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FINAL

MULTINATIONAL

REPORT

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FINAL MULTINATIONAL REPORT

1. INTRODUCTION

Inclusive family sport for children and adolescents with disabilities aged 6 to 18 years is of utmost importance to prevent sedentary lifestyle and obesity in this group (Carbone et al., 2021; Middelbeek & Breda, 2013). For this, the role of families is essential, so that they accompany, encourage and motivate children and adolescents with disabilities to carry out and enjoy sports practice (Bloemen et al., 2015; Li et al., 2016; MacEachern et al., 2022).

The aim of this final multinational report is to analyse good practices and experiences related to the methodology of inclusive family sport in children and adolescents with disabilities aged 6 to 18 in the countries participating in the Train4Family project. This analysis will allow the development of strategies to prevent sedentary lifestyle and obesity in this group.

The hypothesis is that there will be some common points in all the countries analysed but also differences between them, which would allow for the implementation of a common strategy and intervention but with the necessary variations depending on the context and specific circumstances of each country.

2. METHODS

2.1. Sample

The following seven countries were analysed: Bulgaria (n=29), Italy (n=13), Turkey (n=12), Croatia (n=11), Spain (n=8), Slovenia (n=7), and Bosnia (n=6). Thus, the total sample consisted of 86 family members of children and adolescents with disabilities aged 6 to 18 years who practice inclusive sport.

2.2. Instrument and procedure

To this end, a Family Satisfaction Survey was designed and applied to assess family satisfaction with the organizations that provide these sports services. The dimensions evaluated in this questionnaire were the following: Dimension 1: Communication and information; Dimension 2: Resources, programs and services; Dimension 3: Training and capacity building; Dimension 4: Coordination, transparency, monitoring and satisfaction. The questionnaire has a total of 24 items, 6 in each dimension. The items are rated using a scale from 1 to 10, where 1 means "very dissatisfied" and 10 means "very satisfied". The questionnaire was translated into the seven languages of the seven participating countries and was completed online by the participants.

2.3. Statistical analysis

Frequencies and percentages were calculated for each of the items in the questionnaire, and a segmentation was also carried out by country in order to assess the differences between the seven participating countries. The results are presented in bar graphs and pie charts.

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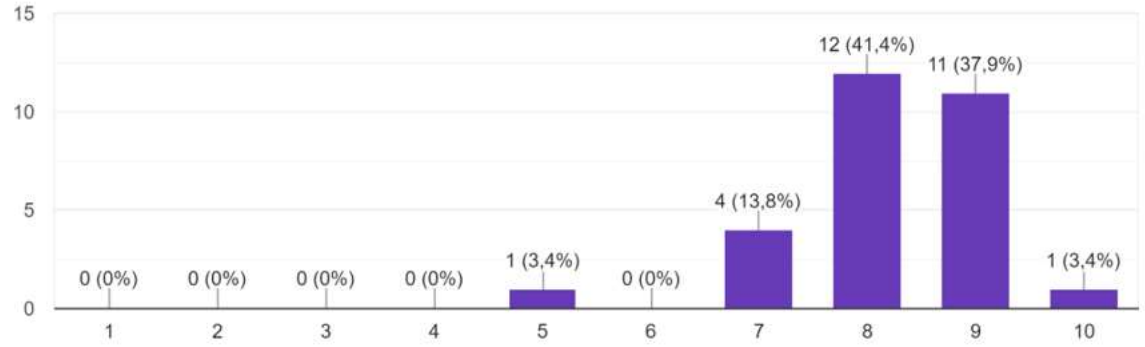
3. RESULTS

DIMENSION 1: COMMUNICATION AND INFORMATION.

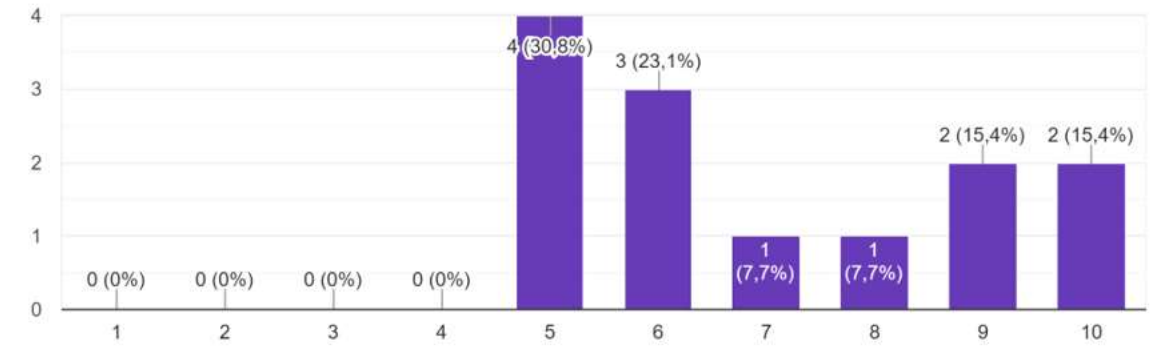
1. How would you rate the effectiveness of current communication with organizations that support people with disabilities?

Satisfaction with this question ranged between the following values: Bulgaria (5-10), Italy (5-10), Turkey (4-10), Croatia (5-9), Spain (5-9), Slovenia (3-10), and Bosnia (3-9).

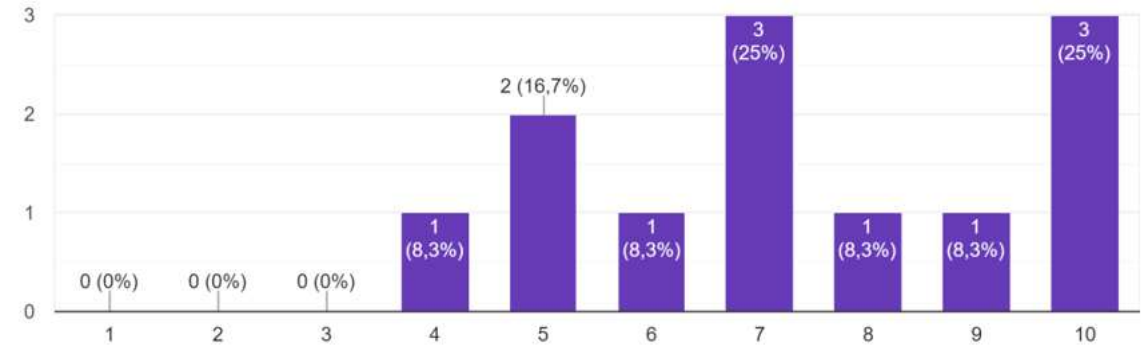
BULGARIA (n=29)



ITALY (n=13)

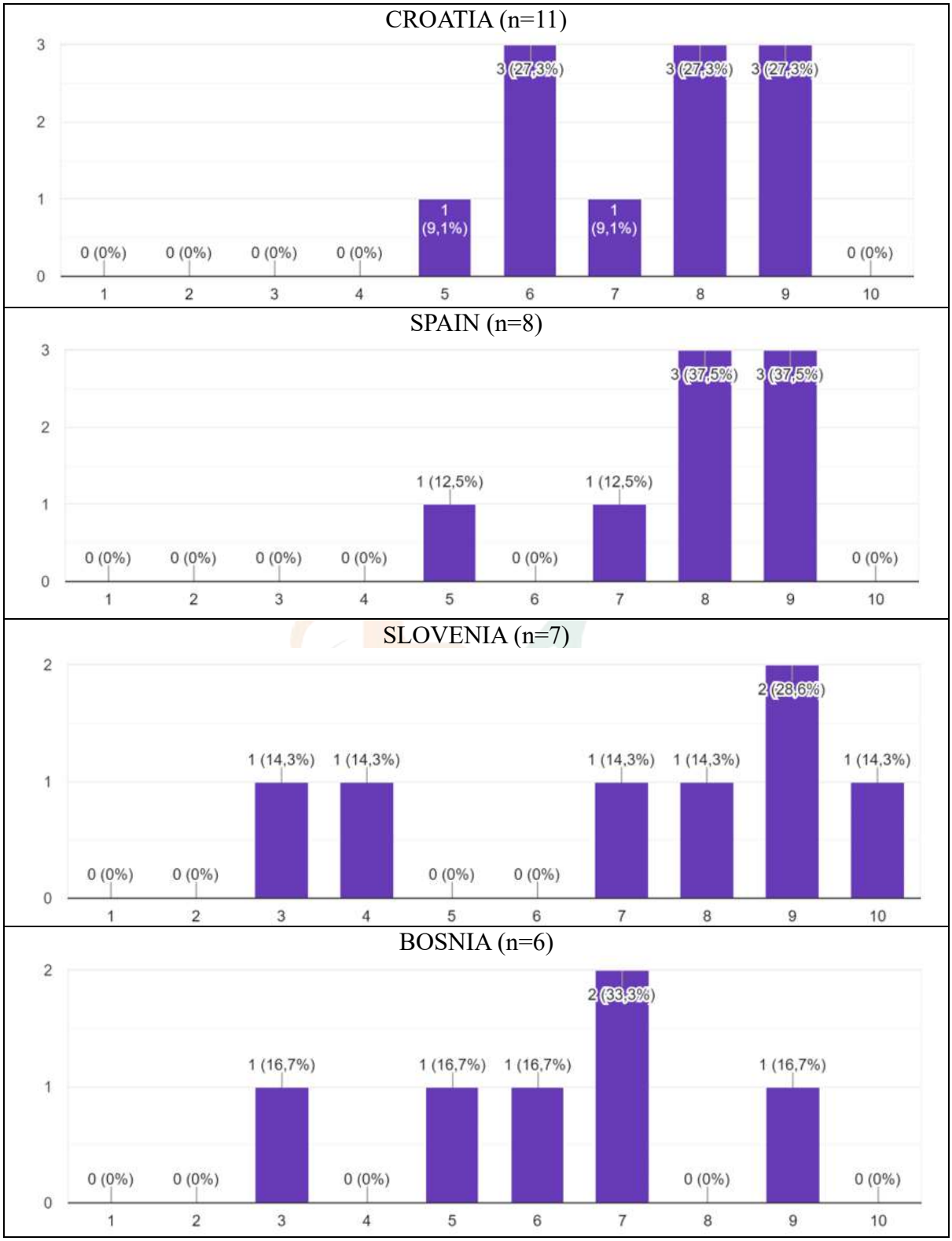


TURKEY (n=12)



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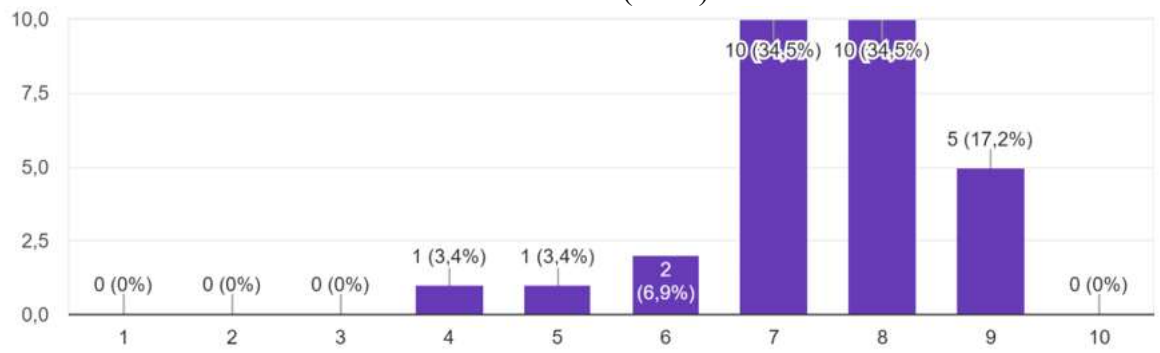


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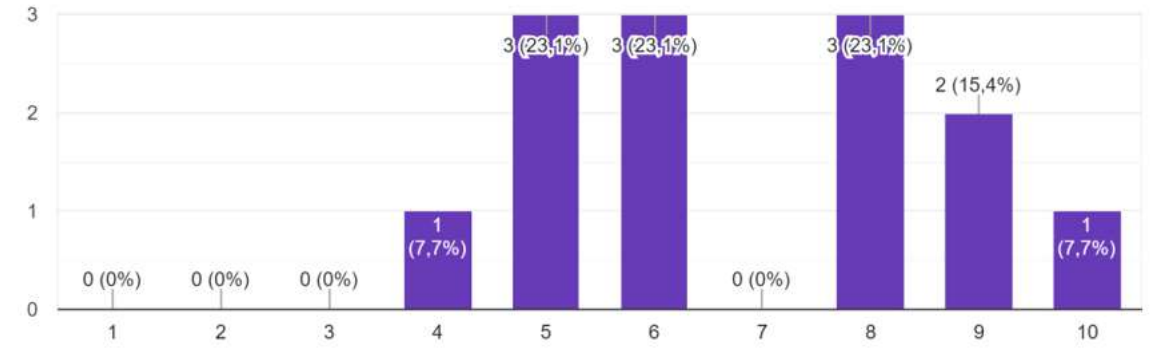
2. What do you think of the communication channels available to interact with these organizations?

Satisfaction with this question ranged between the following values: Bulgaria (4-9), Italy (4-10), Turkey (3-10), Croatia (5-10), Spain (4-9), Slovenia (3-10), and Bosnia (3-8).

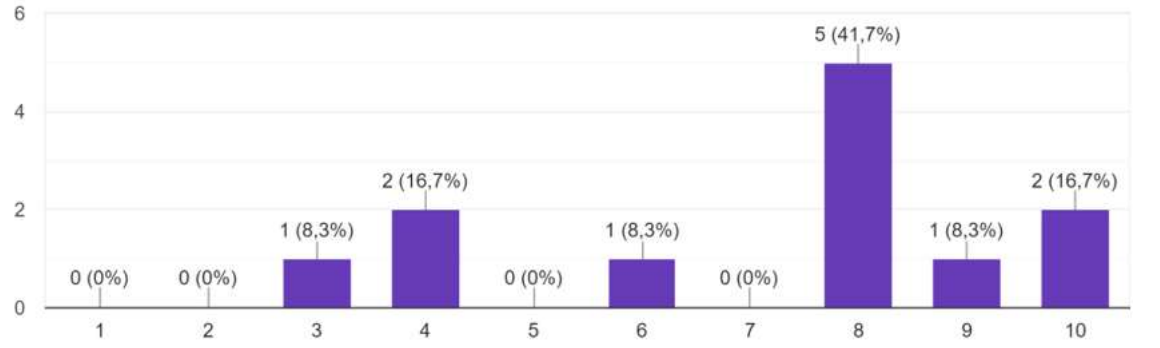
BULGARIA (n=29)



ITALY (n=13)

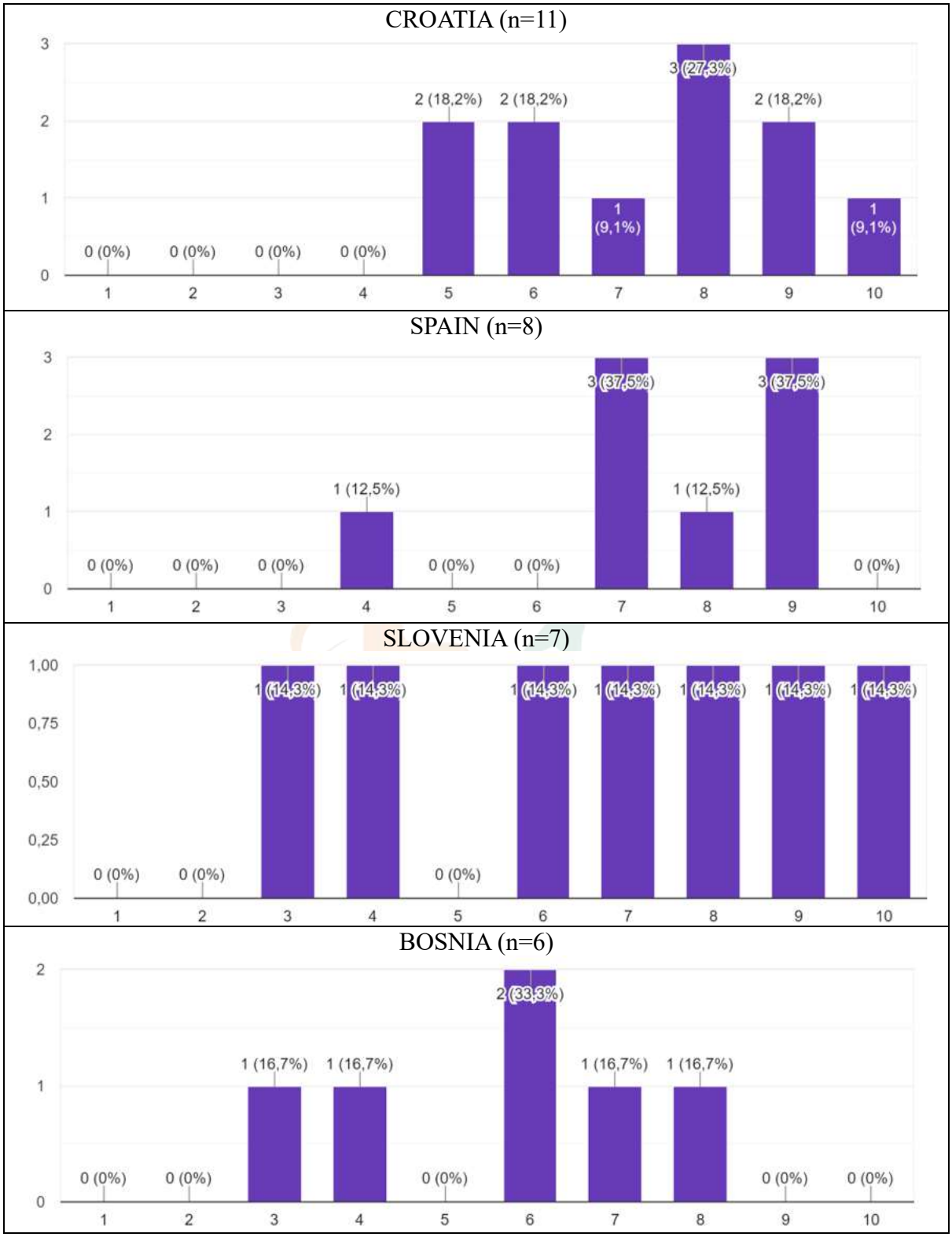


TURKEY (n=12)



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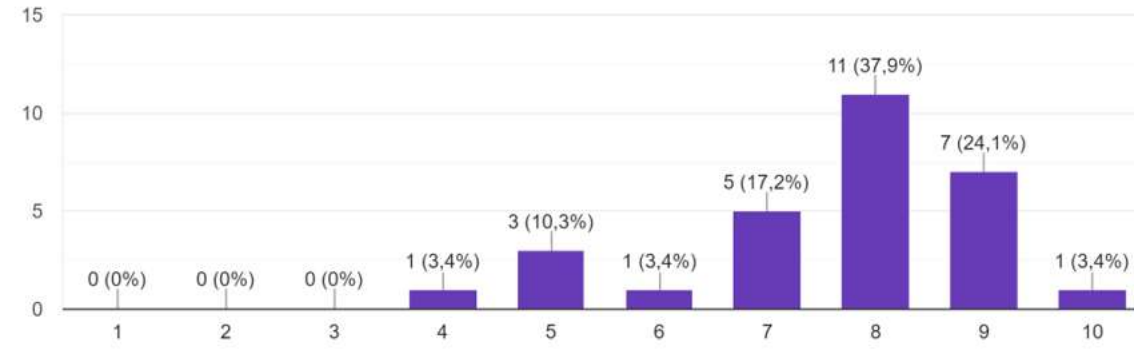


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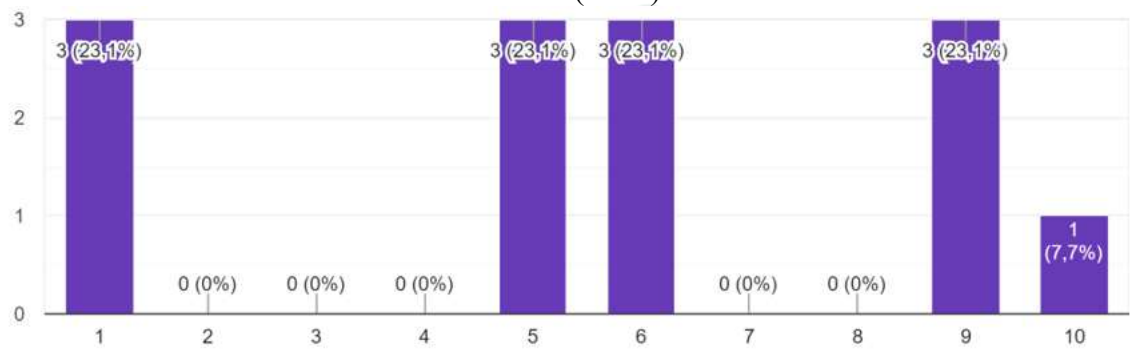
3. Do you consider that the communication channels are sufficient?

Satisfaction with this question ranged between the following values: Bulgaria (4-10), Italy (1-10), Turkey (1-10), Croatia (5-10), Spain (4-10), Slovenia (1-10), and Bosnia (2-9).

