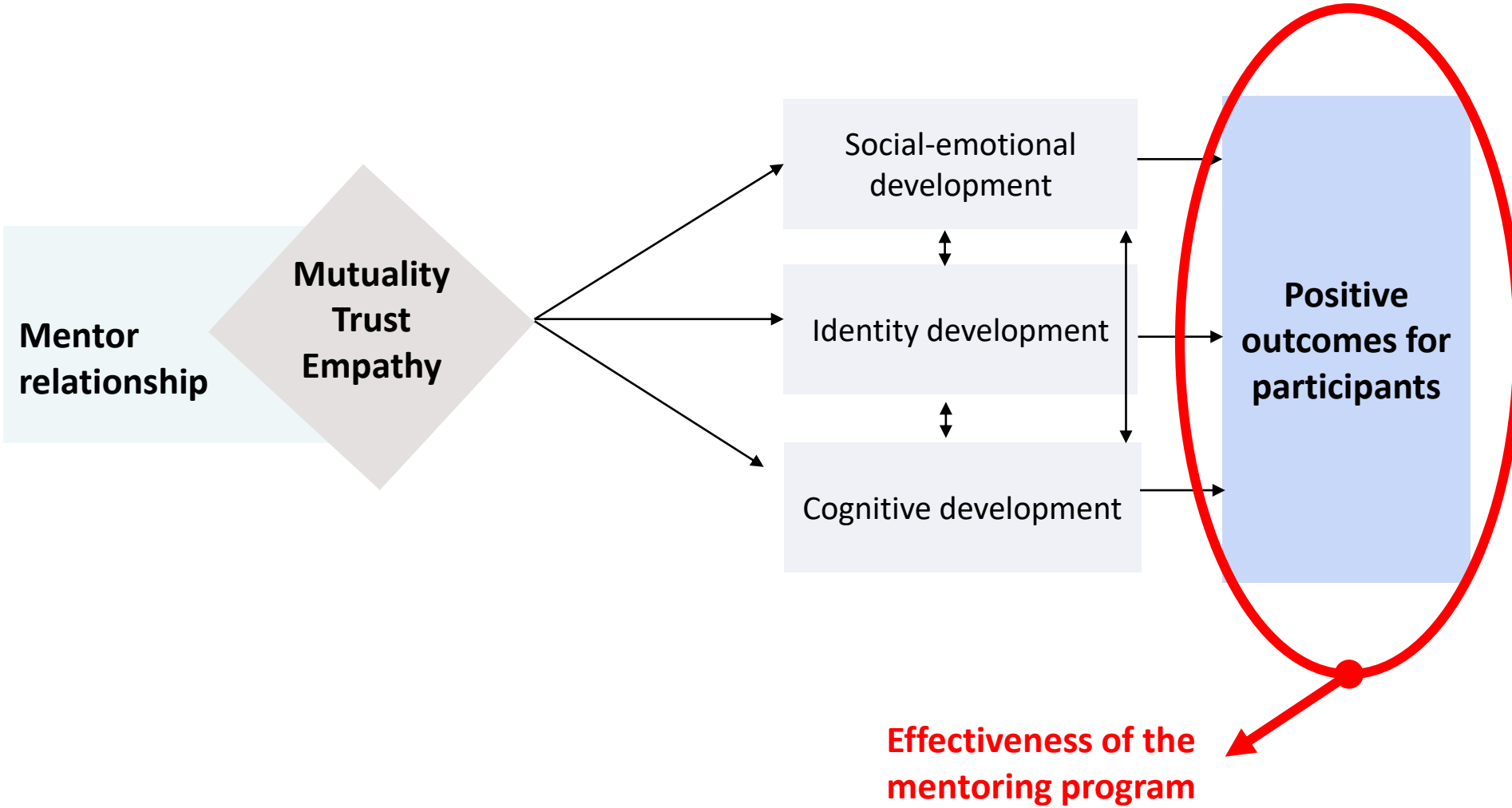
Basic psychological needs

INTRODUCTION

Many theories show the importance of social support

- Bronfenbrenner (1979) – *Ecological Systems Theory*
- Vygotsky (1986) – *Social Development Theory*
- Deci & Ryan (2000) – *Self-determination Theory*

