

## Indigenous Approaches to Health and Wellbeing

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Quality of life (QOL) is a widely researched construct used to represent wellbeing and wellness within and across pertinent life domains, including the physical, emotional, mental, spiritual, social, occupational, and environmental. Despite the large amount of research, conceptualizations of QOL largely focus on health-related determinants of wellness and wellbeing within medical settings and for specific outcomes (e.g., decision-making), with minimal attention given to holistic, culture-specific domains. One group of peoples whose conceptualization of QOL may be better captured by a more holistic and culturally grounded approach is Alaska Native (AN) peoples. Despite having rich, vital, and complex histories and cultures – all of which may influence their QOL – AN peoples are scarcely represented within the canon of QOL research. This study developed a measure of QOL among AN adults, building on a previous study that identified nine AN QOL domains: family, subsistence, access to resources, health and happiness, traditional knowledge and values, acts of self, providing, sobriety, and healing. Participants ( $N = 500$ ) were recruited using snowball sampling to complete an online survey. Exploratory factor analysis (EFA,  $n = 250$ ) and confirmatory factor analysis (CFA,  $n = 250$ ) of the Goodness of Life for Every Alaska Native (GLEAN) Scale revealed five factors: Acts of Self, Traditional Values, Subsistence, Family, and Providing. The GLEAN Scale demonstrated concurrent validity through a positive association with a widely used measure of QOL, and convergent validity through positive correlations with closely related domains (i.e., life satisfaction, AN wellness, overall wellbeing). Support for the incremental validity of the scale was also found. This culturally grounded measure of QOL can be used to assess AN QOL across multiple settings, such as the healthcare system, mental health clinics, and within the AN community.