BULGARIA (n=29)



ITALY (n=13)

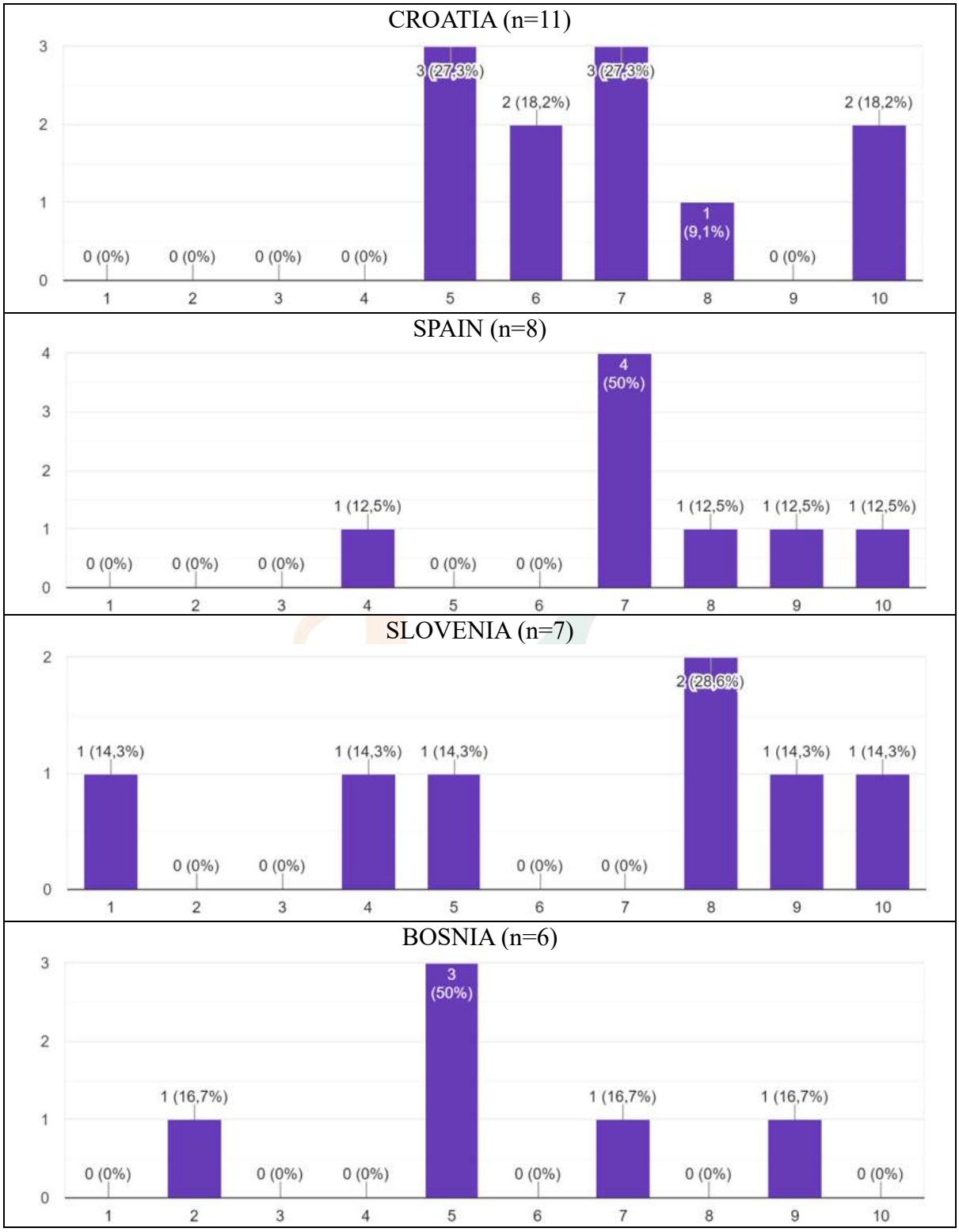


TURKEY (n=12)



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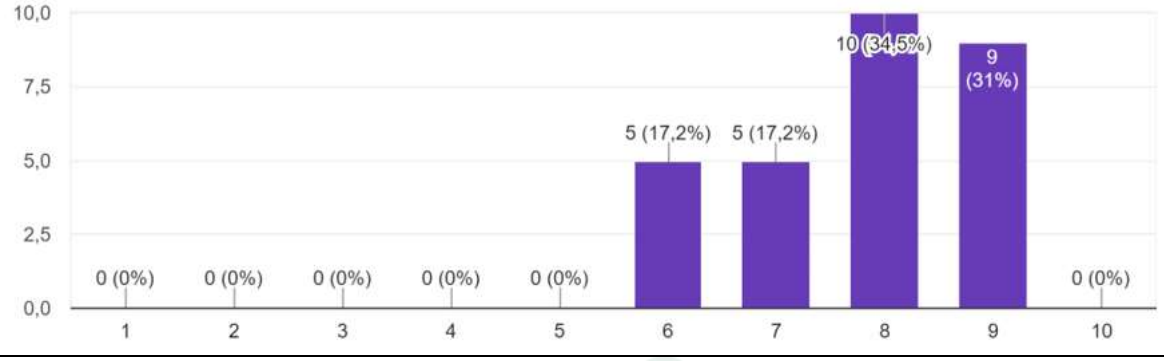
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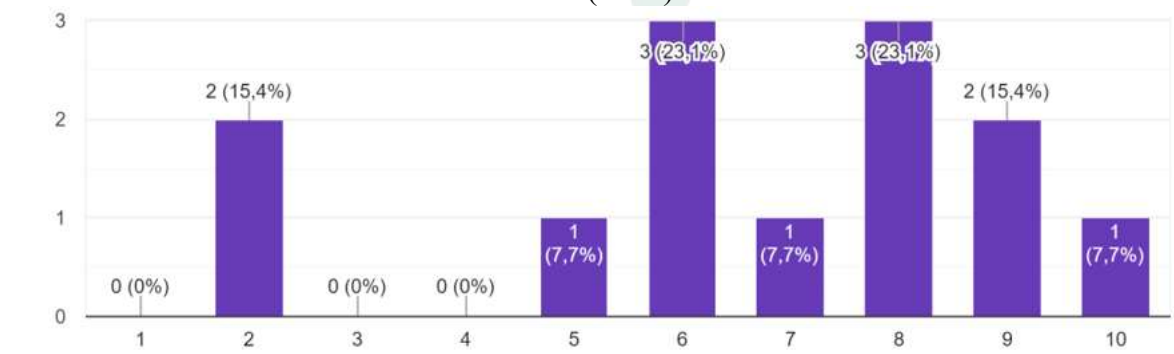
4. How satisfied are you with the amount and relevance of information you receive from these organizations?

Satisfaction with this question ranged between the following values: Bulgaria (6-9), Italy (2-10), Turkey (1-10), Croatia (5-10), Spain (5-9), Slovenia (3-10), and Bosnia (5-9).

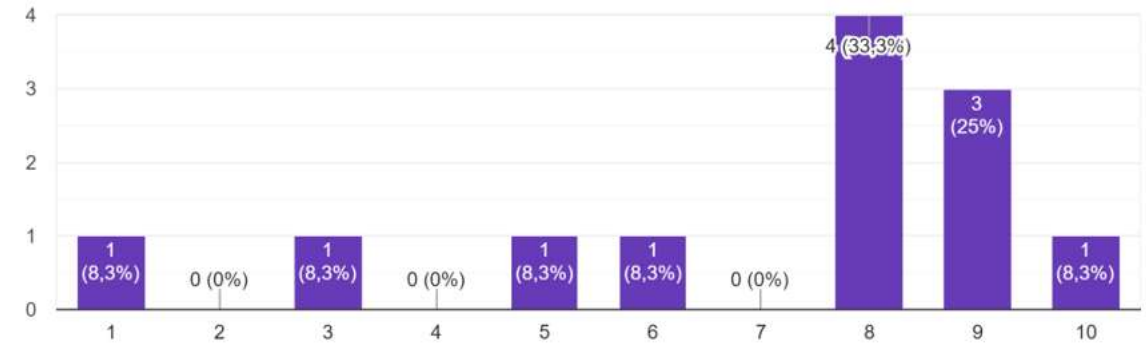
BULGARIA (n=29)



ITALY (n=13)

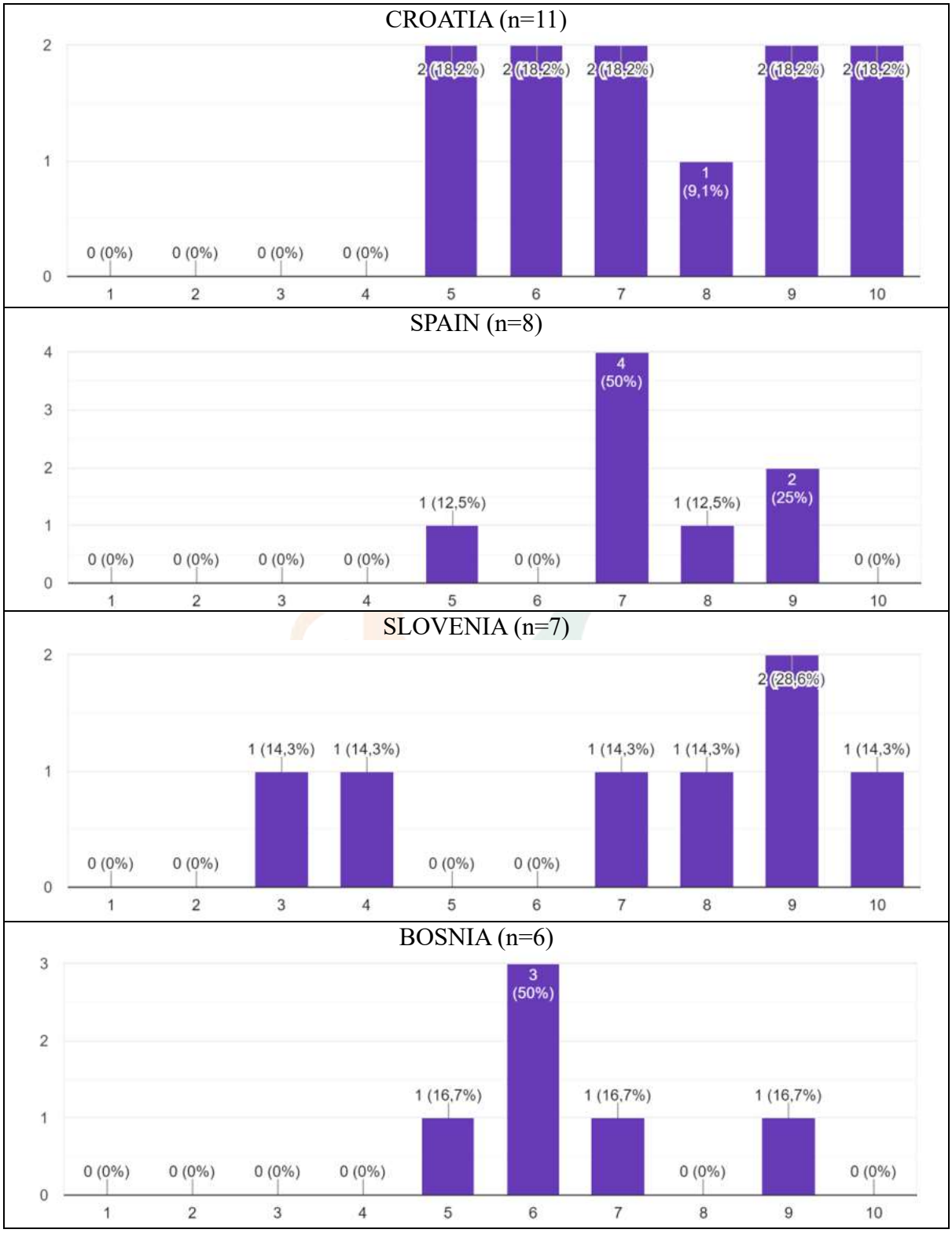


TURKEY (n=12)



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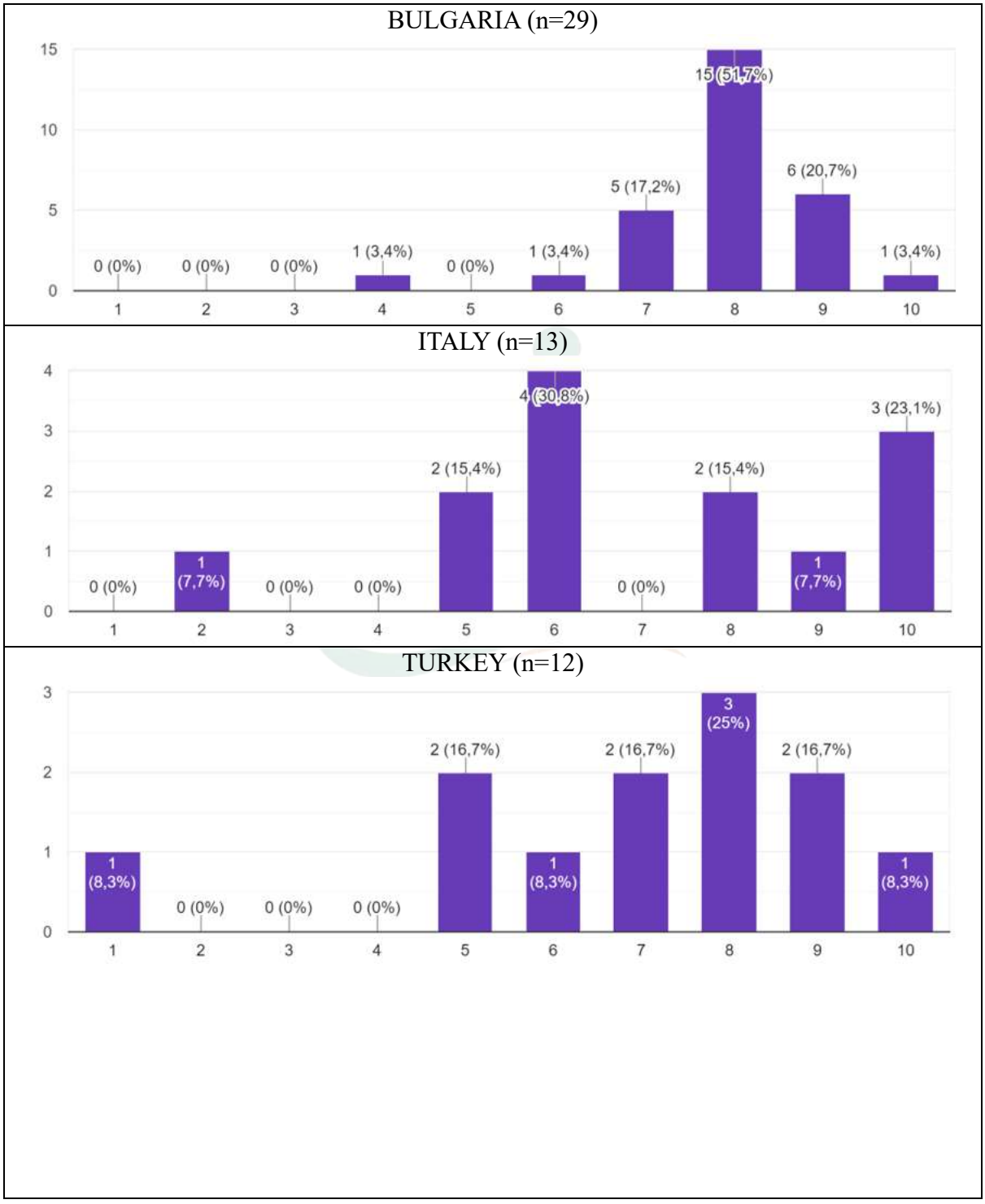
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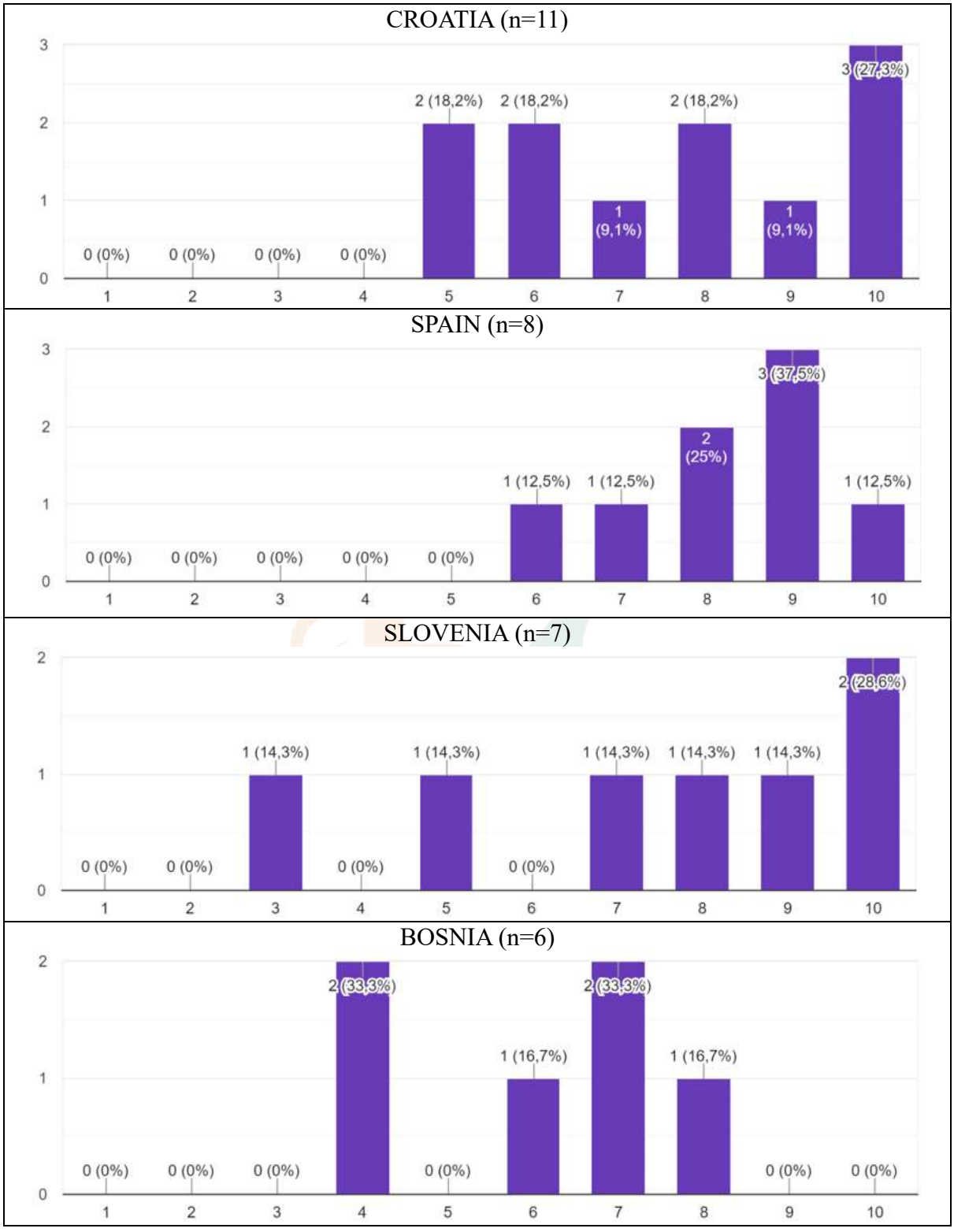
5. How would you rate the clarity of information provided by organizations supporting people with disabilities?

Satisfaction with this question ranged between the following values: Bulgaria (4-10), Italy (2-10), Turkey (1-10), Croatia (5-10), Spain (6-10), Slovenia (3-10), and Bosnia (4-8).



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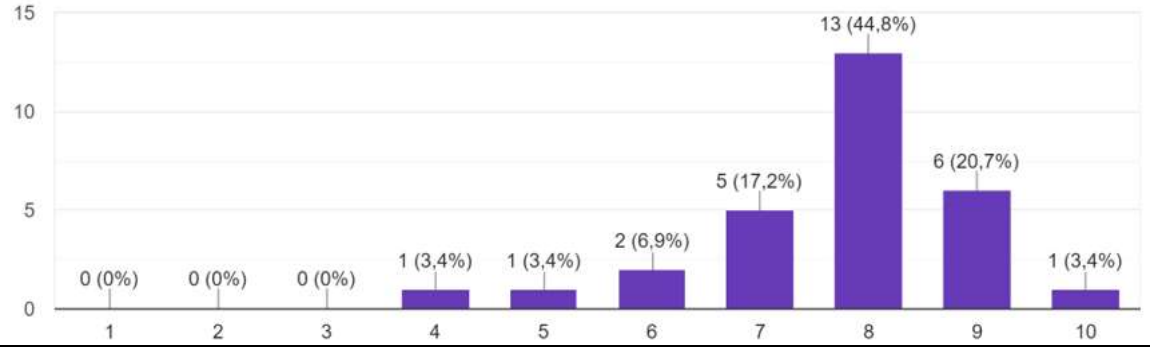
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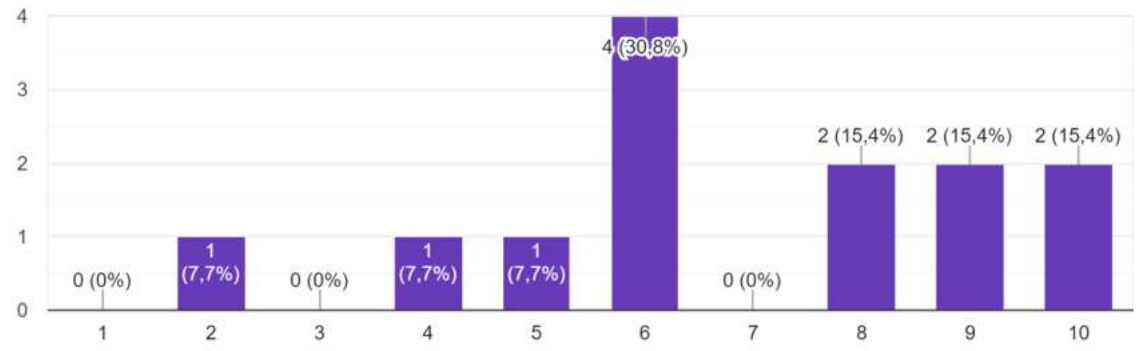
6. How accessible is the information provided by these organizations?

Satisfaction with this question ranged between the following values: Bulgaria (4-10), Italy (2-10), Turkey (1-10), Croatia (5-10), Spain (5-10), Slovenia (3-10), and Bosnia (3-9).

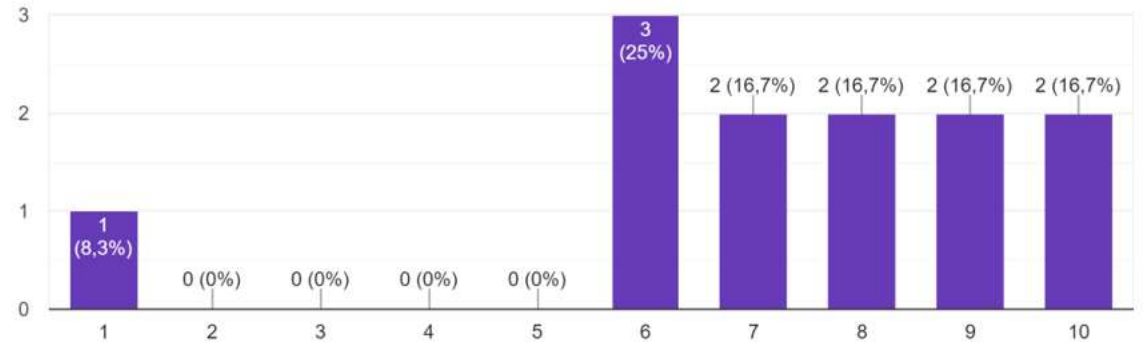
BULGARIA (n=29)



ITALY (n=13)



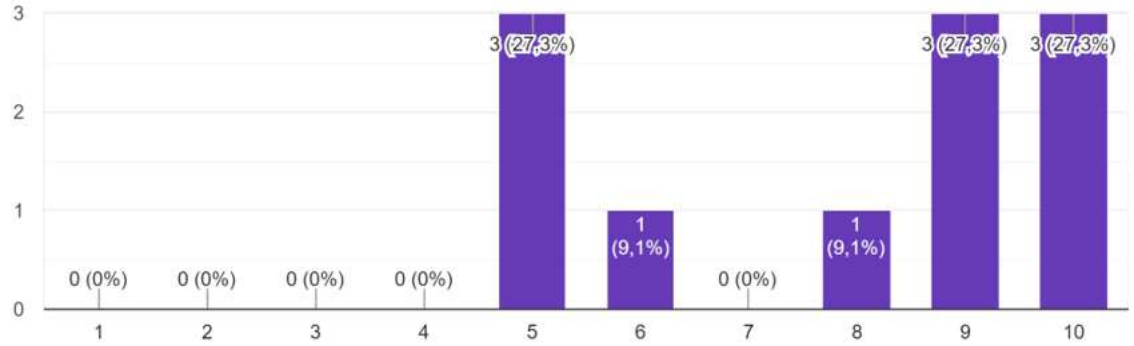
TURKEY (n=12)