MENTORING



Rhodes 2002

BASIC PSYCHOLOGICAL NEEDS

Humans' three basic needs

Competence → Performing activities within the zone of proximal development

Relatedness → Supportive and caring relationship with non-parental adult (mentor)

Autonomy → Activities based on mentees' interests and self-designed goals

METHOD

Participants (mentees)

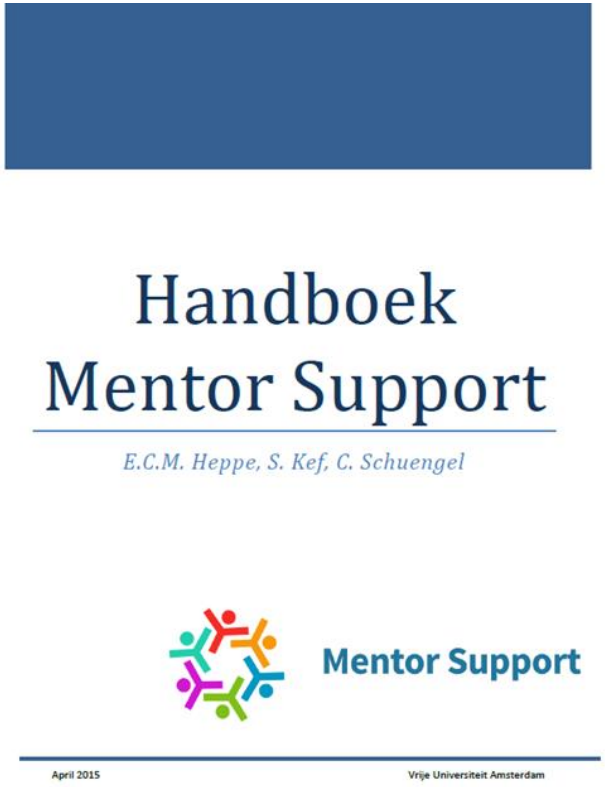
- ✓ Inclusion criteria
  - Visual Impairments (VI)
  - Aged between 15 – 22 years
  - Living in the Netherlands

- ❖ Exclusion criteria
  - Severe additional impairments
  - Not mastering the Dutch language

Heppe, Kef, & Schuengel (2015)

