

Vancouver Cycling Without Age: Moodboard Evaluation Report (2025)

CYCLING WITHOUT AGE VANCOUVER

Vancouver Cycling Without Age – Moodboard Evaluation Report

1. Findings

This report shares findings from moodboard evaluations completed during Vancouver Cycling Without Age trishaw rides with older adult passengers across seven care facilities in Vancouver between August and October 2025. Overall, the results show a clear and consistent positive impact of the program on participants' emotional well-being across all sites.

Across 278 rides, 68.3% of participants reported feeling happier after their ride, while 30.9% reported no change, and fewer than 1% reported feeling worse. On average, mood scores increased from 3.81 before the ride to 4.65 after the ride on a 5-point scale, representing an average increase of 0.84 points (about 21% of the scale's total range). This indicates a meaningful improvement in mood following participation.

The strongest benefits were seen among participants who began the ride feeling Neutral, Sad, or Very Sad. While many participants experienced a one-level improvement in mood, some experienced much larger changes. In total, 11.2% of participants improved by two mood levels, 0.7% by three levels, and 1.4% by four levels, including shifts from Very Sad to Very Happy. These results highlight the program's ability to create especially powerful emotional benefits for individuals who may be experiencing loneliness, low mood, or limited opportunities for joyful engagement.

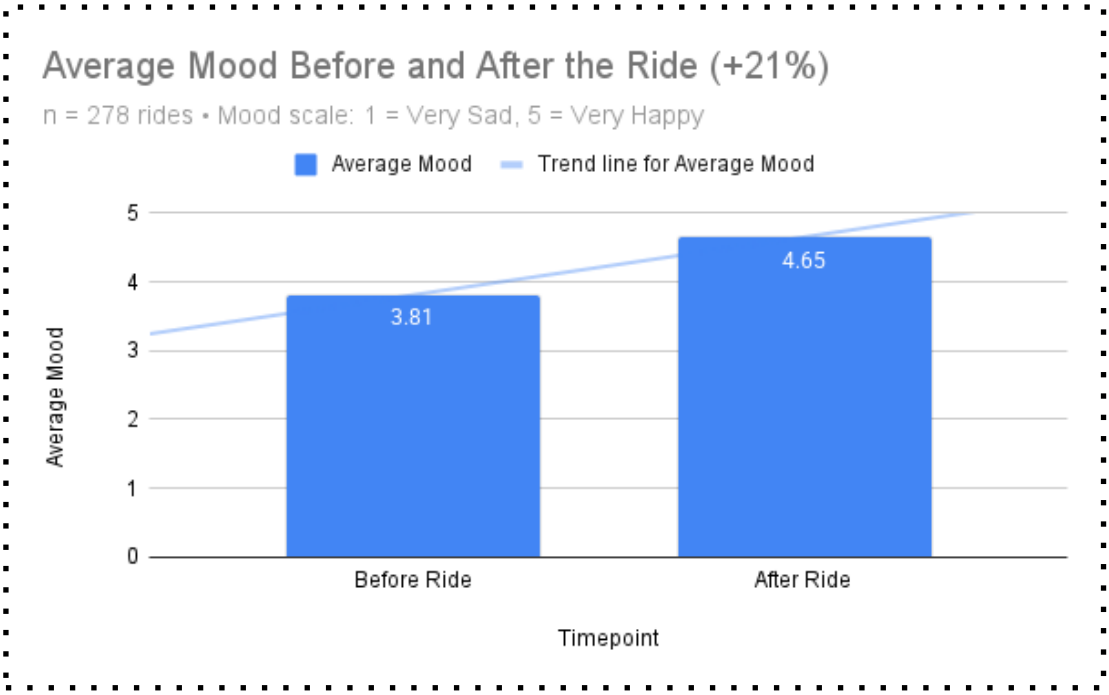
At the same time, the program shows a high degree of emotional safety. Mood declines were extremely rare, occurring in fewer than 1% of rides. The overwhelming majority of participants either experienced improved mood or maintained their pre-ride emotional state, indicating that the intervention is not only effective but also low-risk and emotionally supportive