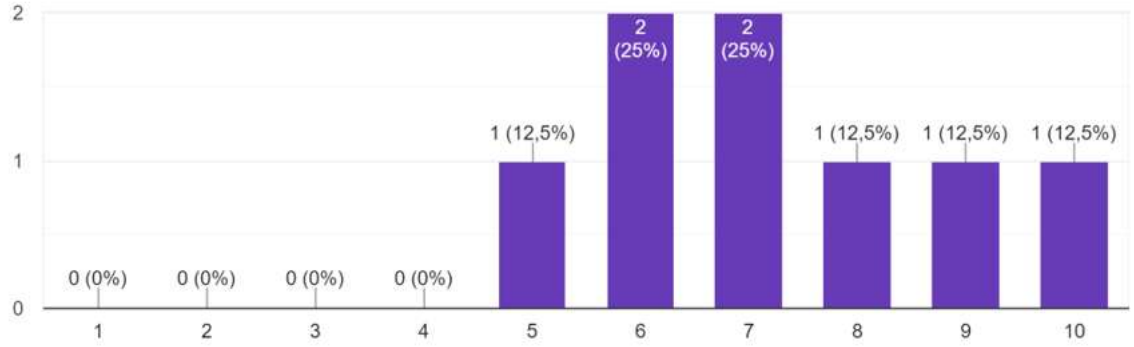
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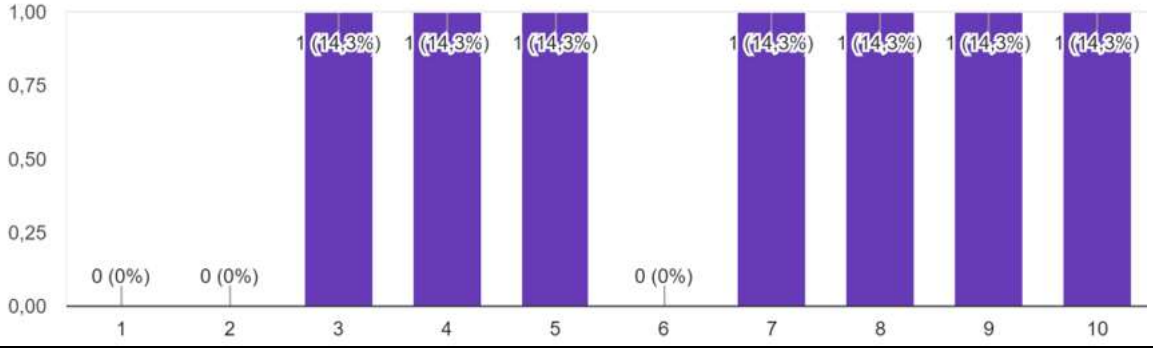
CROATIA (n=11)



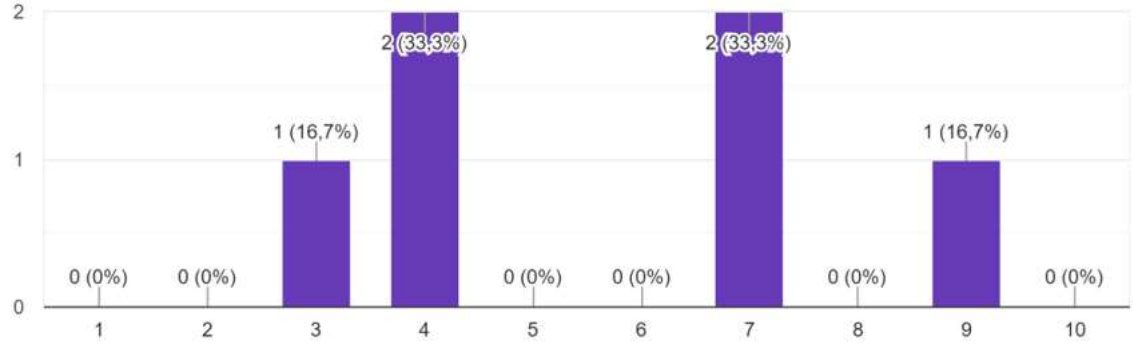
SPAIN (n=8)



SLOVENIA (n=7)



BOSNIA (n=6)



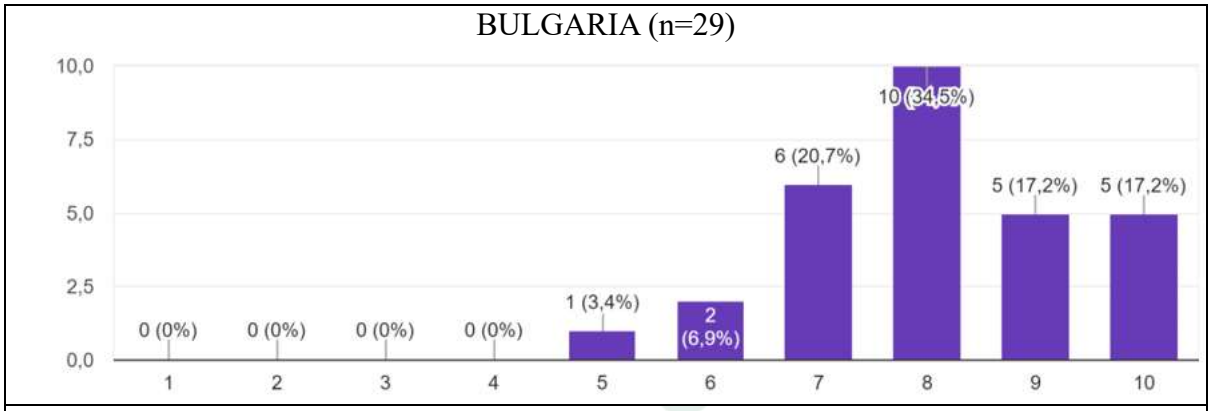
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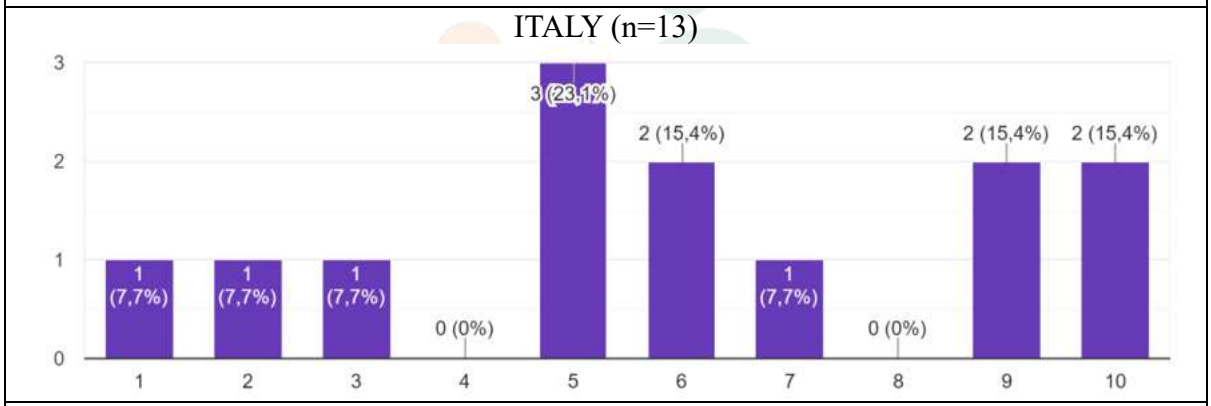
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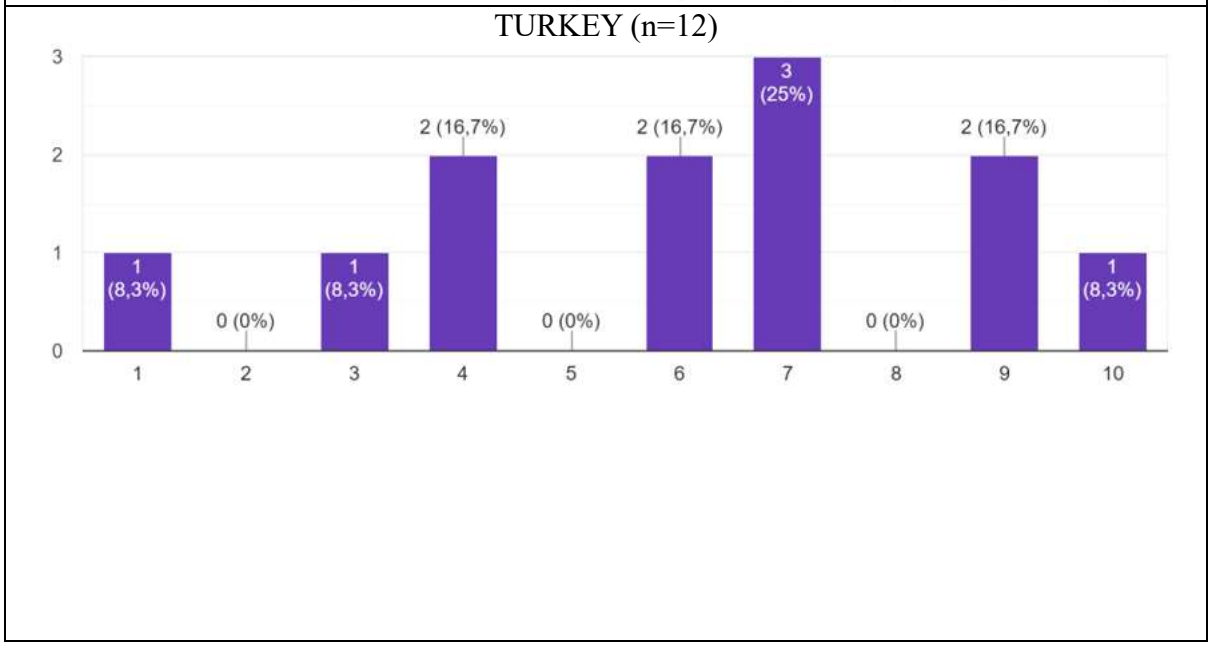
DIMENSION 2: RESOURCES, PROGRAMS AND SERVICES.

7. How do you feel about the availability of resources and services for your family regarding your disability?

Satisfaction with this question ranged between the following values: Bulgaria (5-10), Italy (1-10), Turkey (1-10), Croatia (4-10), Spain (5-9), Slovenia (1-10), and Bosnia (2-9).

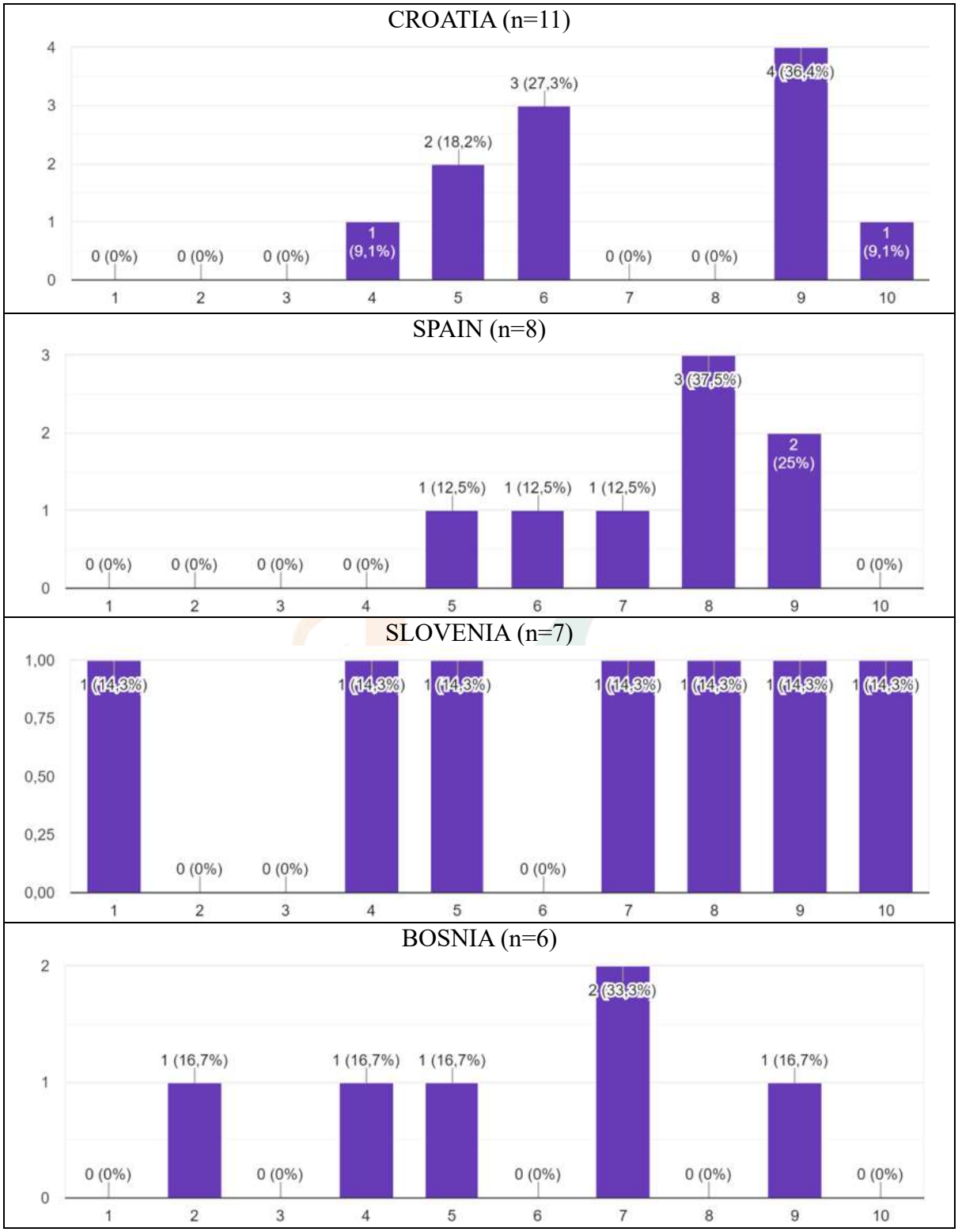






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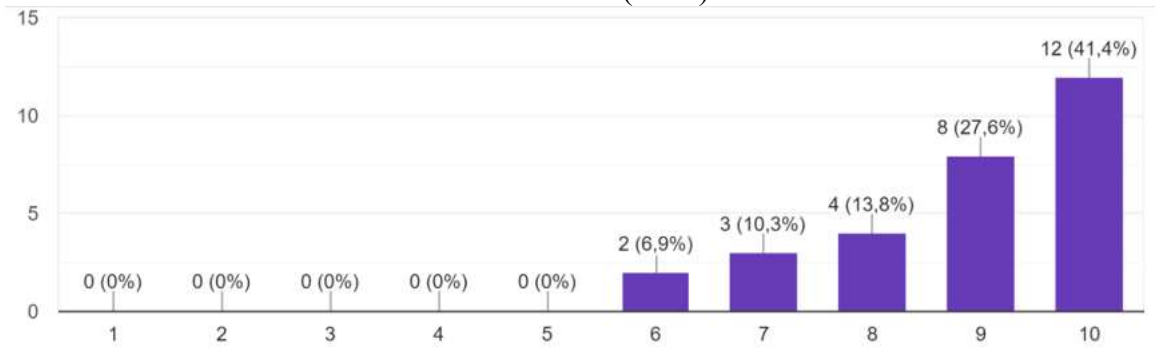


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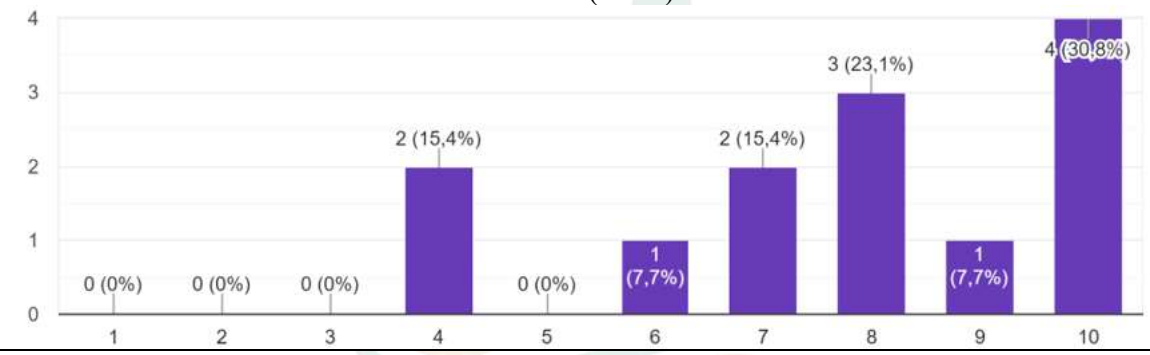
8. How important is the availability of social and emotional support services and programs for families in this situation?

Satisfaction with this question ranged between the following values: Bulgaria (6-10), Italy (4-10), Turkey (6-10), Croatia (6-10), Spain (6-10), Slovenia (7-10), and Bosnia (2-9).

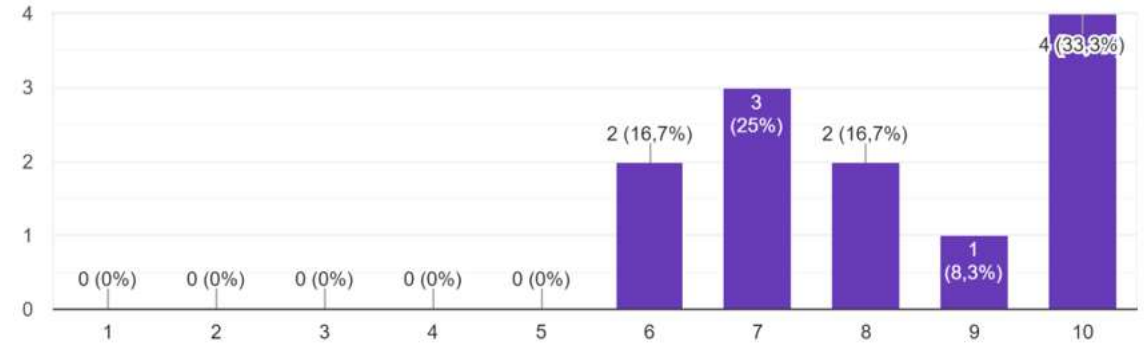
BULGARIA (n=29)



ITALY (n=13)



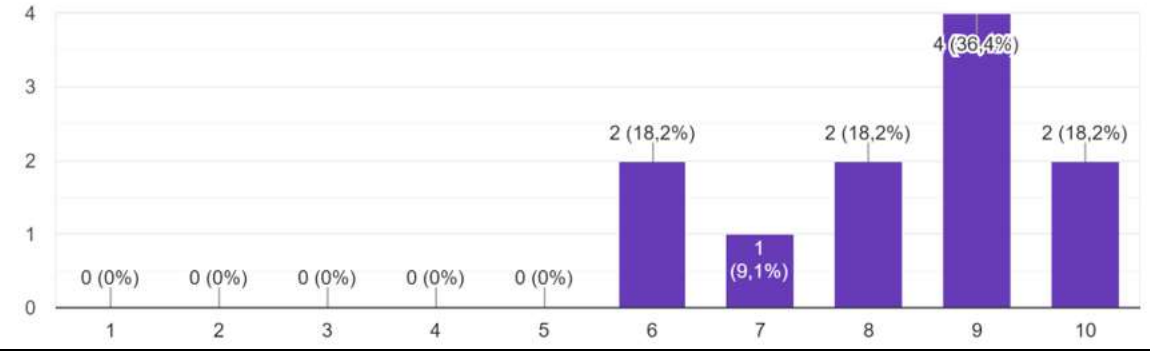
TURKEY (n=12)



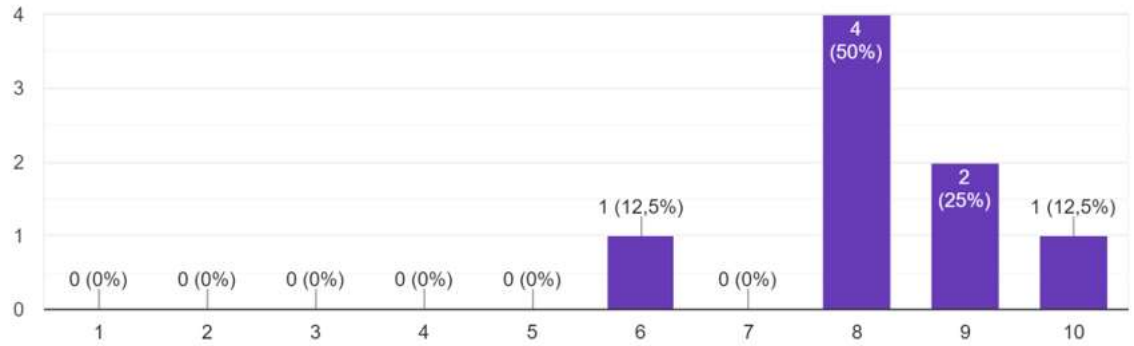
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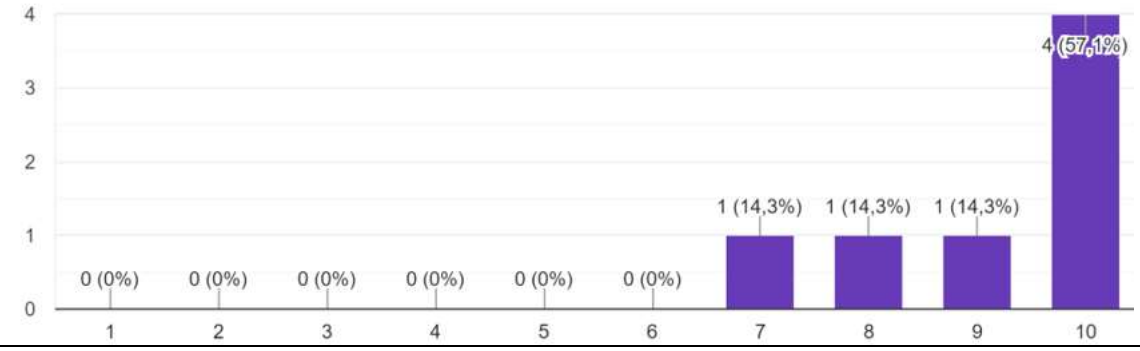
CROATIA (n=11)



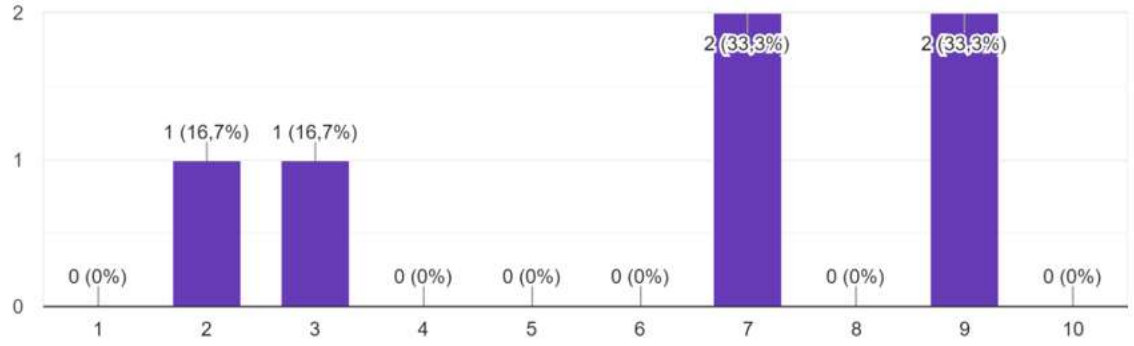
SPAIN (n=8)



SLOVENIA (n=7)



BOSNIA (n=6)

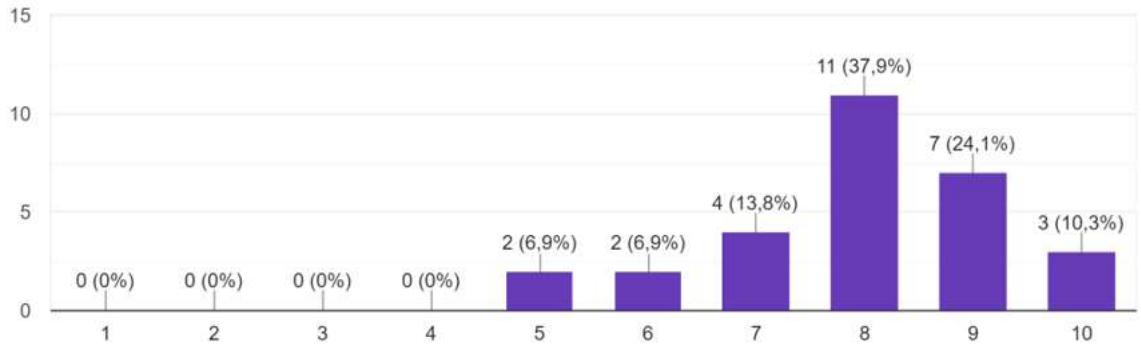


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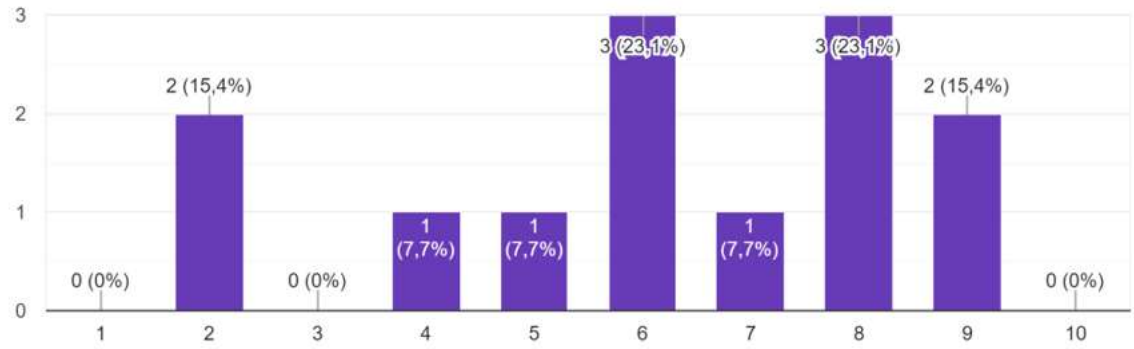
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9. How would you rate the response of these organizations to your queries or requests?
Satisfaction with this question ranged between the following values: Bulgaria (5-10), Italy (2-9), Turkey (4-10), Croatia (6-10), Spain (6-10), Slovenia (1-10), and Bosnia (4-10).