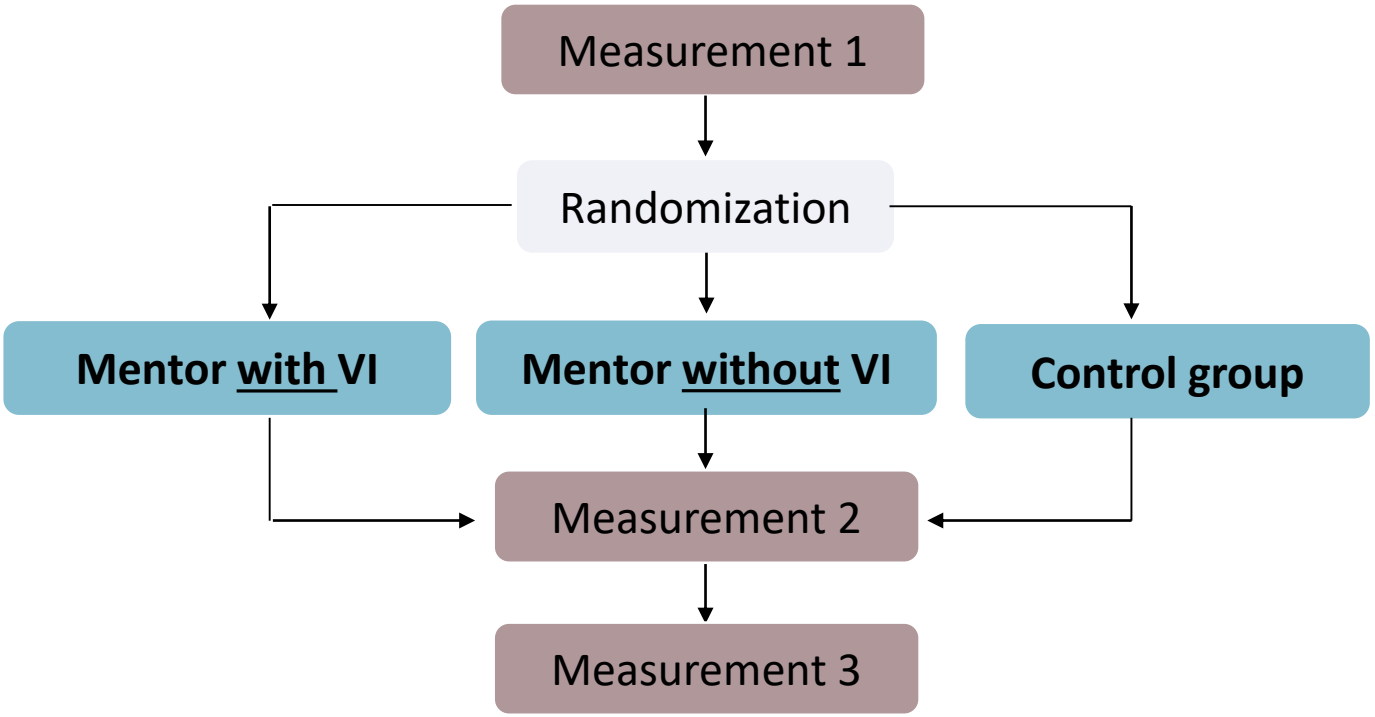
INTERVENTION

- One-on-one meetings
- Activities were mostly performed outdoors
- Weekly contact by phone
- 12 months
- Mentor Support handbook



STUDY DESIGN

Randomized Controlled Trial



Heppe, Kef, & Schuengel (2015)

METHOD

- Participants *(N = 76)*

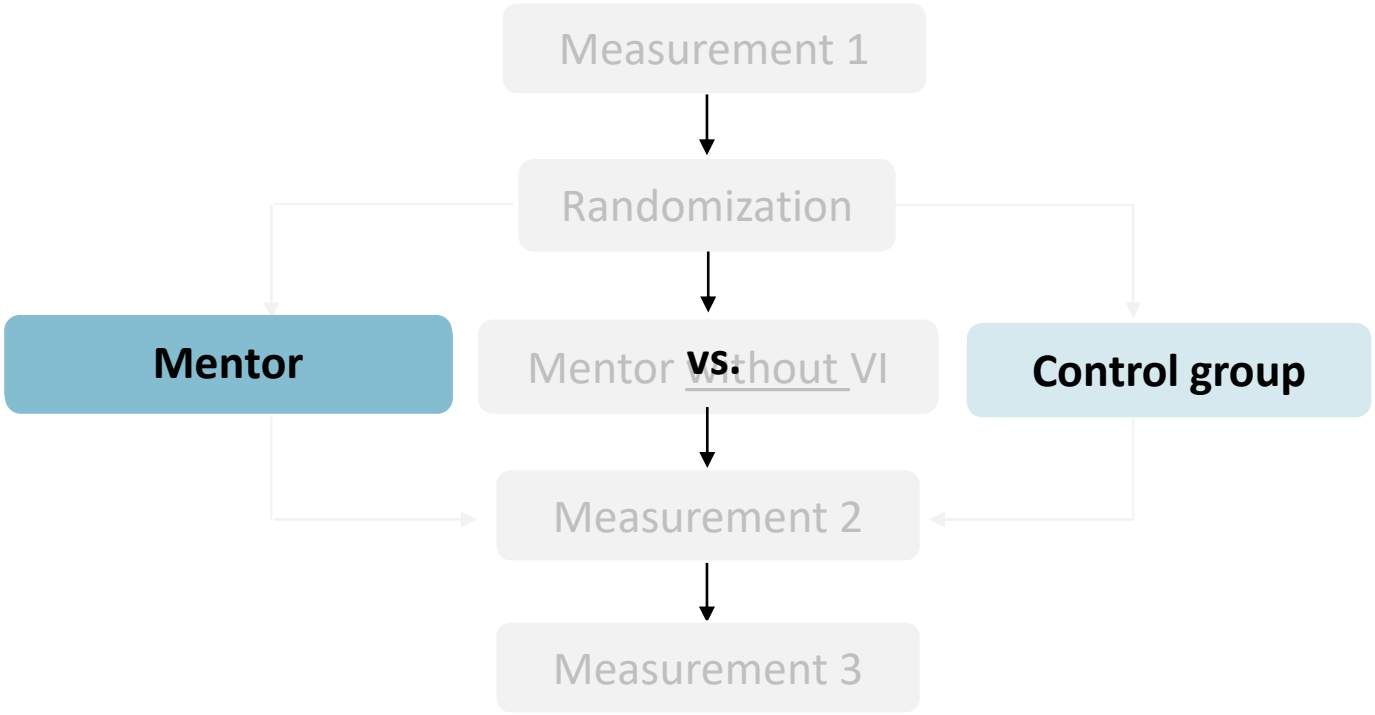
Mean age	18 years
Female	46%
Male	54%
Blind	27%
Low sighted	73%
Special education - Yes, ever	33%
Special education - Never	67%
Onset - Birth	70%
Onset - Post-natal	30%