Importantly, cases where participants reported no change in mood should not be interpreted as lack of impact. In several facilities, many participants reported being *Very Happy* even before the ride began. This ceiling effect likely reflects both ongoing satisfaction with the program and the anticipation of the upcoming ride, which may elevate

baseline mood prior to departure[1]. In these instances, the ride appears to function as a mechanism for maintaining high emotional well-being, reinforcing joy, emotional stability, and positive expectation rather than producing further measurable increases on the mood scale.

Overall, these findings suggest that Vancouver Cycling Without Age supports emotional well-being in multiple ways: by lifting mood where improvement is most needed, sustaining happiness among already-content participants, and doing so in a way that is safe, reliable, and emotionally meaningful across diverse care settings.

Figure 1: Average Mood Before and After Rides



Mood increased on average by 0.84 points across all rides, ***representing a 21% improvement*** *relative to the full scale range.*

[1]To reduce potential bias in mood assessments, facilities were instructed to complete pre-ride evaluations before participants boarded the trishaws. Volunteer Pilots, who are generally positively associated with the rides, were not permitted to conduct the evaluations. This helped ensure that results reflected participants' independent experiences rather than their interactions with the Pilots.

2. Pre- and Post-Ride Mood Outcomes

2.1. Overview of the Data

Evaluations were conducted on rides with **278 older adult passengers across** seven care facilities in Vancouver between August and October 2025.

Participants were asked by facility staff to rate their mood:

- **Before the ride** (prior to boarding the trishaw)
- **After the ride** (immediately after the ride before disembarking from the trishaw)

This pre–post design allows us to assess change in emotional well-being directly attributable to the ride experience.

A 5-point scale was used to measure mood:

1. Very Sad
2. Sad
3. Neutral
4. Happy
5. Very Happy

The five levels of the scale were presented using both words and illustrations, enabling passengers across all cognitive abilities to participate. No exceptions were made for participation. At one facility, the wording was also translated into Cantonese to support independent reading.

2.2. Overall Results (All Facilities Combined)

2.2.1. Average Mood Scores

- **Average mood before the ride: 3.81**
  (between Neutral and Happy)
- **Average mood after the ride: 4.65**
  (between Happy and Very Happy)

Average increase: The average increase was 0.84 points on a 5-point scale, corresponding to approximately 21% of the scale's total range.

This represents a substantial positive shift in mood following participation.

