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Publication: Using Autonomous Teams to Improve Quality of Life of People with Intellectual Disabilities

Congratulations to professors Vicente Martínez-Tur, José Ramos, Esther Gracia, Carolina Moliner, Luminita Pătras and Marie Blížková for their new publication in Applied Research in Quality of Life.

Applied Research in Quality of Life
<https://doi.org/10.1007/s11482-021-10034-8>



Using Autonomous Teams to Improve Quality of Life of People with Intellectual Disabilities

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Abstract

This research study tested an intervention, based on autonomous teams and the service co-creation approach, to improve the social inclusion and self-determination (as indicators of quality of life) of people with intellectual disability. Members of the autonomous teams (professionals, people with intellectual disability, and family members) cooperated to plan and carry out a project. A total of 72 autonomous teams participated (experimental condition). Each team designed its action plan to be implemented during eight weeks. Three measurement times were used: before the intervention (T1), four (T2) and eight (T3) weeks after the starting point. Family members (experimental group, $N=117$; control group, $N=187$) reported on the social inclusion and self-determination of their relative with intellectual disability. Scores in the control group remained stable over time, whereas scores in the experimental group changed significantly. Social inclusion increased (T2), and later stabilized (T3). By contrast, self-determination increased (T2), but this improvement was subsequently reduced (T3).

Keywords Self-determination · Social inclusion · Autonomous teams

You can read it [here](https://doi.org/10.1007/s11482-021-10034-8)

Meet Laura Monzó!

My name is Laura and I am a fourth year student here at Valencia's university. I decided to study the psychology degree because I found myself extremely interested in understanding the complex ways in which individuals and groups work. Initially, I wasn't sure which of the



many fields I liked the most but over time I discovered that organizational, work and personnel psychology was my passion. I am very keen on helping others and even if this area may be seen as the least altruistic, I feel that improving people's well-being at work promotes happiness in many of their other life areas. For better or worse, we spent many hours of our day working, shouldn't we try to make it worth it?

I have always been a curious and committed person and I think those could be the reasons why I ended up applying for a collaboration grant. To my mind, there are not many possibilities to experience first-hand the career opportunities typical from our broad field and a collaboration grant is definitely a great way of exploring the academic path. Even if I had already worked together informally with other professors, I felt I needed to try researching with experts on organizational and work psychology. Currently, I am also working on an internship on a very small human resources consulting firm. This allows me to experience this field from both a theoretical and a practical approach, which in my view is very enriching.

I am a very social person, so I enjoy meeting people very much. I love travelling and I had the amazing opportunity of taking a gap year before starting university. The idea was to experience how it was to live in different cities, so I spent five months working around the US and other four working and learning English in Australia. I learnt so much from living in other countries that I couldn't miss the opportunity of experiencing an Erasmus while studying, thus I spent the academic year 2020-2021 in Maastricht (The Netherlands). During all my journeys and while living in Valencia, my hometown, dancing has always been present. So, you can find me dancing salsa and bachata on the weekends.



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