- Computer assisted telephone interviews (CATI)
- Questionnaire:
  - Basic Psychological Need Satisfaction and Frustration scale (Chen et al. 2015)

Heppe, Willemen, Kef, & Schuengel (Under review)

RESULTS

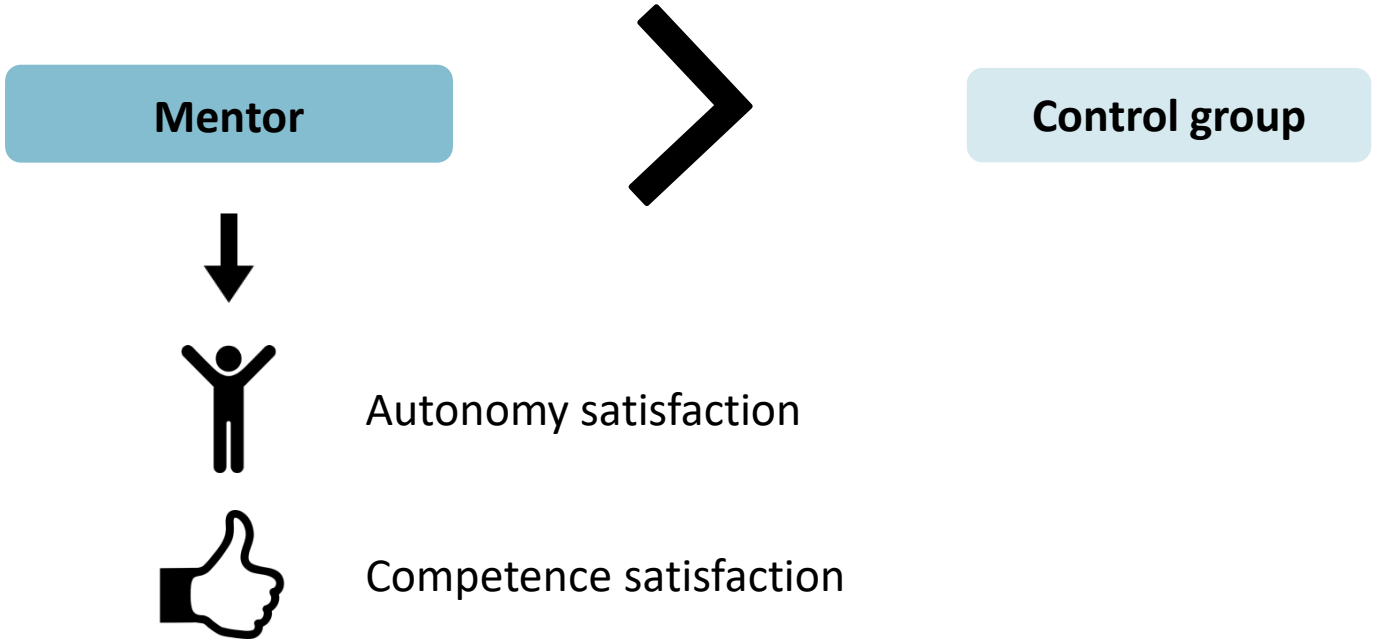
Basic psychological need satisfaction



N = 76

RESULTS

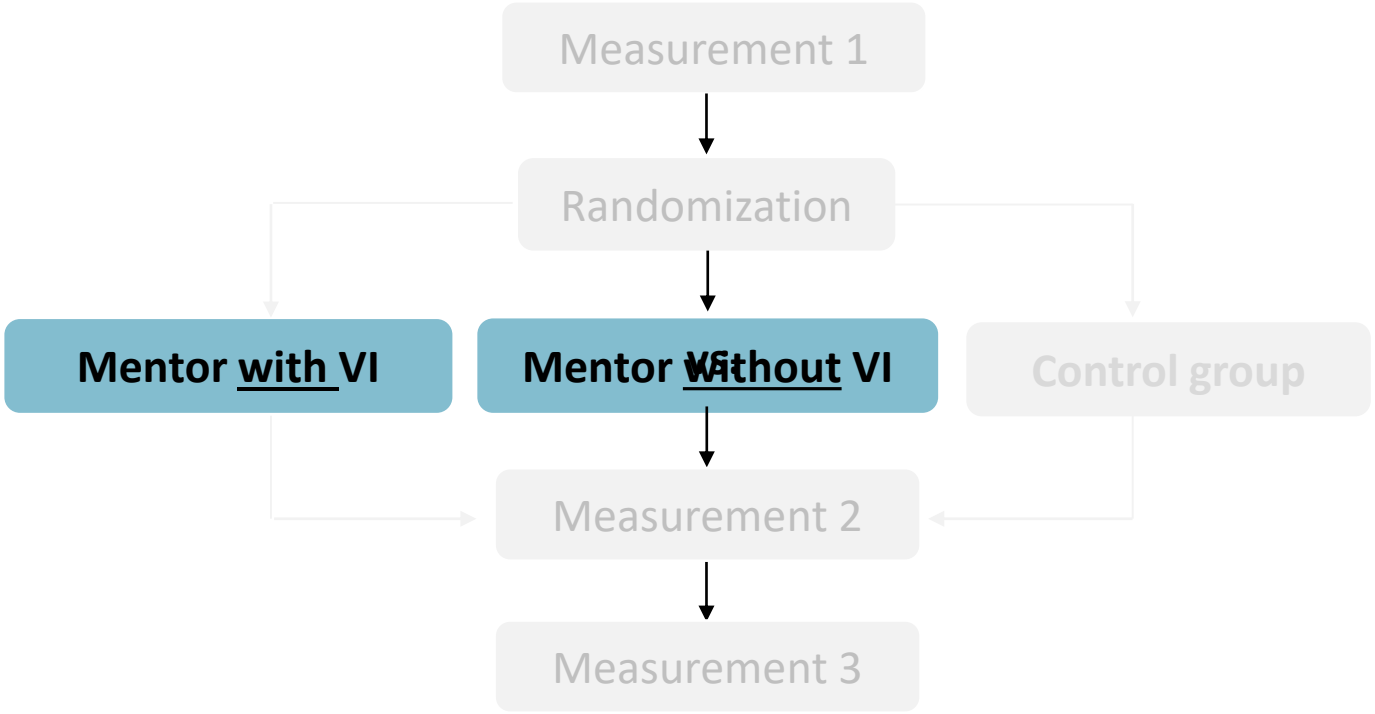
Basic psychological need satisfaction



N = 76

RESULTS

Basic psychological need satisfaction



N = 51

RESULTS

Basic psychological need satisfaction

Mentor <u>with</u> VI = **Mentor <u>without</u> VI**

N = 51

DISCUSSION

Conclusion

- Participating in the mentoring program enhanced two of the three basic psychological needs, namely: autonomy and competence satisfaction
- Mentors with a visual impairment were as effective as mentors without a visual impairment on youth outcomes. However, a higher level of pre-mature closure was found in matches with a mentor with a visual impairment
- Mentoring can be provided as an additional program to care-as-usual for youth with a visual impairment