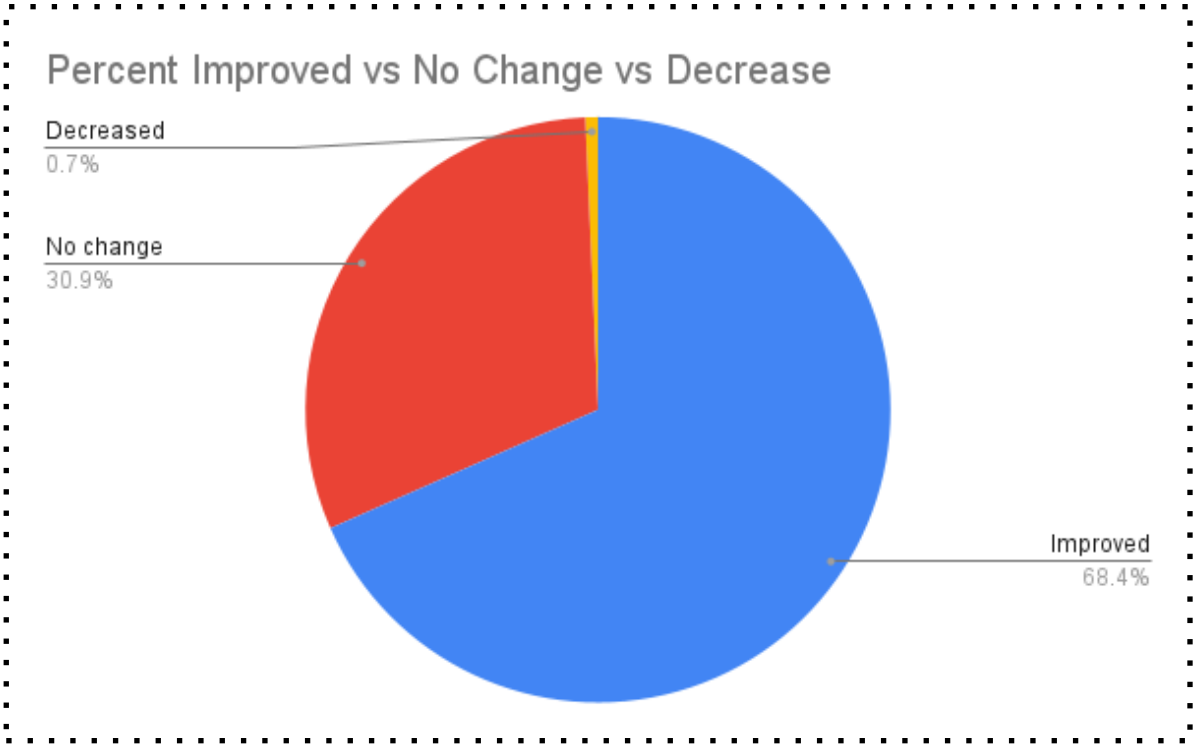
2.2.3. Mood Change Outcomes

Across all 278 rides:

- 68.3% of participants reported improved mood after the ride
- 30.9% reported no change
- 0.7% reported a decrease in mood.

More than two-thirds of all participants felt happier after their ride, while mood declines were extremely rare.

Figure 2: Mood Change General Outcomes



2.3. Magnitude of improvement

Over half of all participants who reported a positive change in mood (55%) experienced a one-level increase, while 13% experienced larger gains of two or more levels. Notably, six participants moved three or four full mood levels in a single ride, including shifts from Very Sad to Very Happy. These figures show that participants did not

just improve slightly; such large gains highlight the ride's transformative emotional impact, particularly for those who began the ride in lower moods.

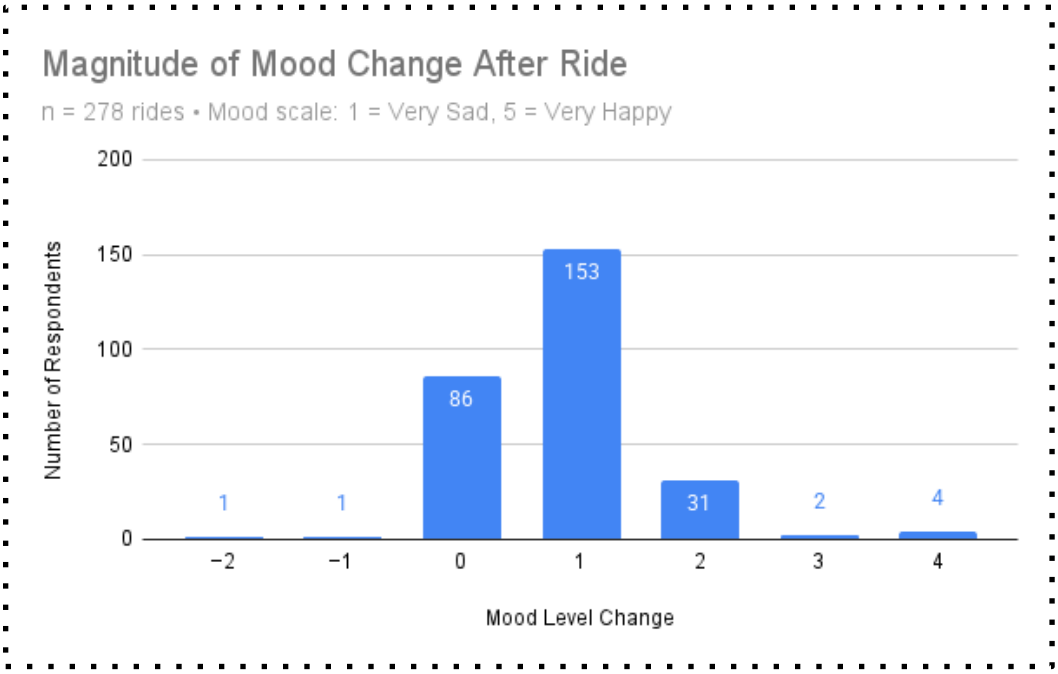
2.3.1. Distribution of Mood Change – Specific Data