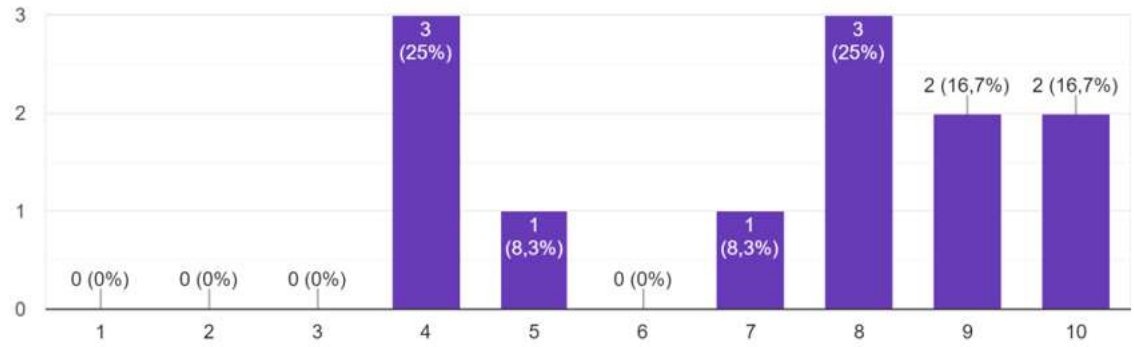
BULGARIA (n=29)



ITALY (n=13)

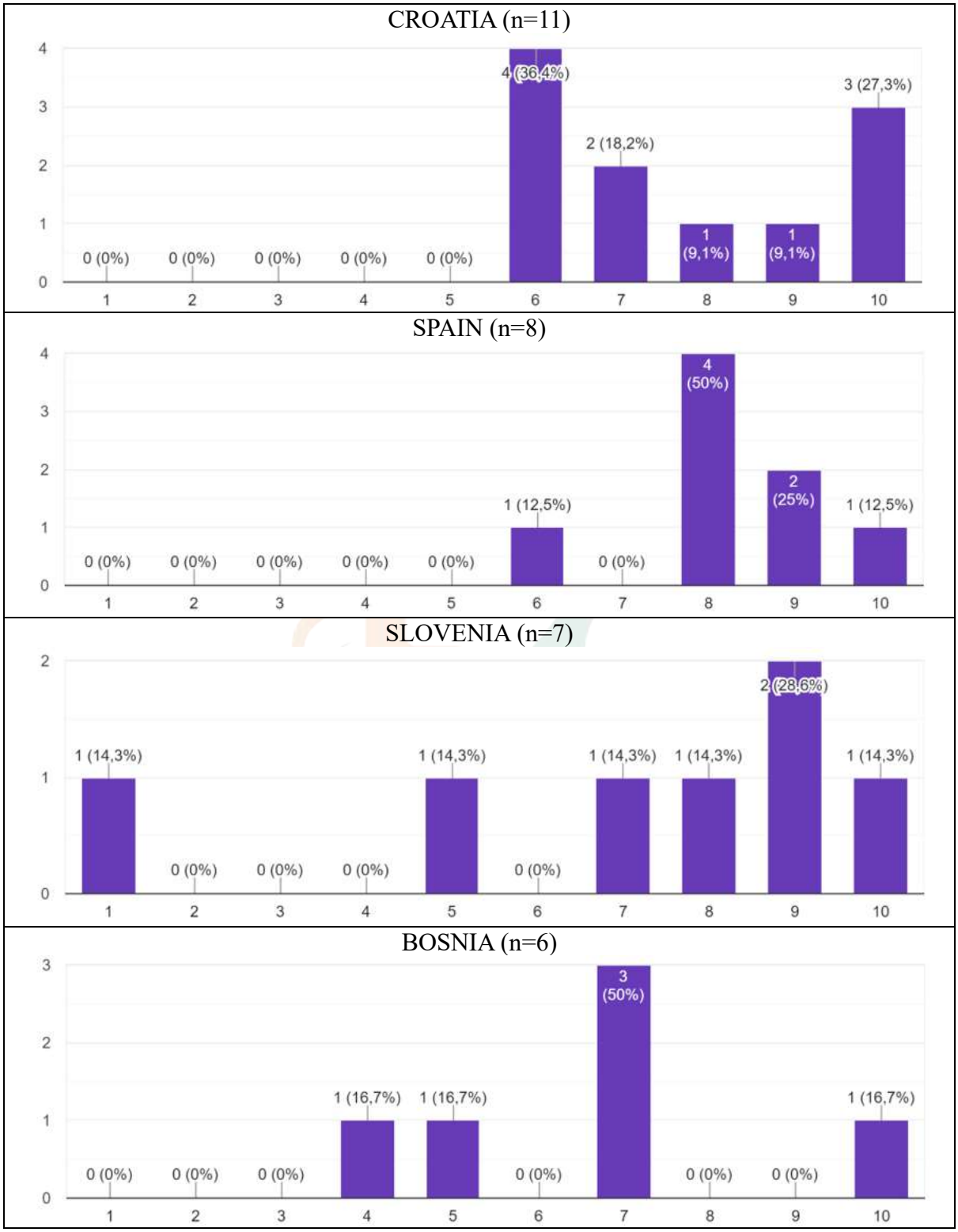


TURKEY (n=12)



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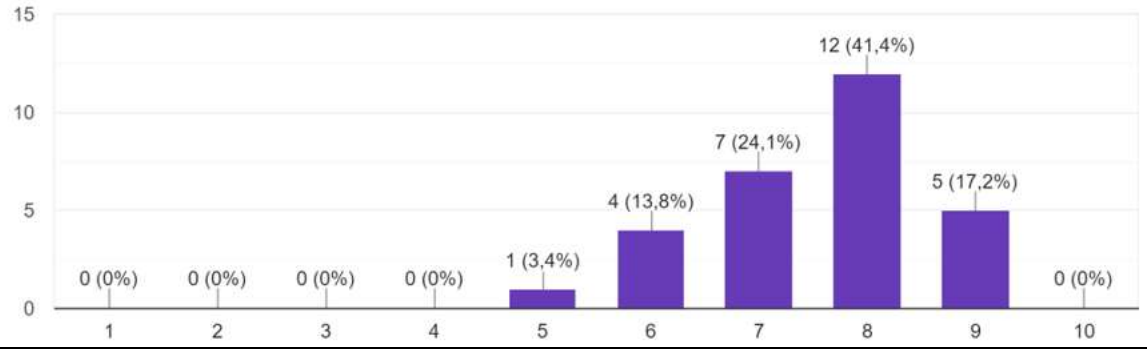
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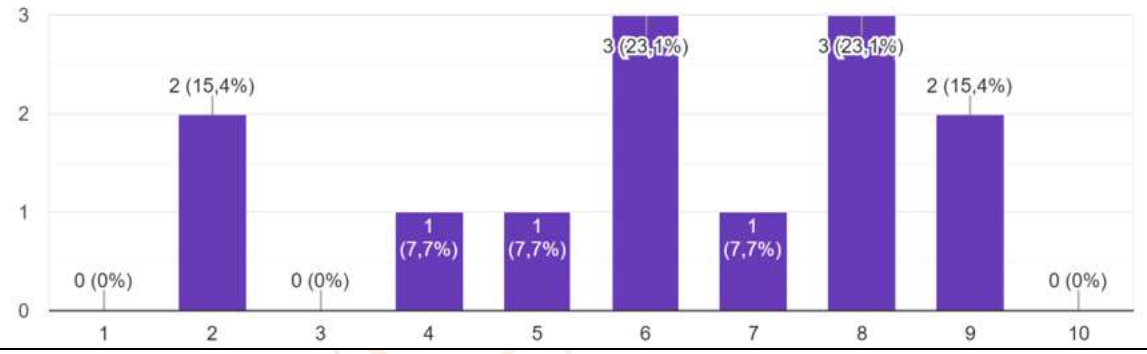
10. And what about the promptness in responding to your queries?

Satisfaction with this question ranged between the following values: Bulgaria (5-9), Italy (2-9), Turkey (4-10), Croatia (5-9), Spain (6-10), Slovenia (1-10), and Bosnia (4-10).

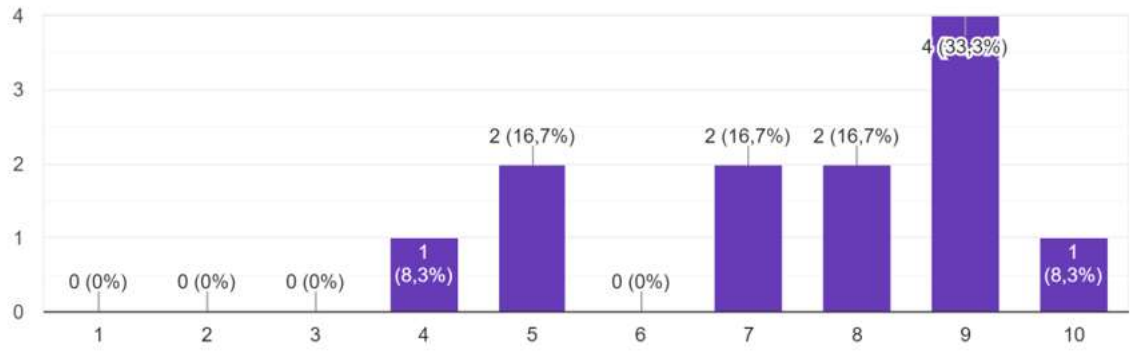
BULGARIA (n=29)



ITALY (n=13)

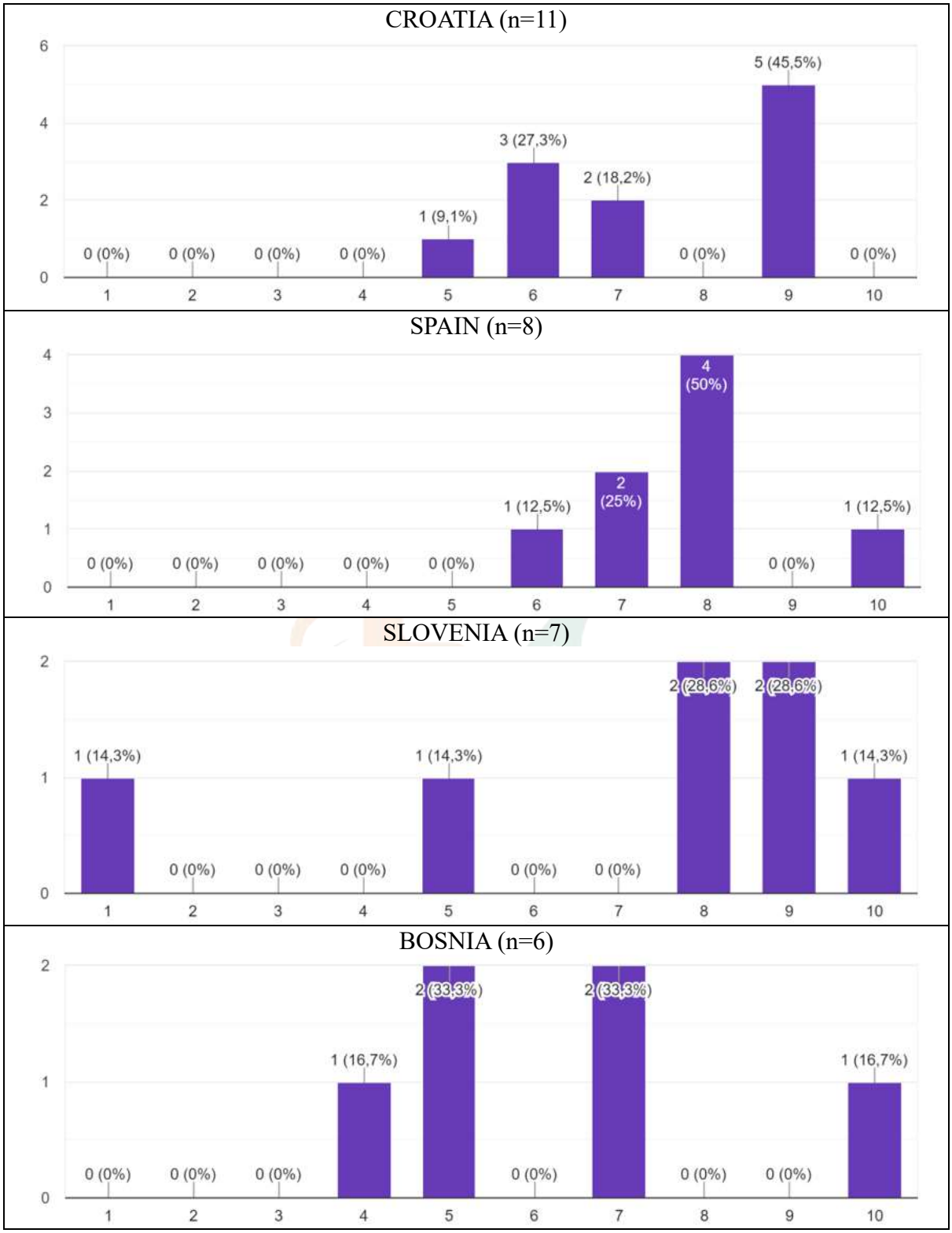


TURKEY (n=12)



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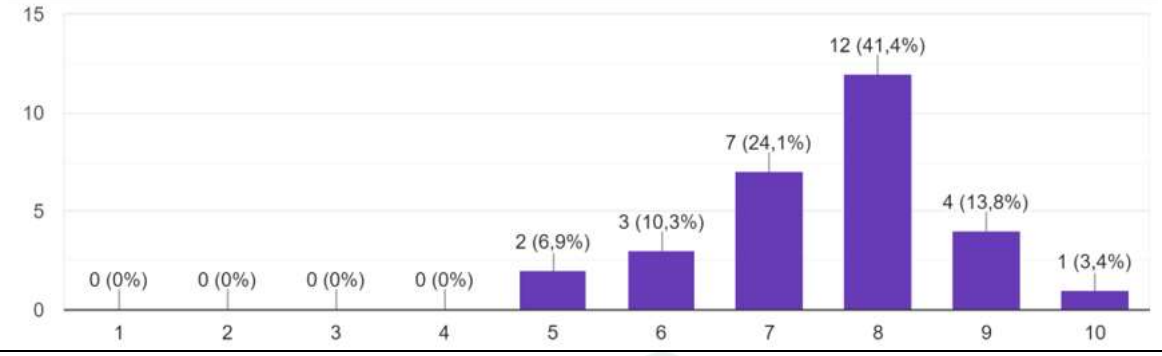
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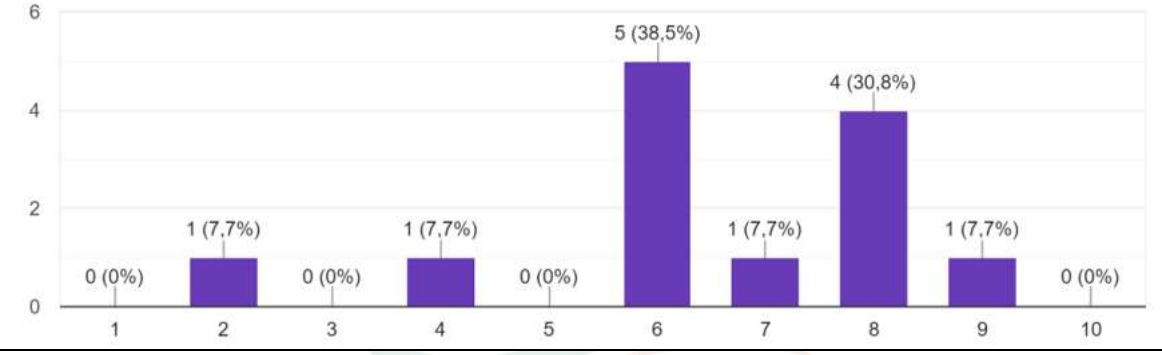
11. Do you consider the information materials provided by these organizations clear, attractive, relevant and up-to-date?

Satisfaction with this question ranged between the following values: Bulgaria (5-10), Italy (2-9), Turkey (4-10), Croatia (4-10), Spain (5-10), Slovenia (4-10), and Bosnia (3-9).

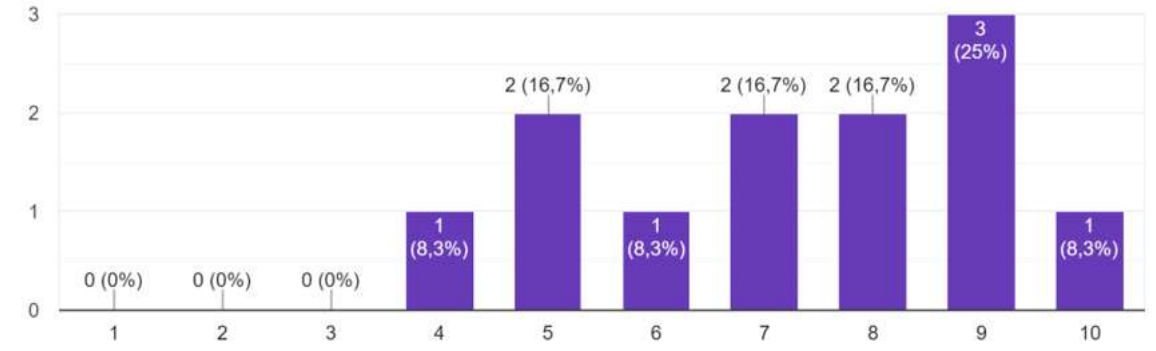
BULGARIA (n=29)



ITALY (n=13)

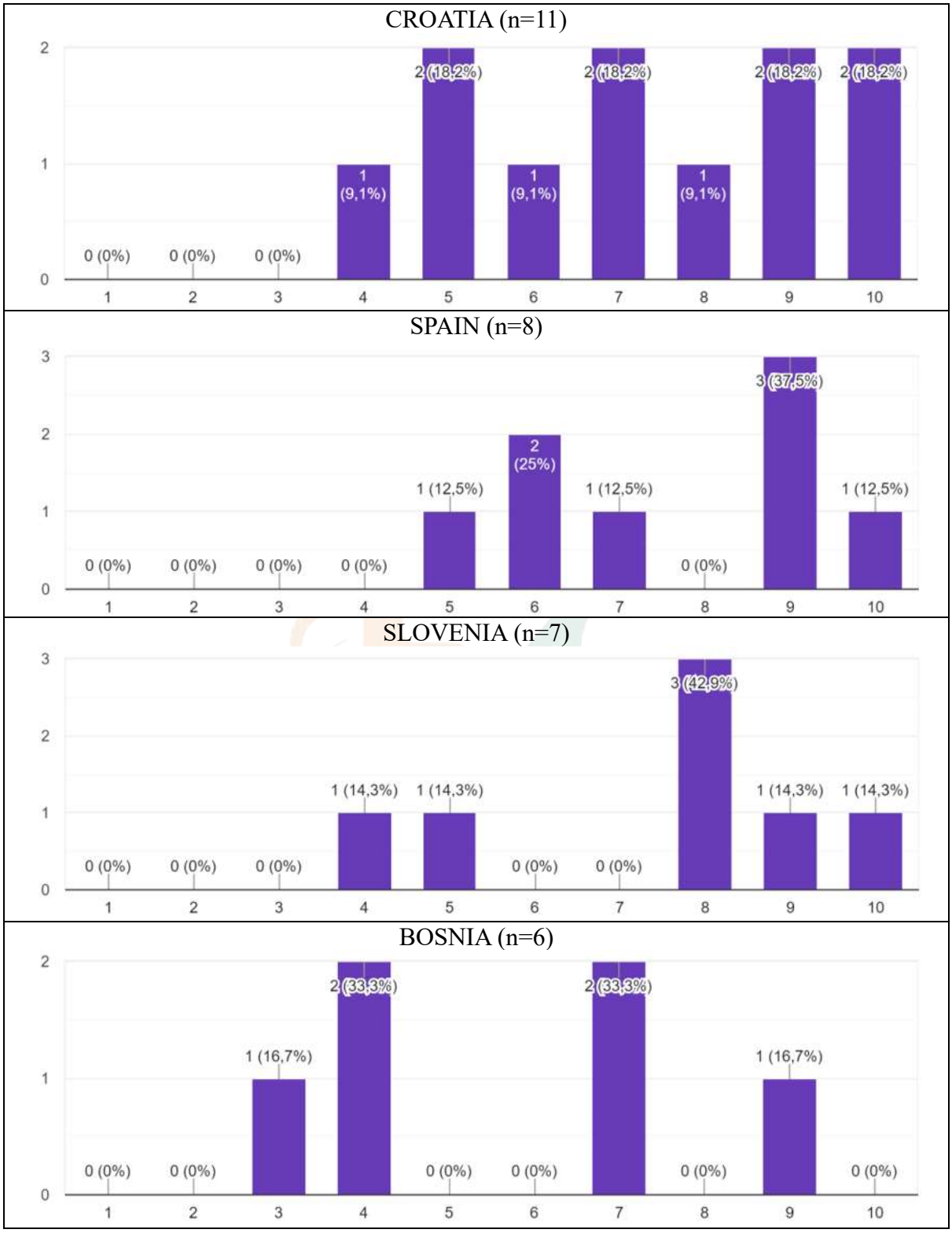


TURKEY (n=12)



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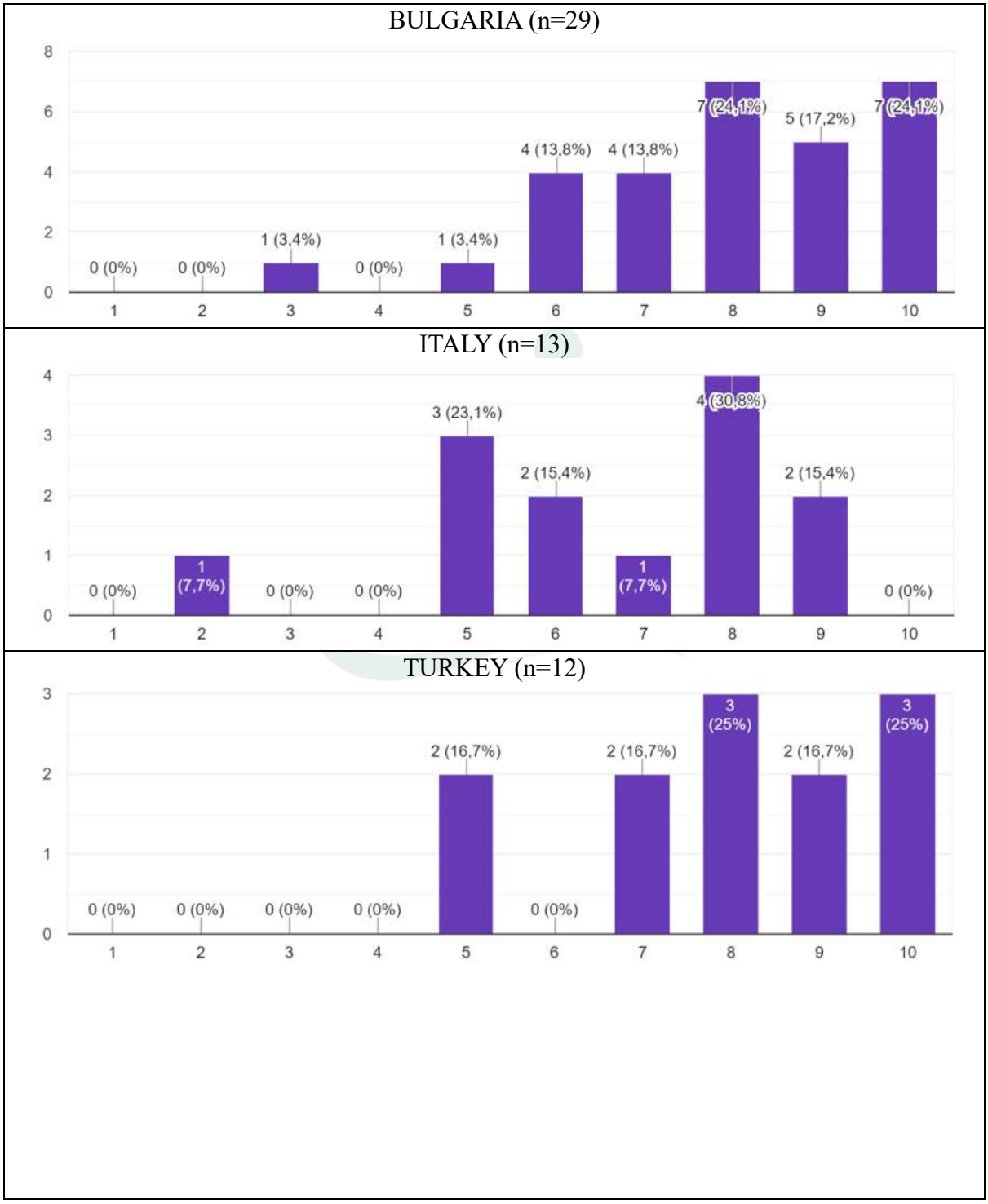


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12. How would you rate the inclusion of families' opinions and experiences in the design of programs and services?