Future research

- *Autonomy supportive parenting* within families of youth with and without disabilities

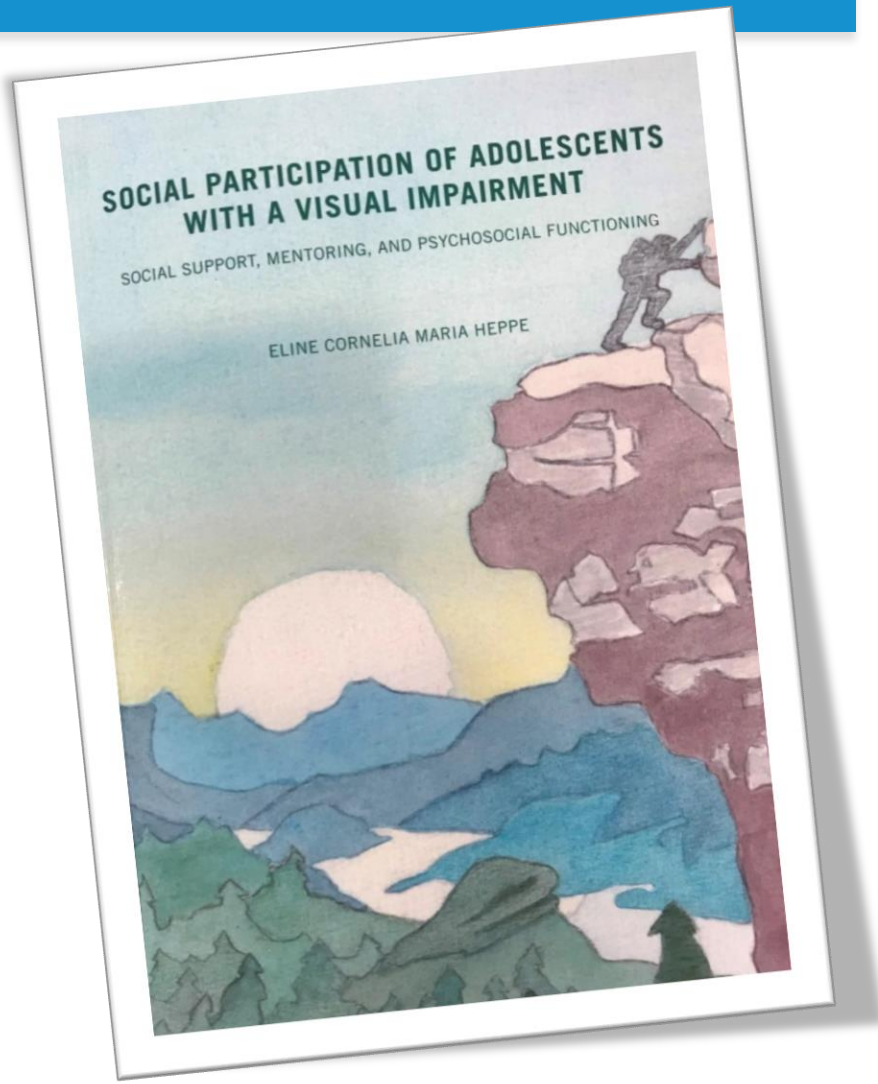
VU

ACKNOWLEDGMENTS

- Participants
- Research assistants
- Students
- Funders:

Bartiméus fonds
voorheen Vereniging Bartiméus Sonneheerdt

ZonMw
InZicht



Thank you for your attention!

Eline Heppe
e.c.m.heppe@vu.nl

VU