- **+1 level increase: 153 participants (55.0%)**
  e.g., Neutral → Happy, Happy → Very Happy
- **+2 level increase: 31 participants (11.2%)**
  e.g., Sad → Happy
- **+3 level increase: 2 participants (0.7%)**
  e.g., Very Sad → Happy
- **+4 level increase: 4 participants (1.4%)**
  Very Sad → Very Happy
- **No change (0): 86 participants (30.9%)**
- **Decrease:**

  -1 level: 1 participant (0.4%)

  -2 levels: 1 participant (0.4%)

Figure 2: Magnitude of Mood Change After Ride



3. Facility-Level Outcomes

Note: *Facility names have been anonymized in accordance with confidentiality and ethical considerations.*

3.1. Facility 1

- **Rides:** 61
- **Average mood before:** 3.74
- **Average mood after:** 4.52
- **Percentage change:** +20.9%
- **Participants who reported an improved mood post-ride: 59.0%**

Facility 1 showed consistent positive shifts, with the majority of riders reporting improved mood and strong movement toward "Very Happy" after rides.

3.2. Facility 2

- **Rides:** 24
- **Average mood before:** 4.25
- **Average mood after:** 4.67
- **Percentage change:** +9.9%
- **Participants who reported an improved mood post-ride:** 37.5%

Facility 2 participants often started with a high baseline mood, leaving less room for improvement. Most participants maintained already high levels of happiness after the ride.

3.3. Facility 3

- **Rides:** 14
- **Average mood before:** 3.57
- **Average mood after:** 4.64
- **Percentage change:** +29.9%

- **Participants who reported an improved mood post-ride:** 92.9%

Facility 3 showed one of the strongest effects, with nearly all participants reporting improved mood witha large average increase.

3.4. Facility 4

- **Rides:** 18
- **Average mood before:** 3.33
- **Average mood after:** 4.89
- **Percentage change:** +46.8%
- **Participants who reported an improved mood post-ride: 100%**

Every single participant at Facility 4 reported an improved mood post-ride.
This site also includes several very large increases, including 4-point jumps from Very Sad to Very Happy.

3.5. Facility 5

- **Rides:** 60
- **Average mood before:** 4.03
- **Average mood after:** 4.80
- **Percentage change:** +19.1%
- **Participants who reported an improved mood post-ride:** 68.3%

Facility 5 demonstrated both high baseline mood and consistent improvement, with many riders moving from Happy to Very Happy.

3.6. Facility 6

- **Rides:** 77
- **Average mood before:** 3.64
- **Average mood after:** 4.58
- **Percentage change:** +25.8%