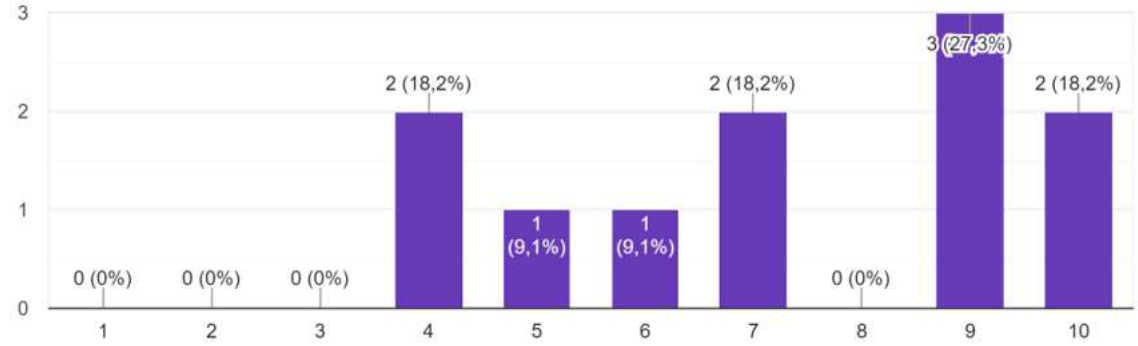
Satisfaction with this question ranged between the following values: Bulgaria (3-10), Italy (2-9), Turkey (5-10), Croatia (4-10), Spain (4-10), Slovenia (3-8), and Bosnia (2-8).



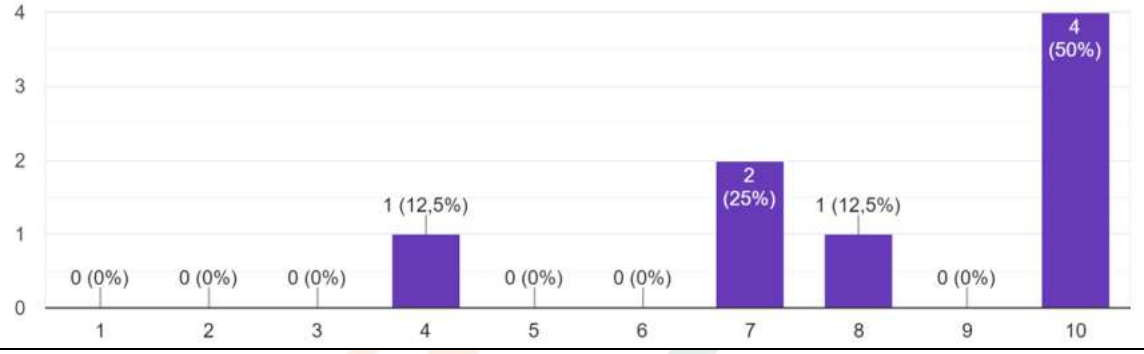
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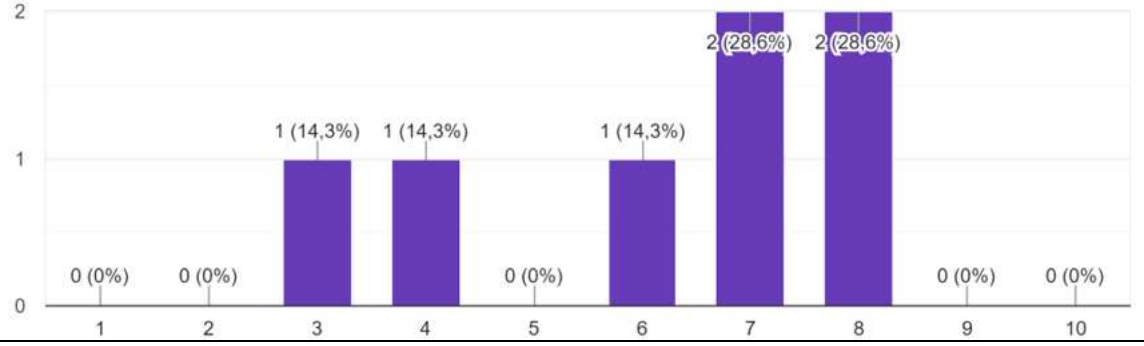
CROATIA (n=11)



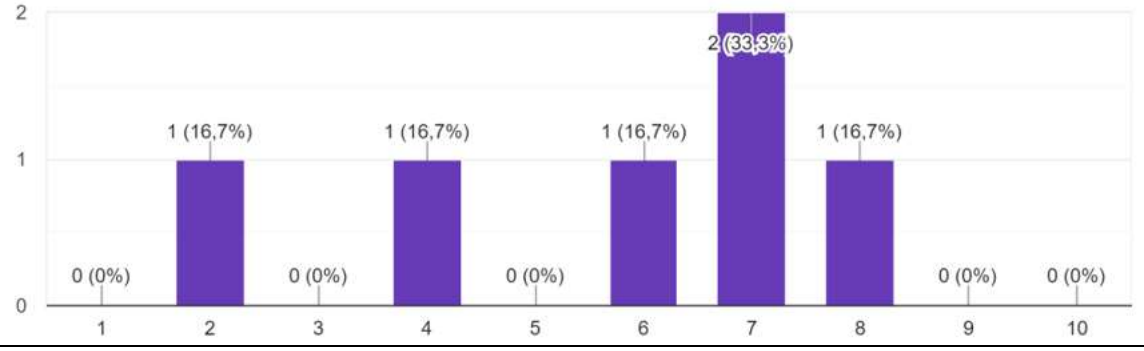
SPAIN (n=8)



SLOVENIA (n=7)



BOSNIA (n=6)



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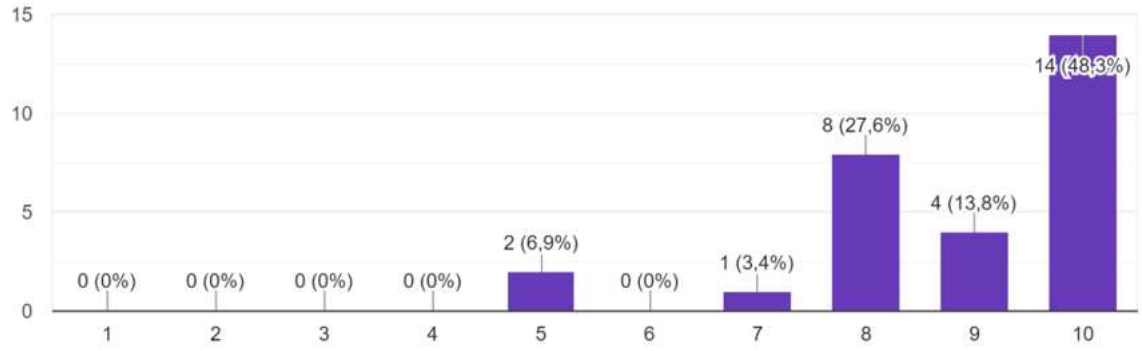
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

DIMENSION 3: TRAINING AND CAPACITATION.

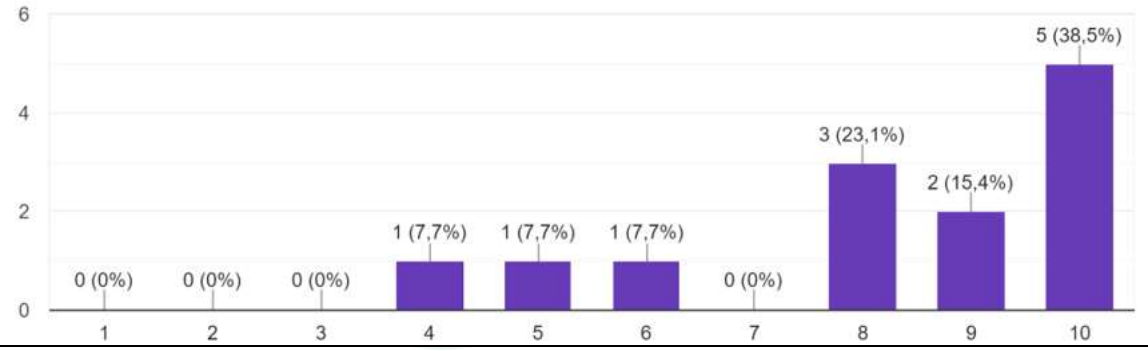
13. How important is the need for training or education for families with members with disabilities?

Satisfaction with this question ranged between the following values: Bulgaria (5-10), Italy (4-10), Turkey (3-10), Croatia (7-10), Spain (7-10), Slovenia (7-10), and Bosnia (6-10).

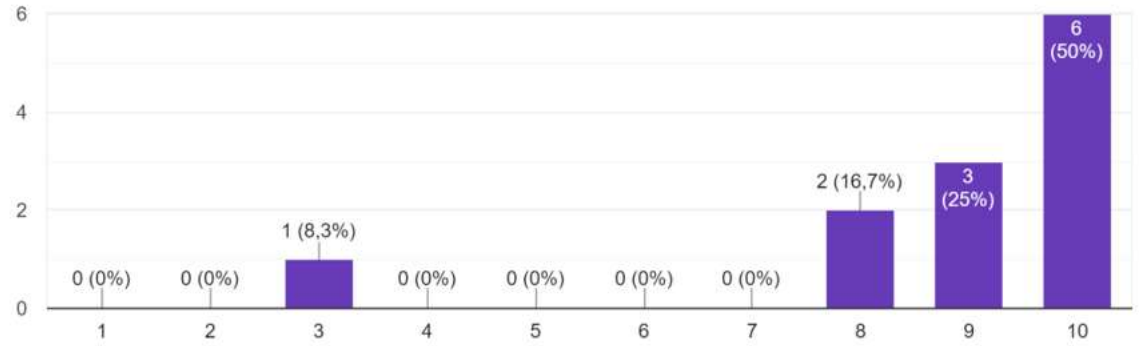
BULGARIA (n=29)



ITALY (n=13)

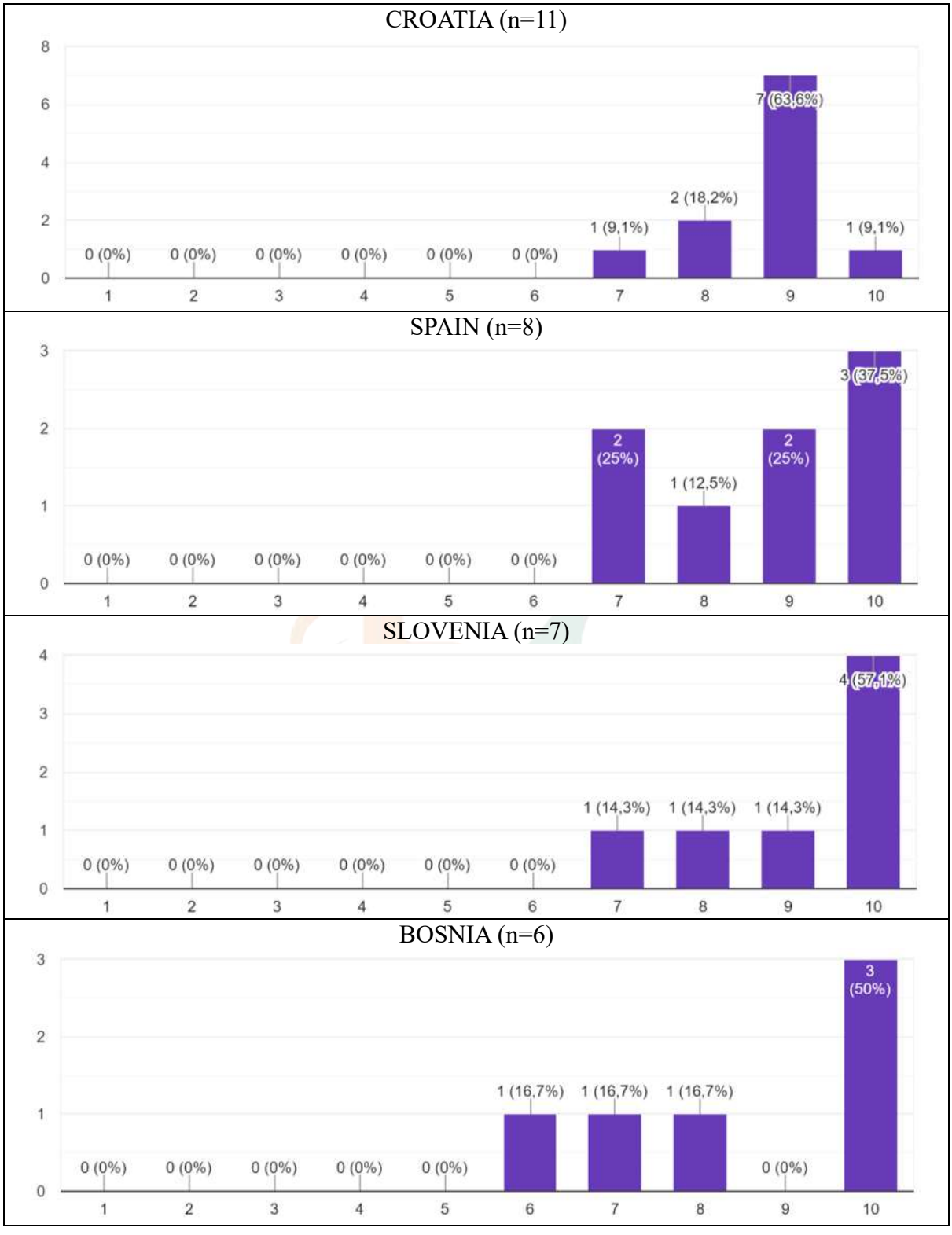


TURKEY (n=12)



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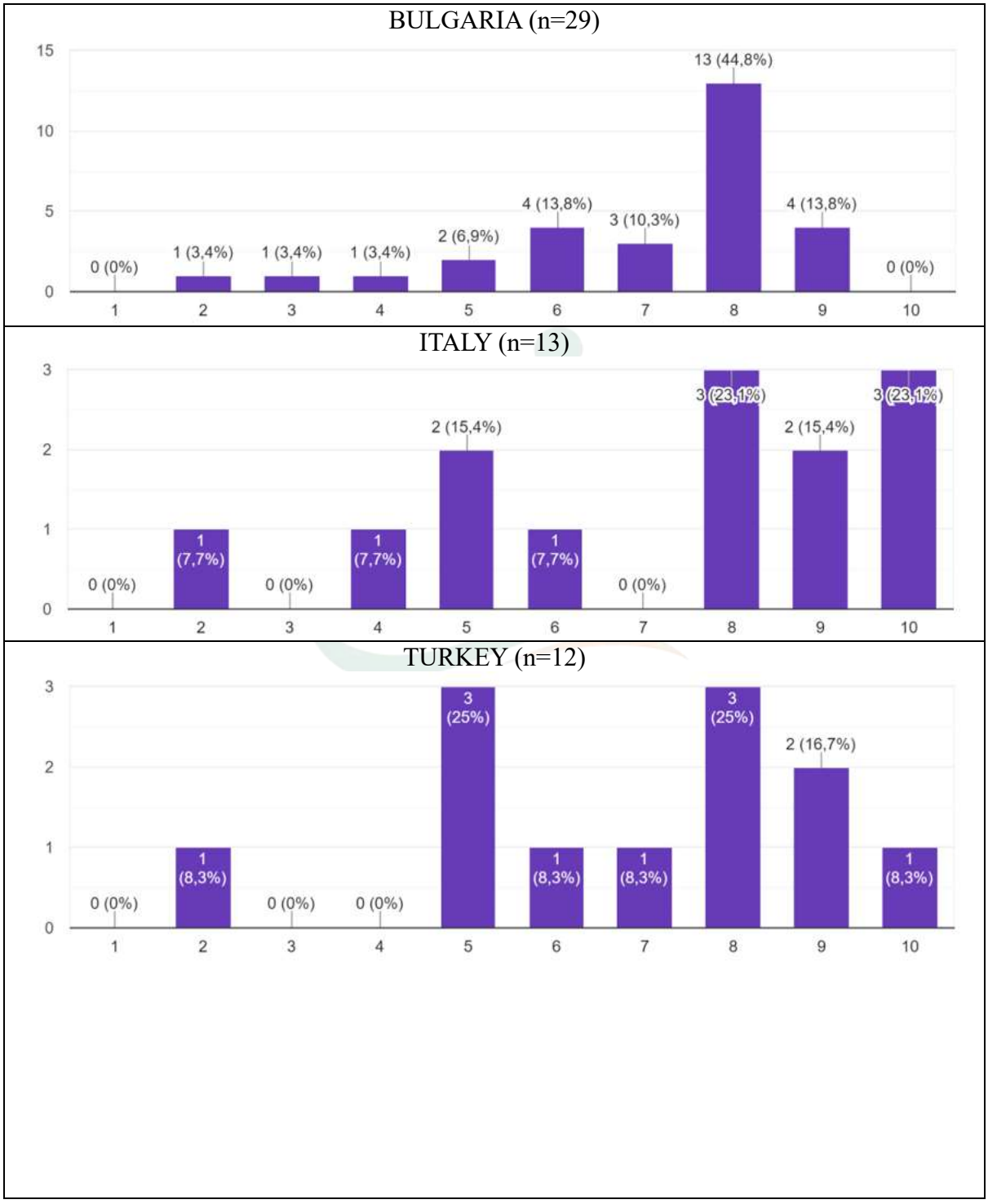


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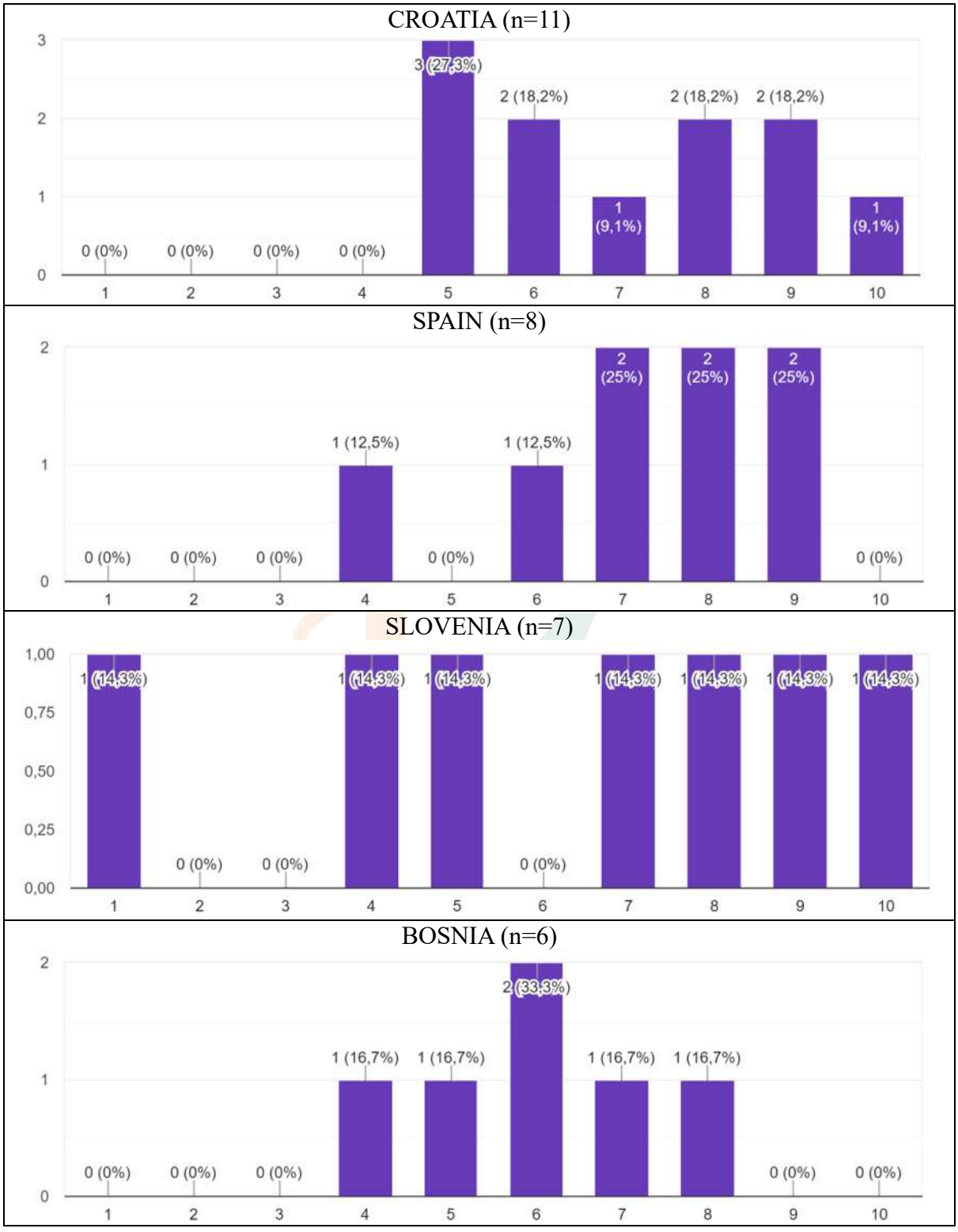
14. Do you think the current training and education of the various professionals in organizations is sufficient?

Satisfaction with this question ranged between the following values: Bulgaria (2-9), Italy (2-10), Turkey (2-10), Croatia (5-10), Spain (5-9), Slovenia (1-10), and Bosnia (4-8).



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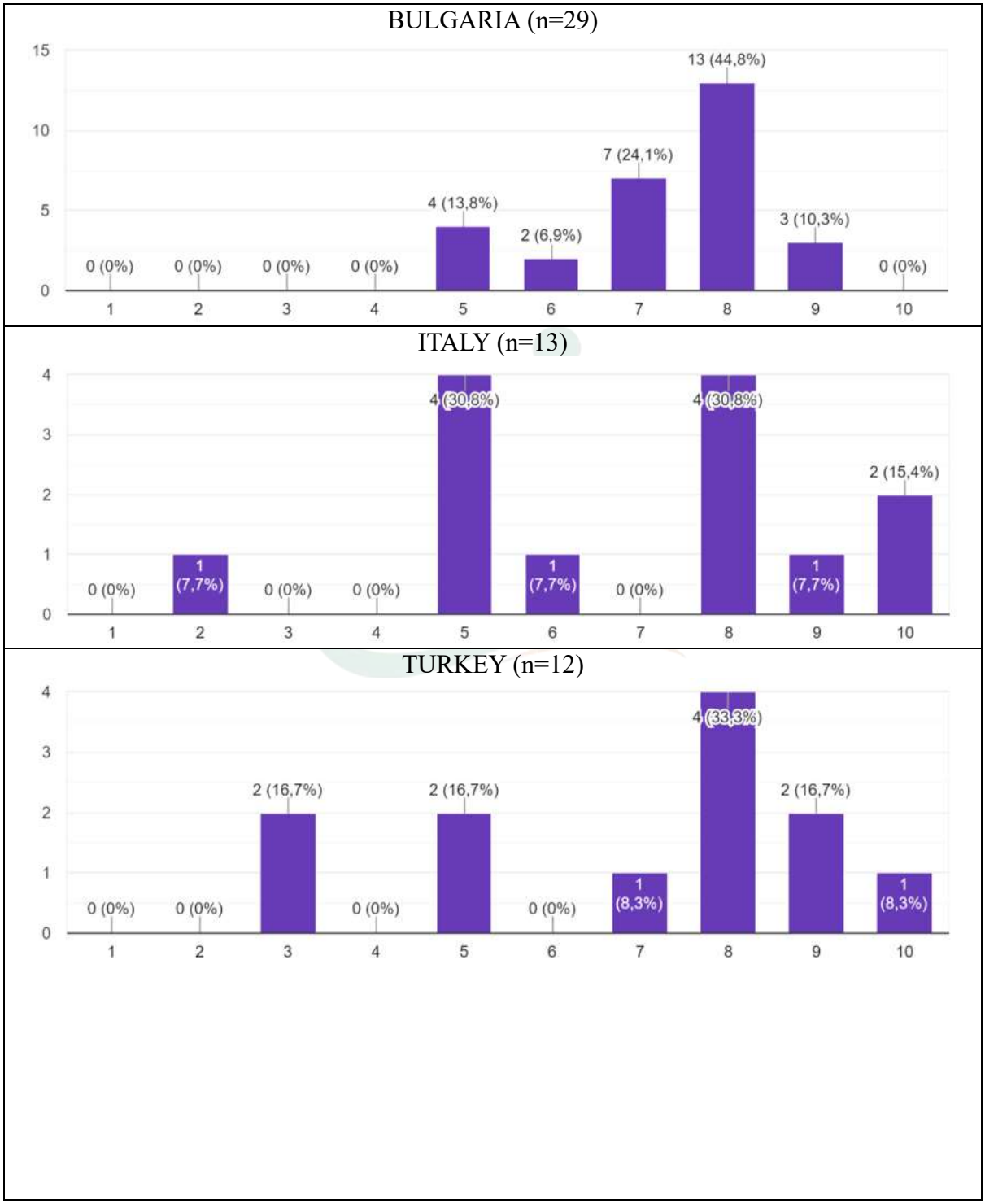


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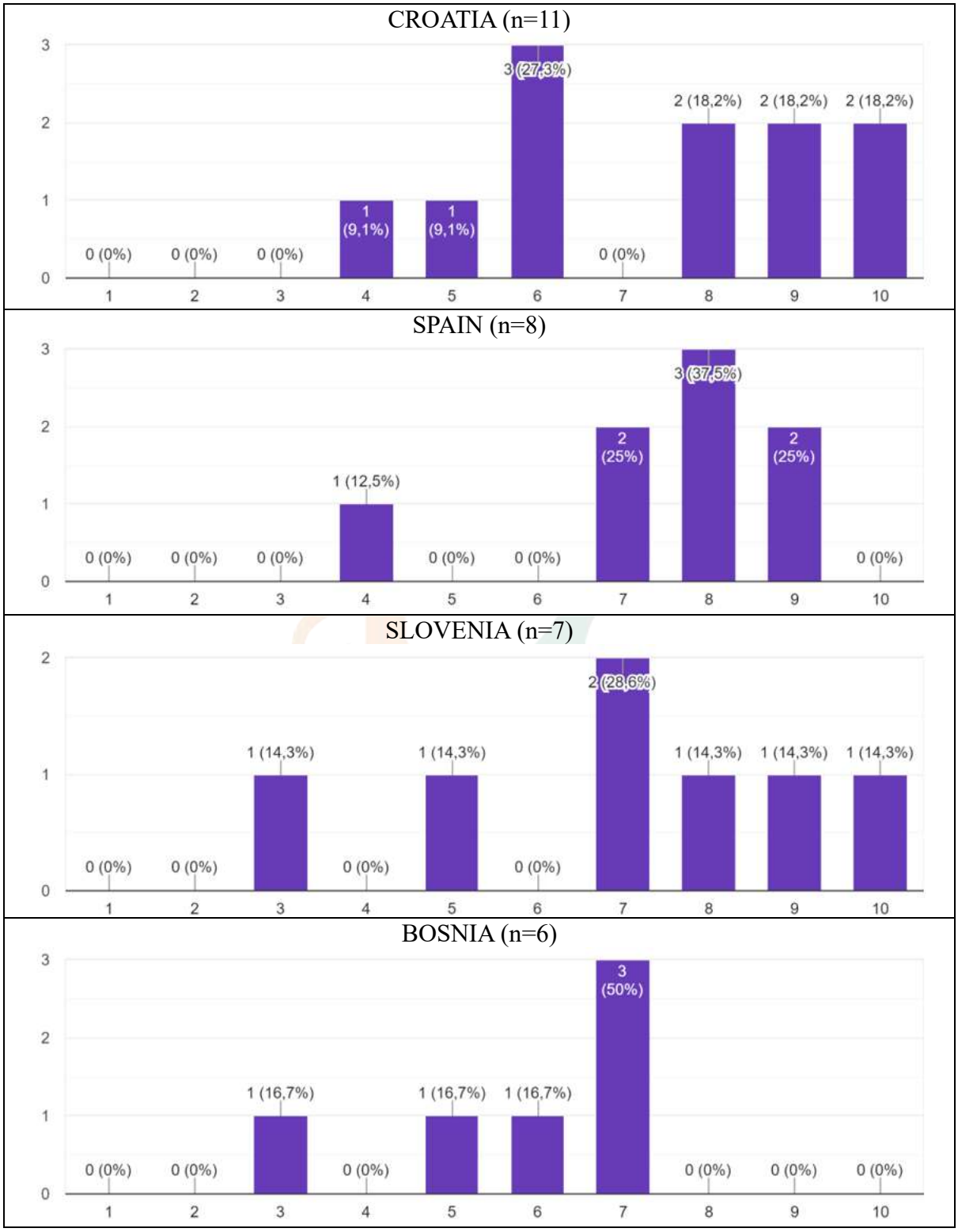
15. Do you consider the training materials provided by these organizations to be clear, coherently structured, relevant and up-to-date?

Satisfaction with this question ranged between the following values: Bulgaria (5-9), Italy (2-10), Turkey (3-10), Croatia (4-10), Spain (4-9), Slovenia (3-10), and Bosnia (3-7).



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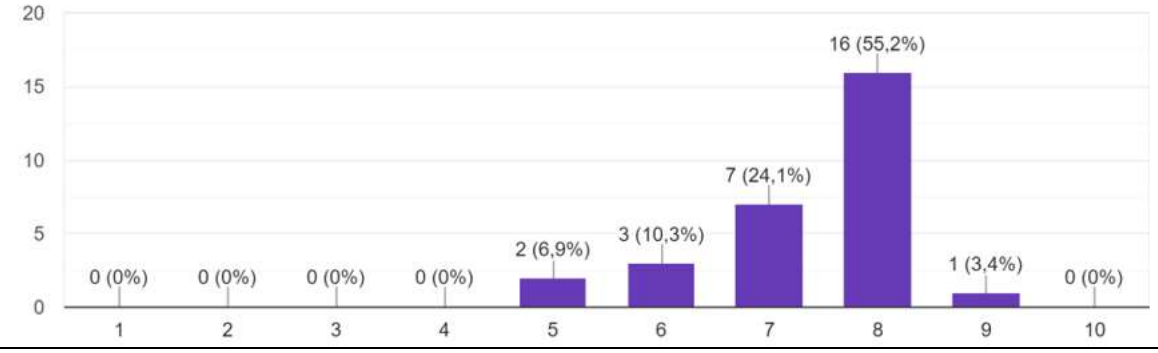
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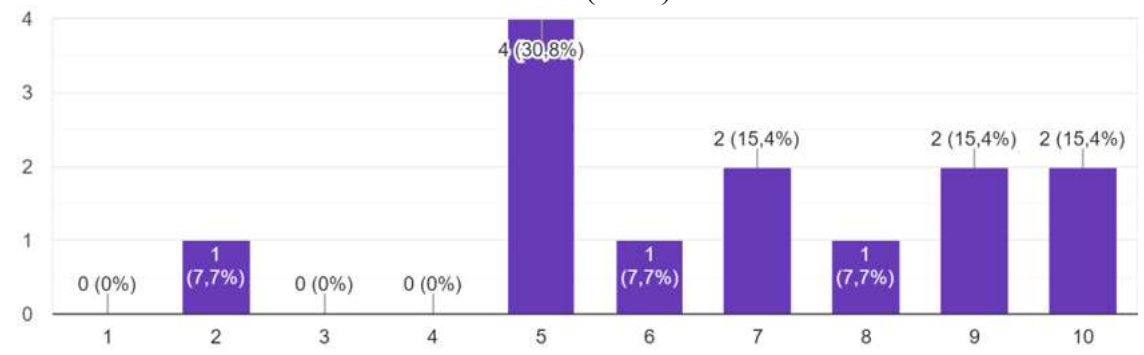
16. Are they adaptable and personalized?

Satisfaction with this question ranged between the following values: Bulgaria (5-9), Italy (2-10), Turkey (2-10), Croatia (4-9), Spain (4-8), Slovenia (3-9), and Bosnia (3-7).

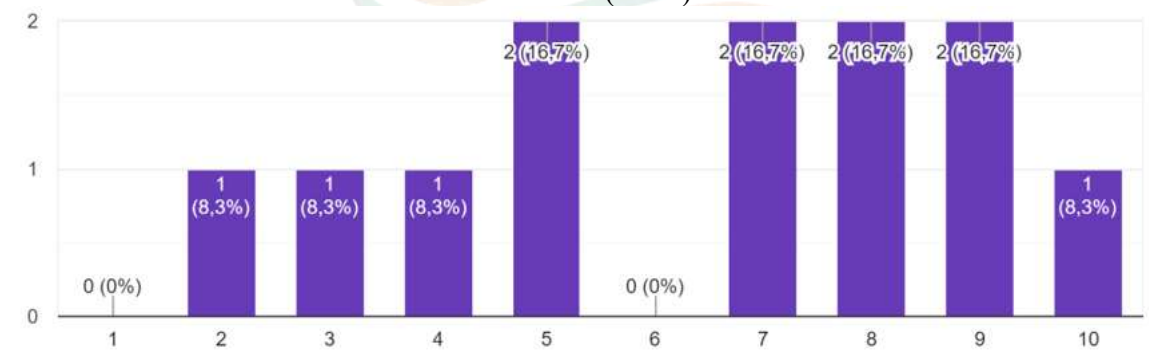
BULGARIA (n=29)



ITALY (n=13)

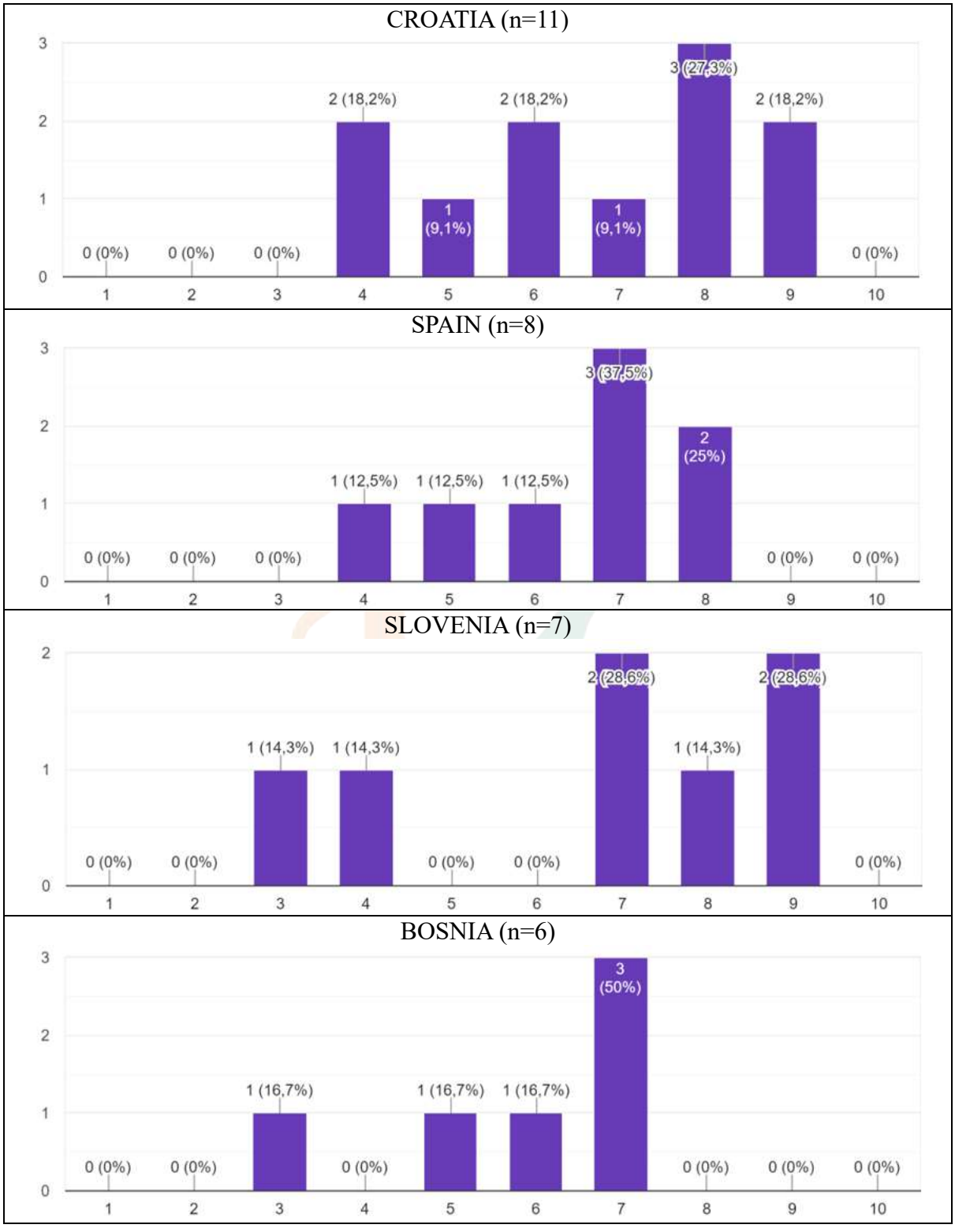


TURKEY (n=12)



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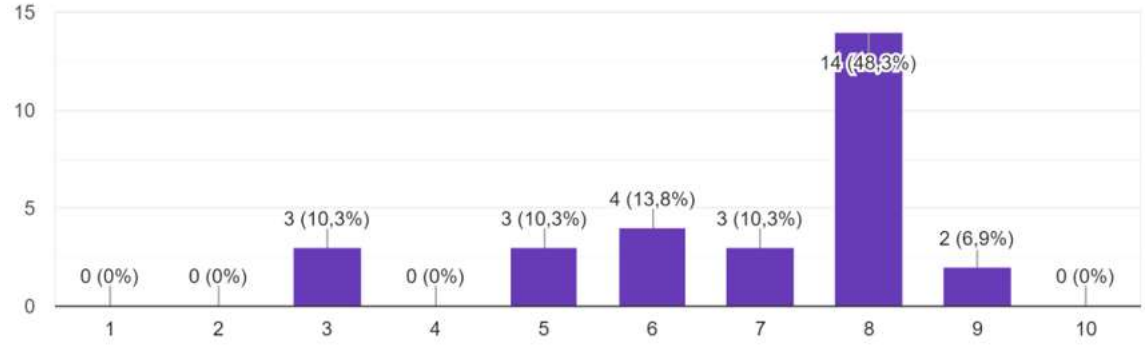
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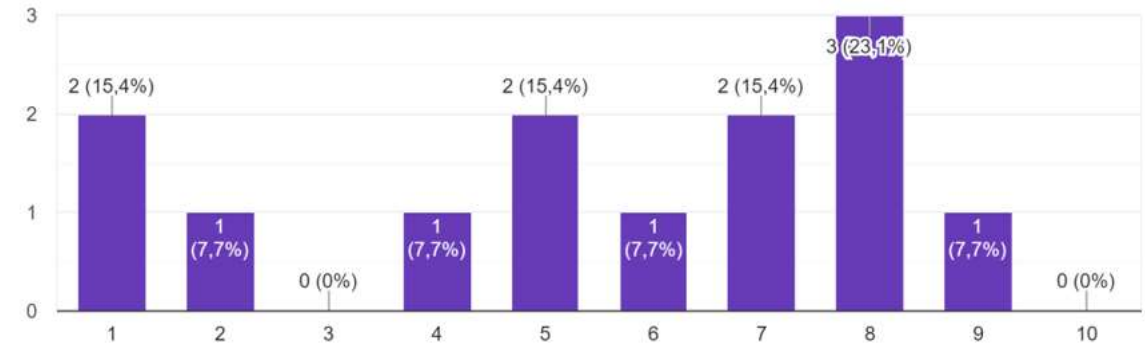
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

17. Do you think the current training and education of families is sufficient?
Satisfaction with this question ranged between the following values: Bulgaria (3-9), Italy (1-9), Turkey (1-9), Croatia (4-10), Spain (5-9), Slovenia (1-8), and Bosnia (3-9).

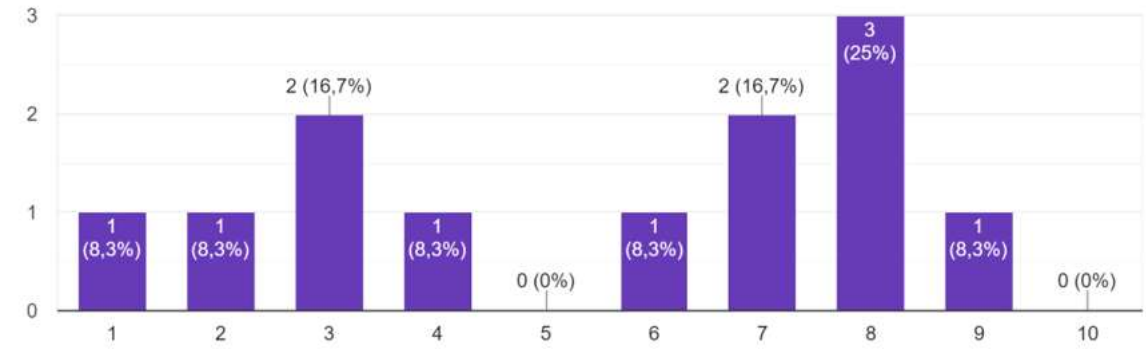
BULGARIA (n=29)



ITALY (n=13)

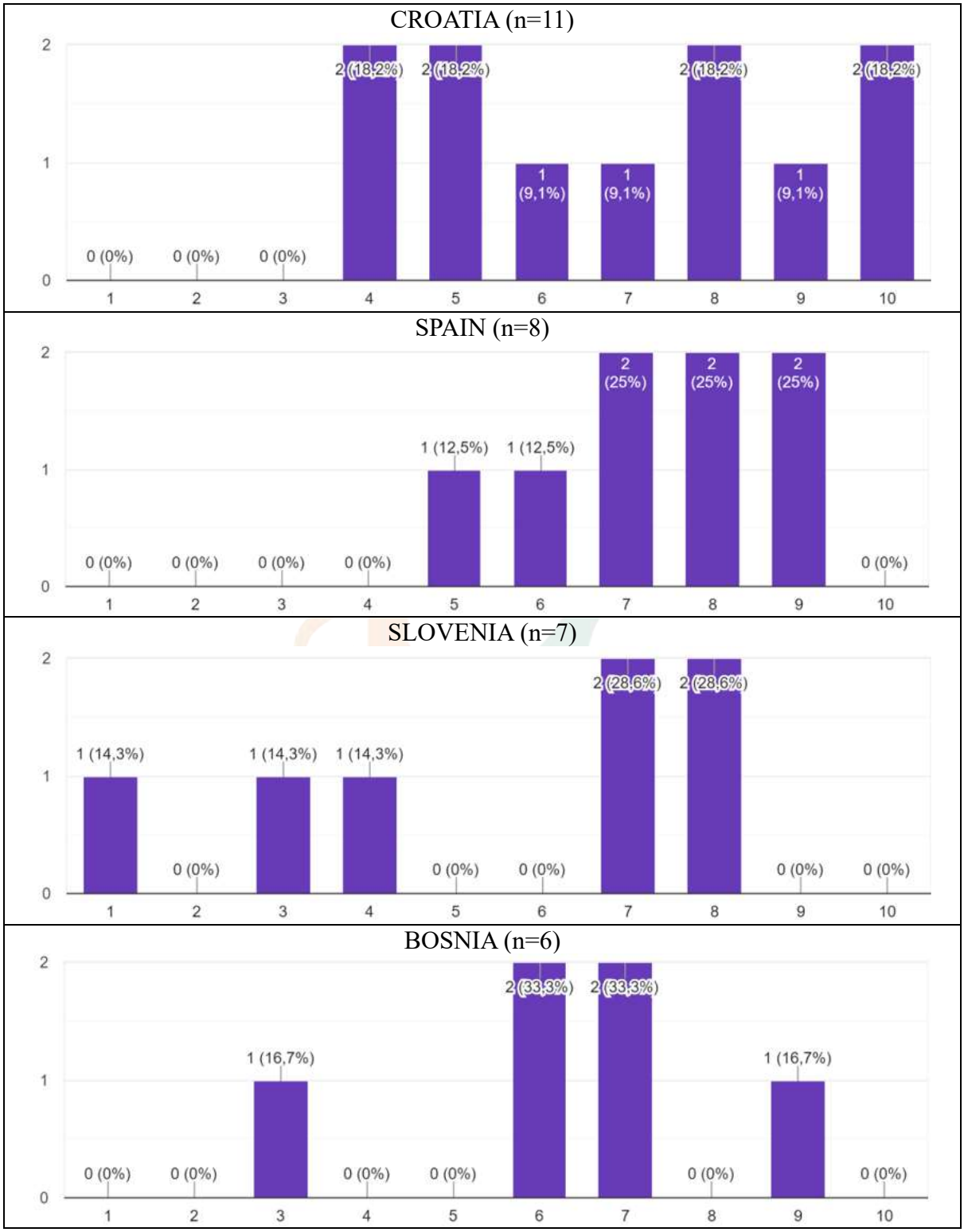


TURKEY (n=12)



Co-funded by the European Union

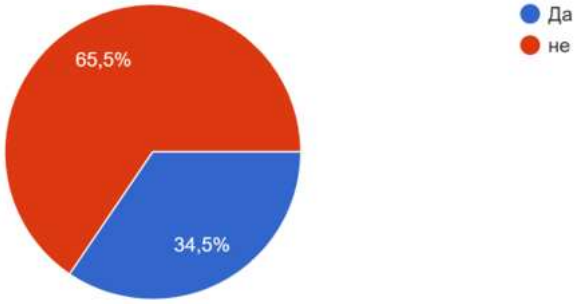
Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



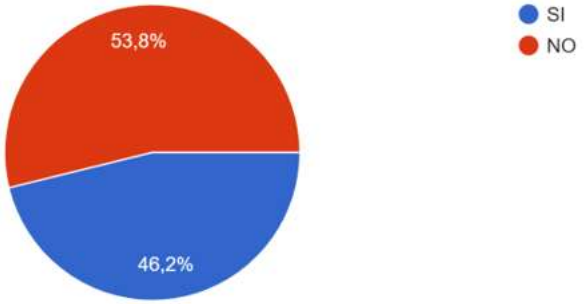
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18. Have you or any member of your family participated in workshops, conferences or other training activities organized by organizations that support people with disabilities?
The percentage of people in the sample who participated in training activities was as follows: Bulgaria (34.5%), Italy (46.2%), Turkey (66.7%), Croatia (63.6%), Spain (87.5%), Slovenia (71.4%), and Bosnia (83.3%).

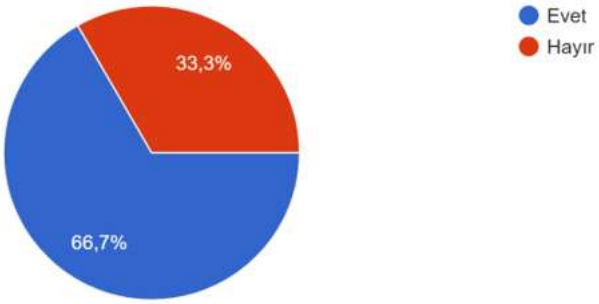
BULGARIA (n=29)



ITALY (n=13)



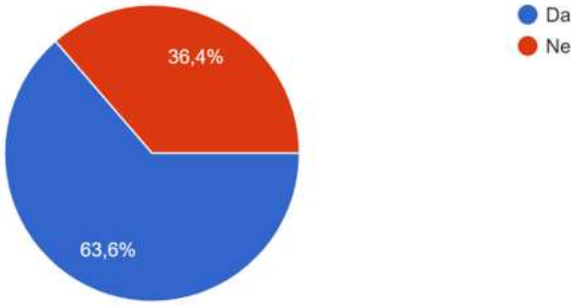
TURKEY (n=12)



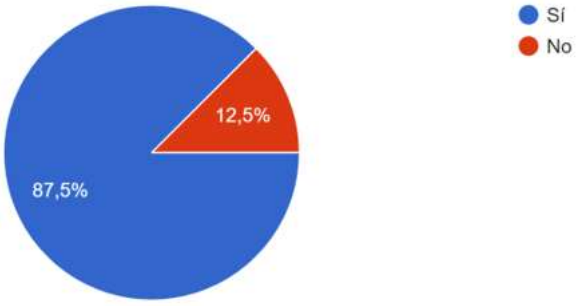
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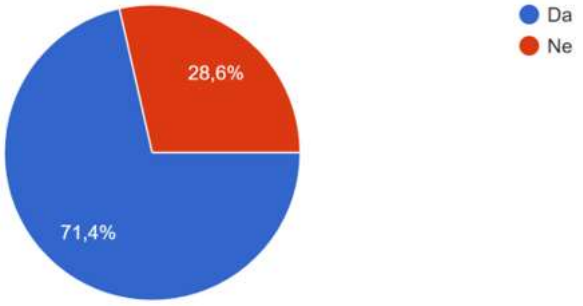
CROATIA (n=11)



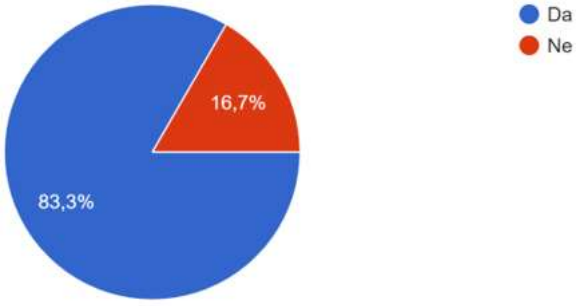
SPAIN (n=8)



SLOVENIA (n=7)



BOSNIA (n=6)



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DIMENSION 4: COORDINATION, TRANSPARENCY, MONITORING AND SATISFACTION.

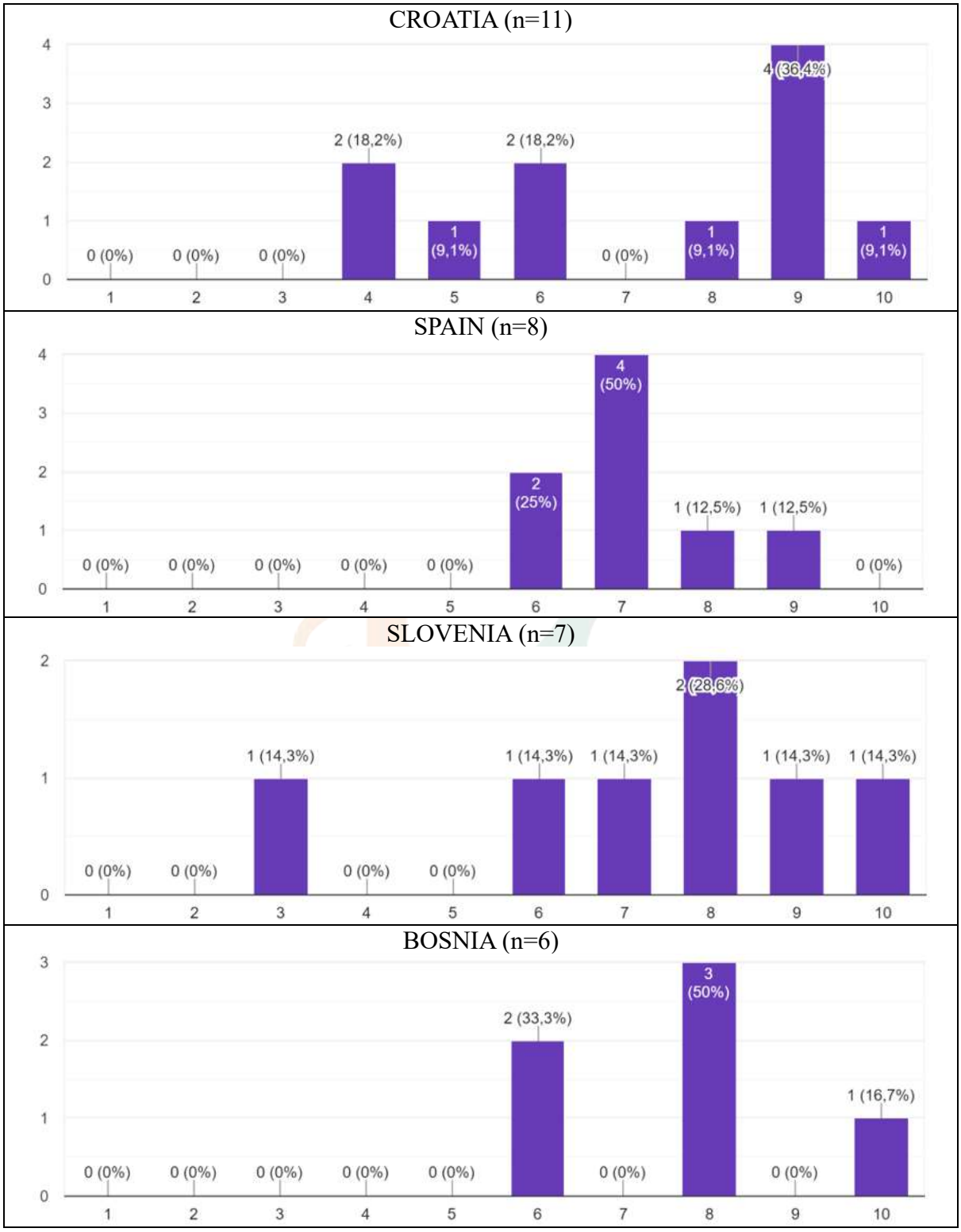
19. How do you rate the coordination between the staff of the organizations?

Satisfaction with this question ranged between the following values: Bulgaria (5-9), Italy (1-9), Turkey (3-10), Croatia (4-10), Spain (6-9), Slovenia (3-10), and Bosnia (6-10).



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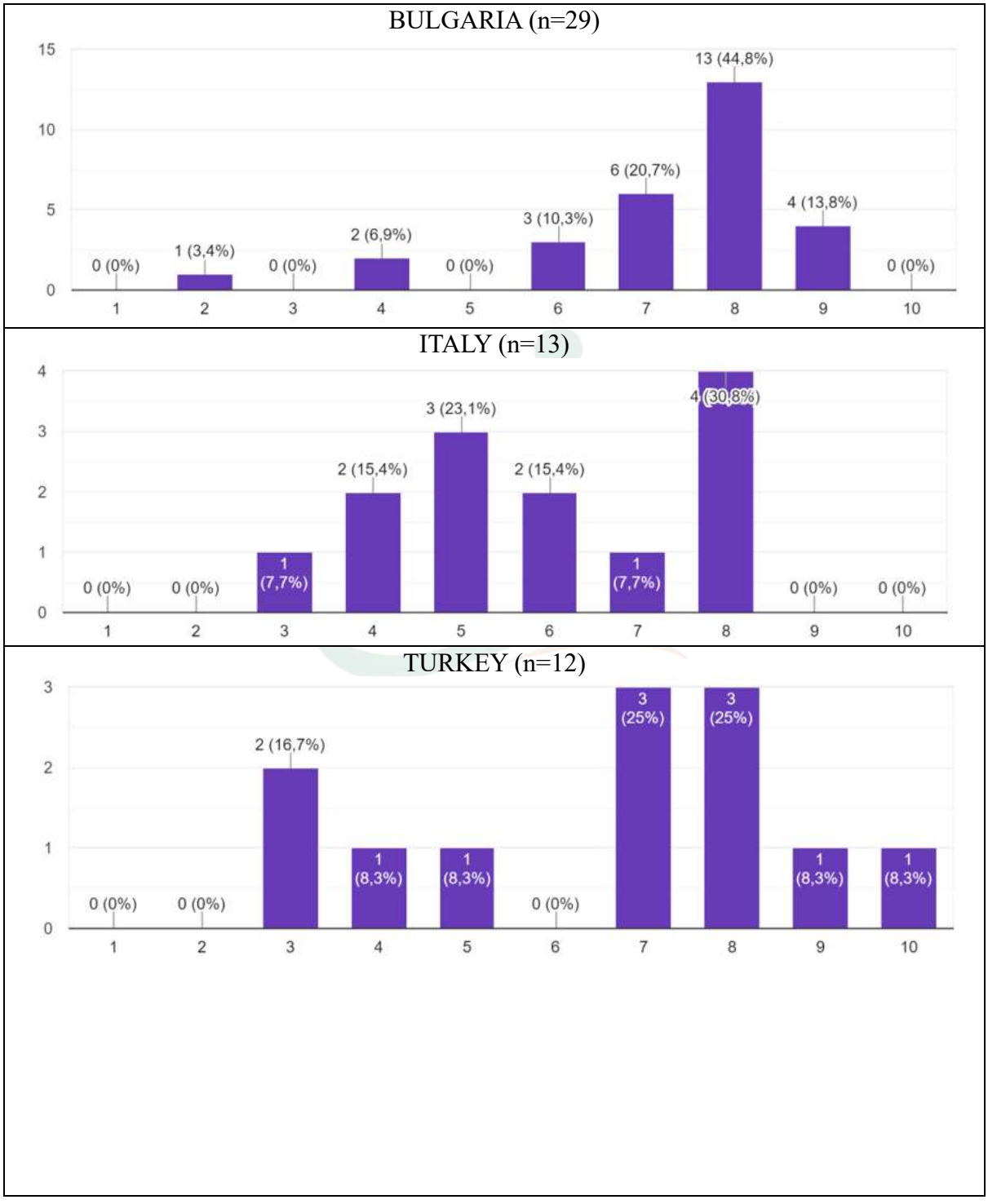
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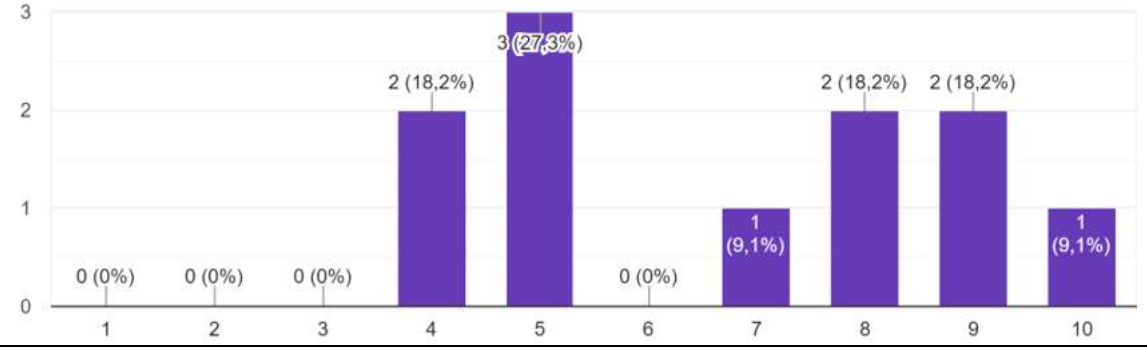
20. What do you think about the coordination between organizations that support people with disabilities and other health services to provide comprehensive support to families?
Satisfaction with this question ranged between the following values: Bulgaria (2-9), Italy (3-8), Turkey (3-10), Croatia (4-10), Spain (2-6), Slovenia (2-10), and Bosnia (4-10).



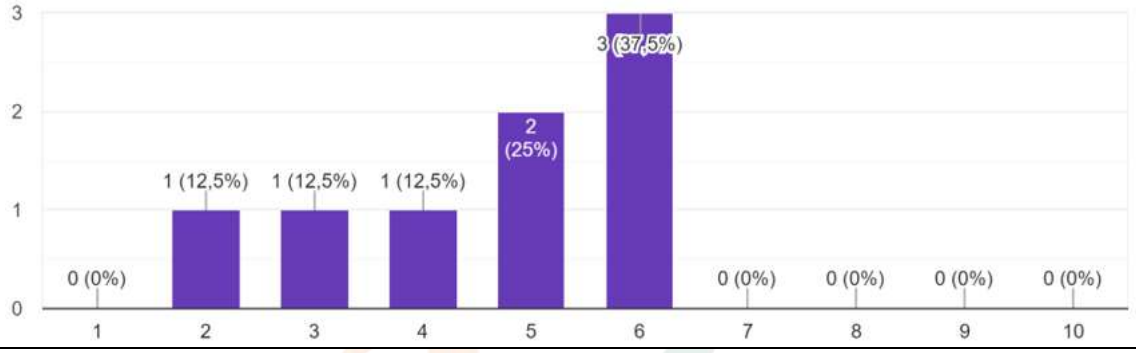
Co-funded by the European Union

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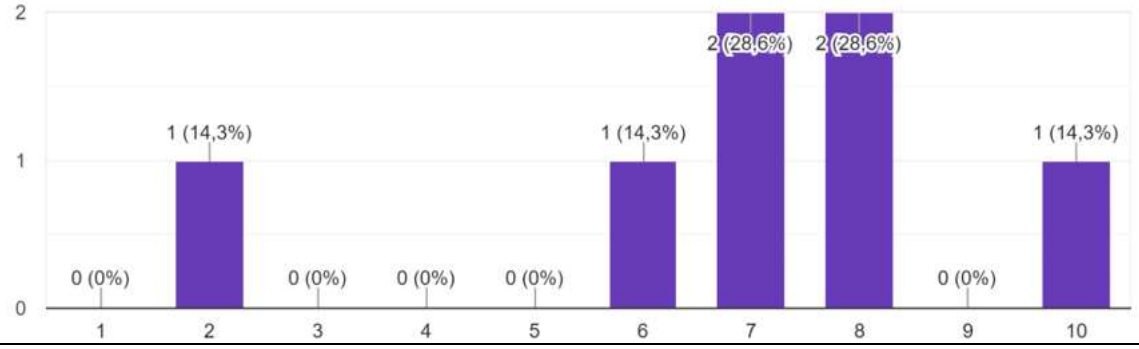
CROATIA (n=11)



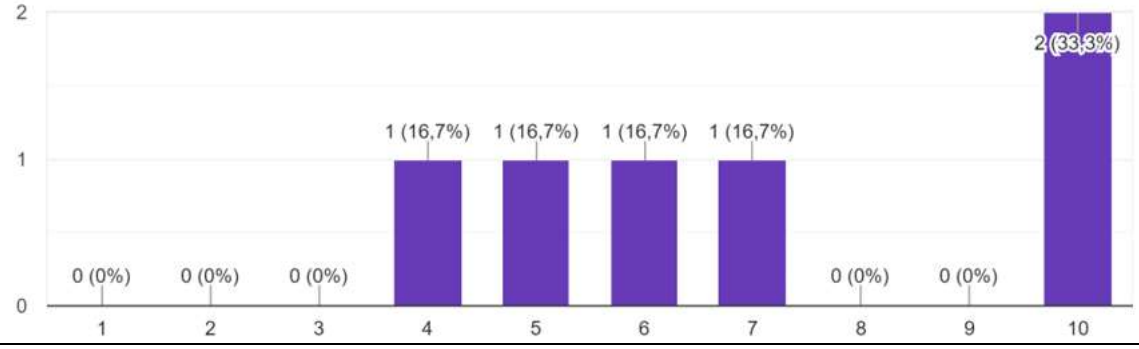
SPAIN (n=8)



SLOVENIA (n=7)



BOSNIA (n=6)

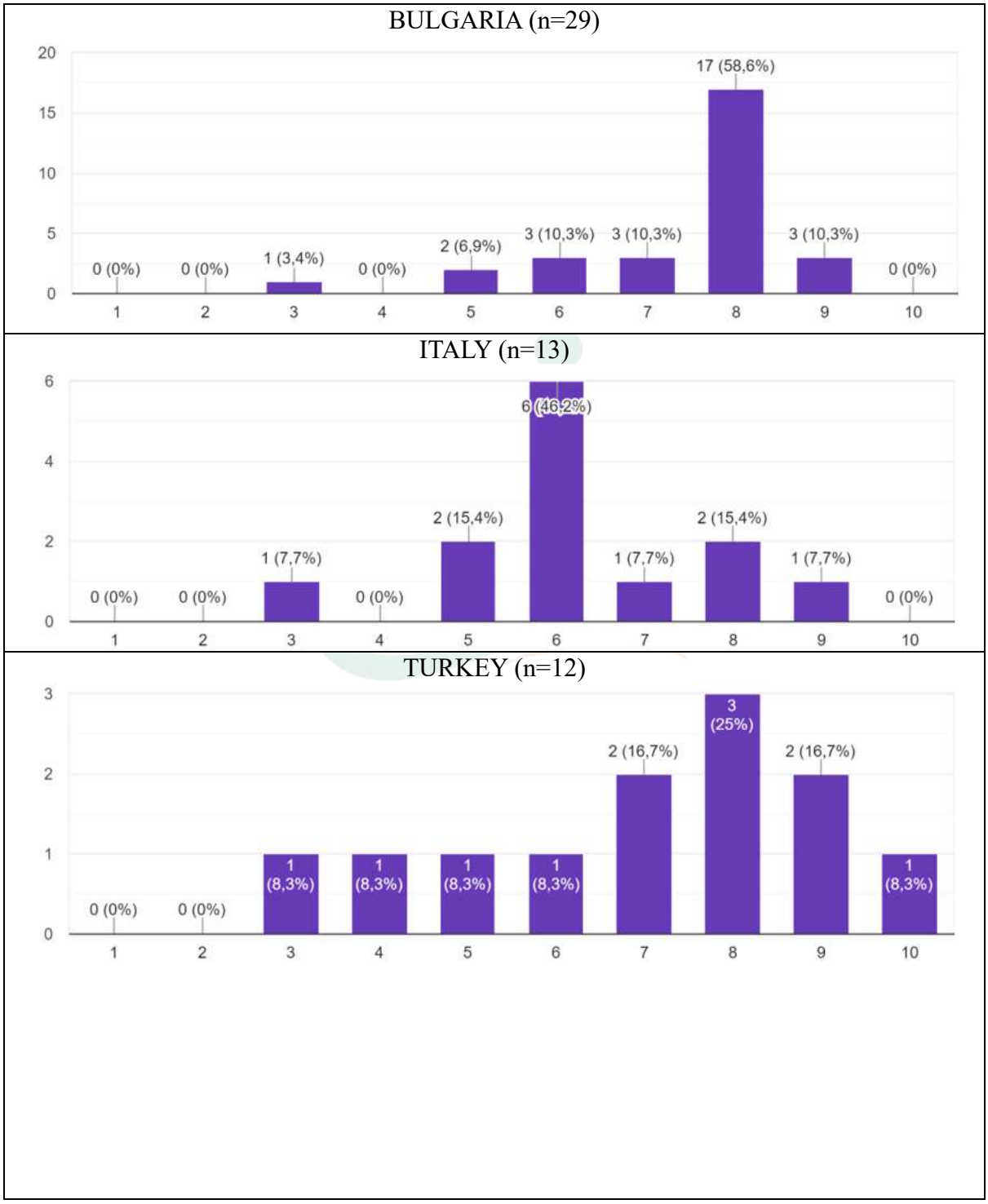


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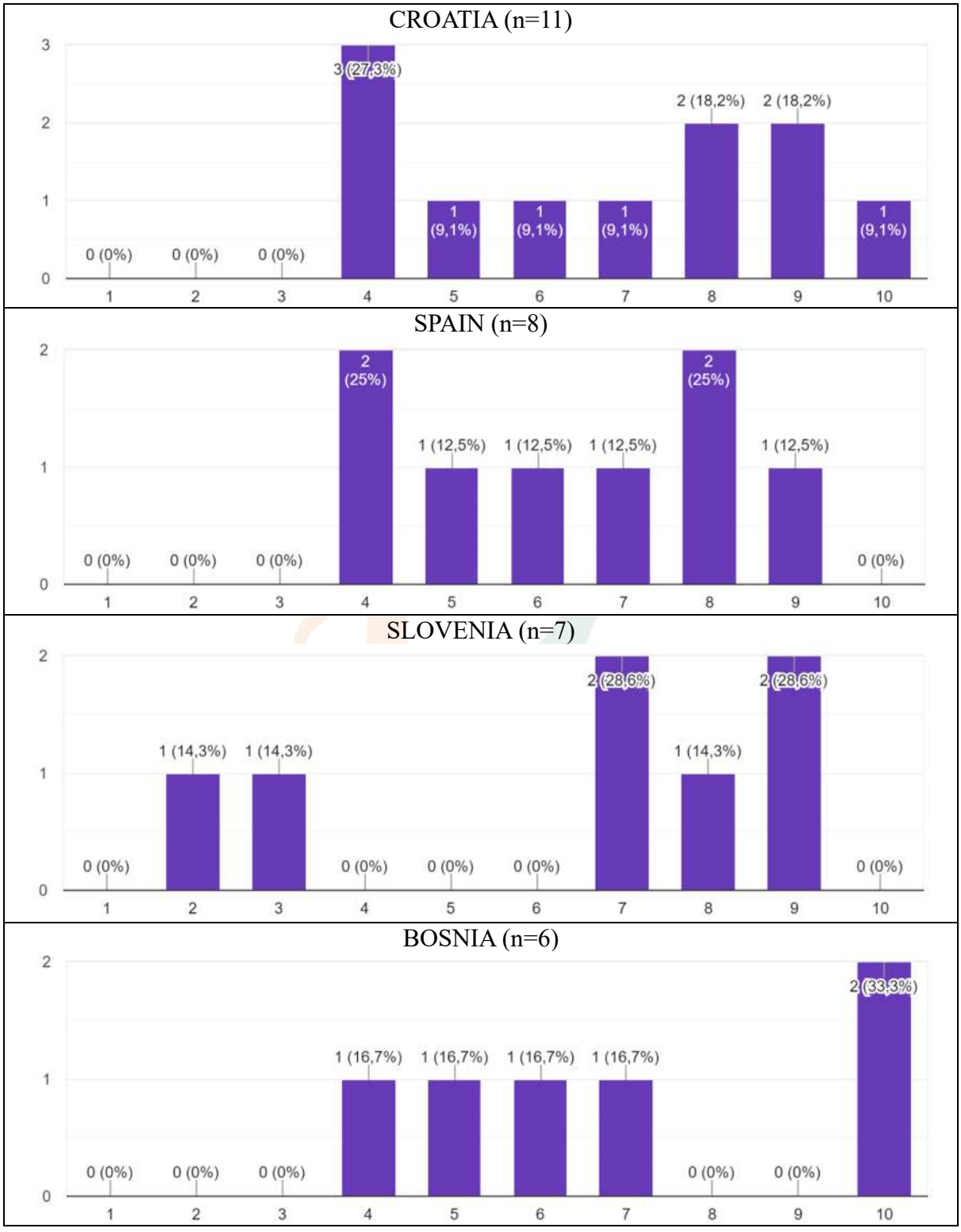
21. Do you find the policies and processes of these organisations transparent in relation to the care and support of people with disabilities?

Satisfaction with this question ranged between the following values: Bulgaria (3-9), Italy (3-9), Turkey (3-10), Croatia (4-10), Spain (4-9), Slovenia (2-9), and Bosnia (4-10).



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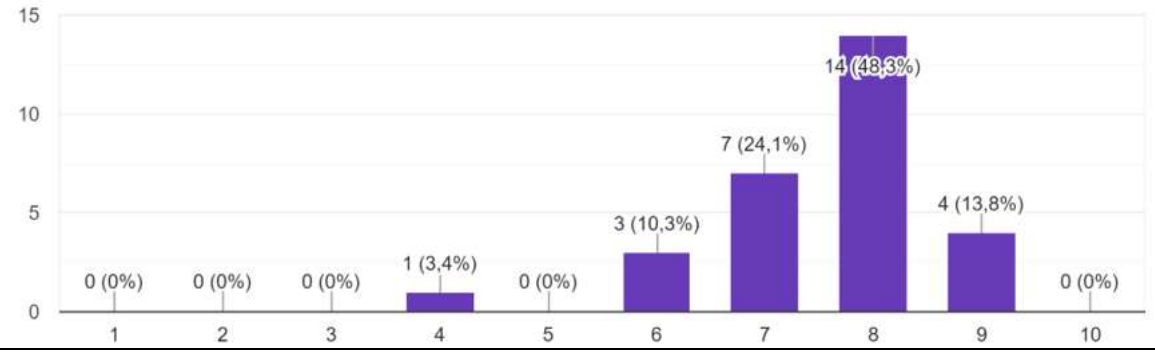


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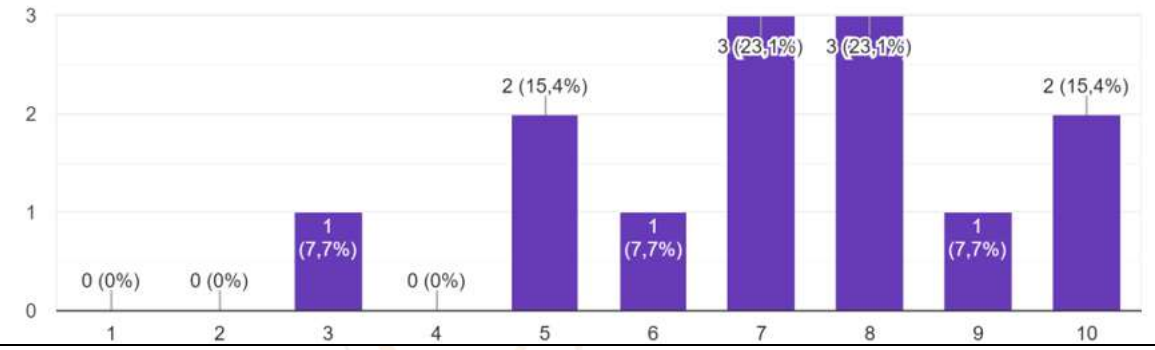
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22. Do you consider the follow-up received from the organisations' staff to be adequate?
Satisfaction with this question ranged between the following values: Bulgaria (4-9), Italy (3-10), Turkey (4-10), Croatia (4-10), Spain (5-9), Slovenia (2-9), and Bosnia (4-9).

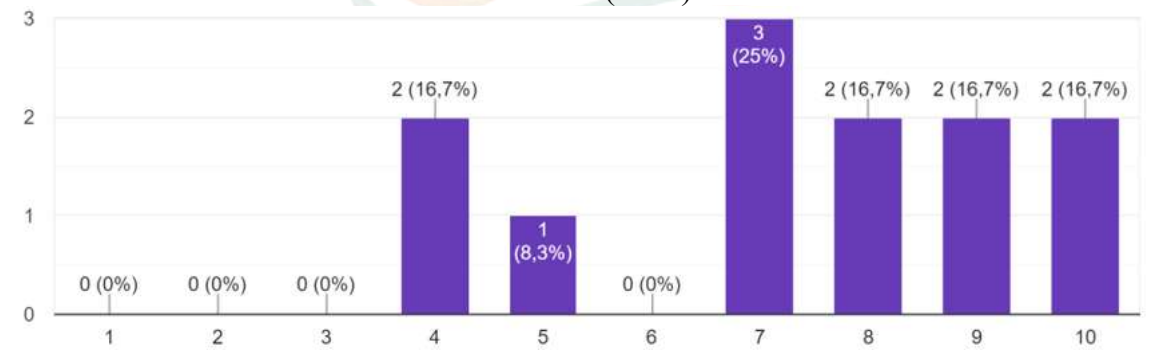
BULGARIA (n=29)



ITALY (n=13)

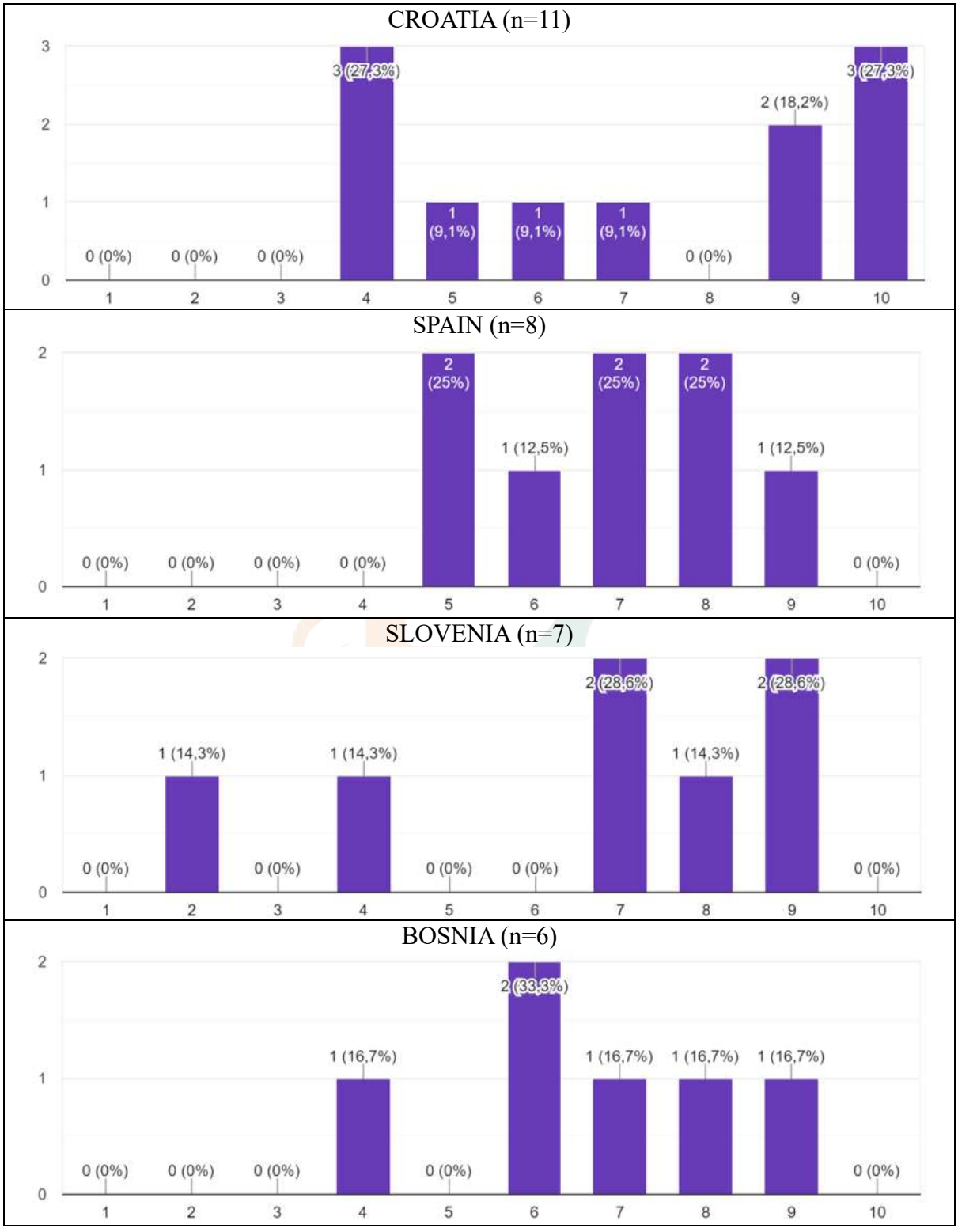


TURKEY (n=12)



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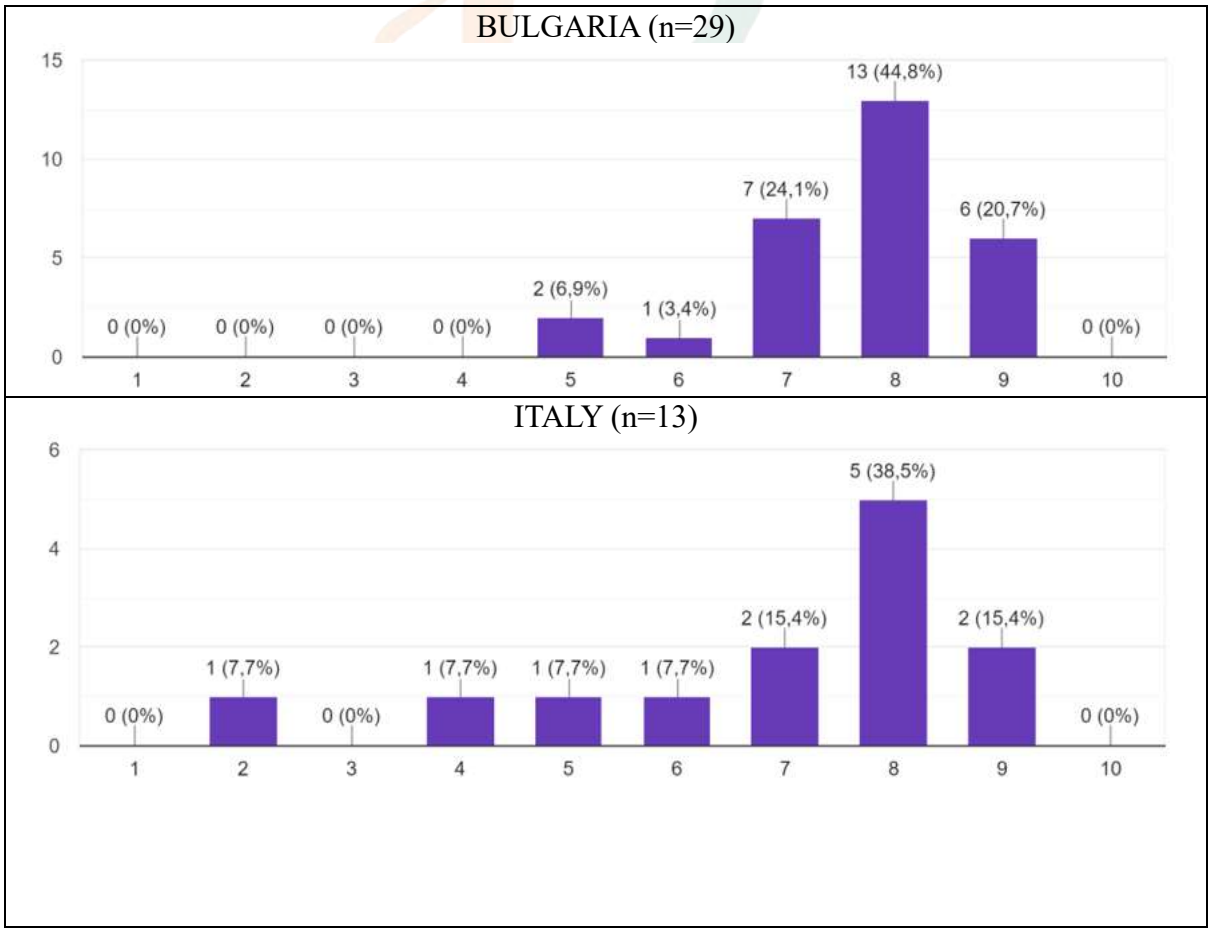
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23. What suggestions would you have to improve the follow-up process and ensure that your needs are effectively addressed in the future?

Suggestions in Bulgaria were: more transparency; more effective campaigns; information and future initiatives on organisations' websites; meeting with parents; better information on some organisations' websites; more frequent meetings with organisations; more services; more common/joint activities; more working initiatives; better funding. In Italy there were no suggestions. Suggestions in Turkey were: making training more accessible; effective communication and coordination; using websites and email more. In Croatia there were no suggestions. Suggestions in Spain were: consulting families more; more individualised attention; monthly follow-up meetings; better telephone support; holding more meetings with families; increasing staff; conducting surveys or short interviews. In Slovenia there were no suggestions. Suggestions in Bosnia were: clearer communication and more training in communication and working with families; full transparency, great support and guidance.

24. Regarding the attention and commitment shown by the organizations, how satisfactory has your experience been?

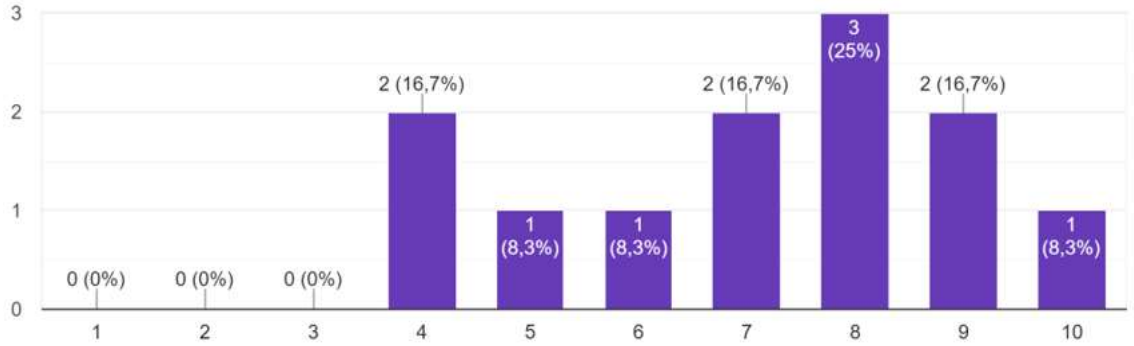
Satisfaction with this question ranged between the following values: Bulgaria (5-9), Italy (2-9), Turkey (4-10), Croatia (4-10), Spain (5-9), Slovenia (1-9), and Bosnia (5-10).



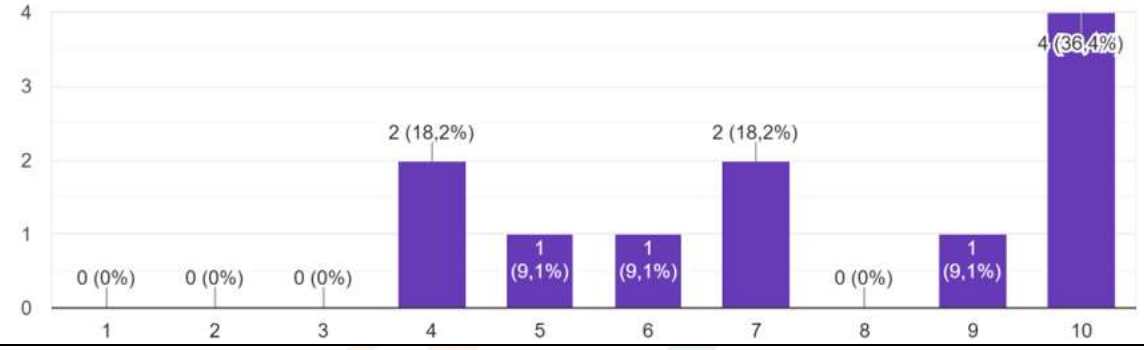
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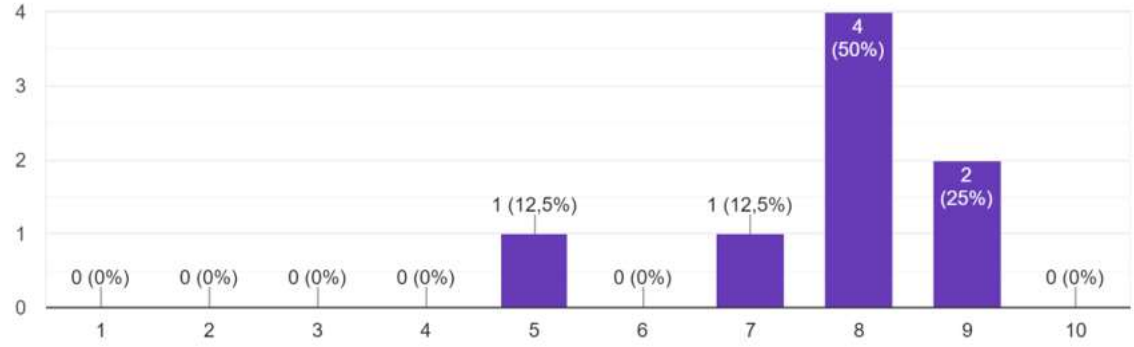
TURKEY (n=12)



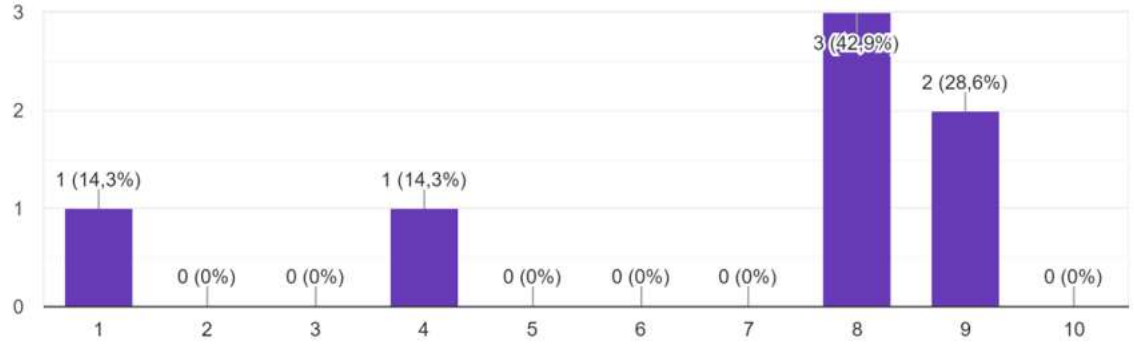
CROATIA (n=11)



SPAIN (n=8)

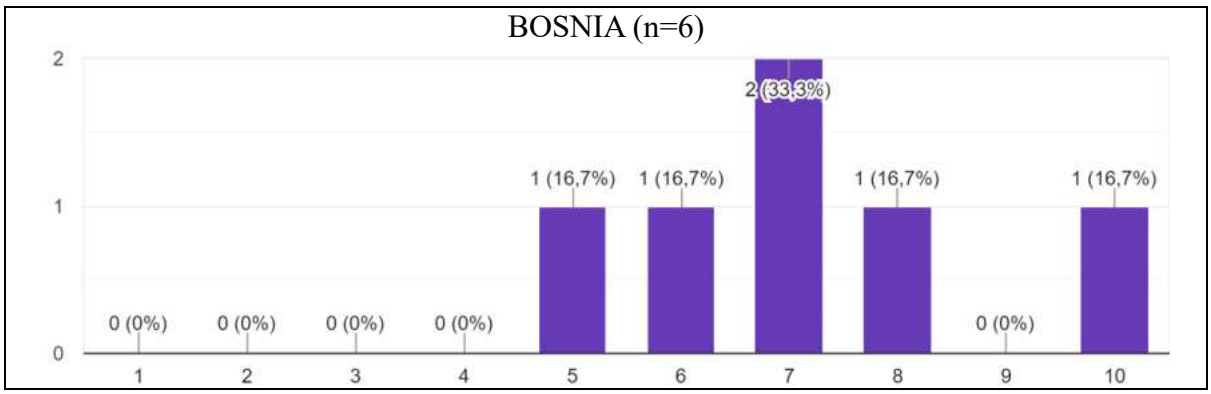


SLOVENIA (n=7)



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4. CONCLUSIONS

Satisfaction in dimension 1 (communication and information) ranged between the following values: Bulgaria (4-10), Italy (1-10), Turkey (1-10), Croatia (5-10), Spain (4-10), Slovenia (1-10), and Bosnia (2-9). Satisfaction in dimension 2 (resources, programs, and services) ranged between the following values: Bulgaria (3-10), Italy (1-10), Turkey (1-10), Croatia (4-10), Spain (5-10), Slovenia (1-10), and Bosnia (2-10). Satisfaction in dimension 3 (training and capacity building) ranged between the following values: Bulgaria (2-10), Italy (1-10), Turkey (1-10), Croatia (4-10), Spain (4-10), Slovenia (1-10), and Bosnia (3-10). Satisfaction in dimension 4 (coordination, transparency, monitoring and satisfaction) ranged between the following values: Bulgaria (2-9), Italy (1-10), Turkey (3-10), Croatia (4-10), Spain (2-9), Slovenia (1-10), and Bosnia (4-10).

It is therefore concluded that in all countries and in all dimensions there are high and low satisfaction values. High values indicate that good practices are being carried out in relation to inclusive family sport. However, low values make it clear that there is considerable room for improvement in all dimensions and in all countries.

According to the participants' suggestions, these improvements should focus on the following aspects: greater transparency; more effective campaigns; information and future initiatives on the websites of the organisations; meeting with parents; better information on the websites of some of the organisations; more frequent meetings with the organisations; more services; more common/joint activities; more work initiatives; better funding; more accessible training; effective communication and coordination; more use of websites and email; more consultation with families; more individualized attention; monthly follow-up meetings; better telephone attention; more meetings with families; more staff; short surveys or interviews; clearer communication and more training in communication and working with families; total transparency, great support and guidance.

Carrying out these improvements in the methodology of inclusive family sport for children and adolescents with disabilities aged 6 to 18 years will undoubtedly increase the satisfaction of participants and their families in sports activities, which will lead to an increase in their sports practice and, consequently, will decrease sedentary lifestyle and obesity in children and adolescents with disabilities.

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