- **Participants who reported an improved mood post-ride: 77.9%**

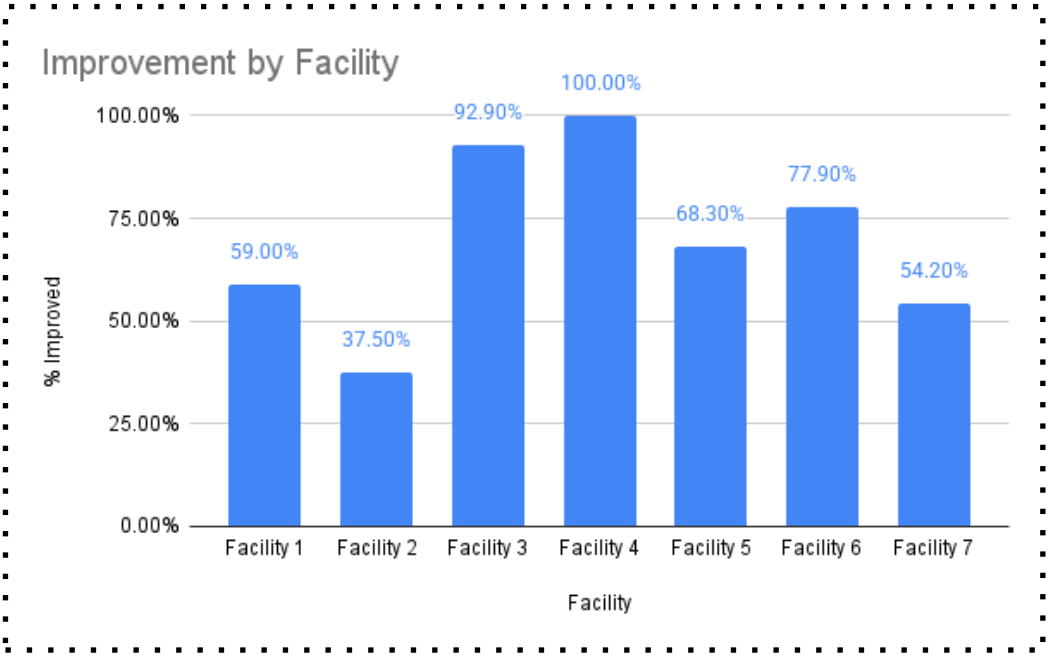
Facility 6 represents the largest number of rides and shows strong, reliable improvements, especially among participants starting at Neutral or Sad.

3.7. Facility 7

- **Rides:** 24
- **Average mood before:** 4.00
- **Average mood after:** 4.58
- **Percentage change:** +14.5%
- **Participants who reported an improved mood post-ride:** 54.2%

Participants often began at Happy or Very Happy, resulting in more "no change" outcomes while still maintaining high post-ride mood levels.

Figure 3: Improvement by Facility



4. Structure of the Evaluation (How We Did It)

4.1 Overview of the Structure

The evaluation was carried out following the process outlined in the original proposal shared with partners. The steps were:

- **Moodboard Delivery:** VCWAS staff printed and delivered moodboard evaluation forms to each participating facility.
- **Evaluation Administration**: Facility staff or volunteers administered the moodboard to passengers before the ride (prior to boarding) and after the ride (immediately after returning).
- **Inclusive Participation**: All passengers were invited to participate, with accommodations provided as needed to support different cognitive abilities. Evaluators did not interpret or respond for participants, and responses were treated as valid regardless of the passenger's mood or communication style.
- **Passenger-Only Participation:** Only passengers (not family members, staff, or volunteers) completed the evaluations.
- **Data Collection and Handling:** Completed evaluations were returned to VCWAS staff and compiled by facility. Any passenger identifiers included on the forms were used only for facility tracking; they were not retained in the dataset.
- **Anonymity and Data Management**: All results were anonymized at the individual level, and no individual-level tracking or ride-frequency matching was conducted.
- **Post-Season Sharing**: At the end of the ride season, VCWAS shared the compiled facility-level and collective results with participating facilities. Facilities were credited in any reports, presentations, or publications where the findings were shared.

4.2 Moodboard Tool

The moodboard used in this evaluation is a simple, visual tool that asks passengers to select the image that best represents their mood. The scale includes five options ranging from Very Sad to Very Happy, with both words and illustrations to support accessibility. At one

facility, the moodboard was also translated into Cantonese to support independent participation. The images below show the moodboard used during the evaluation.

Facility: _____ **Date:** _____ **Passenger Identifier:** _____

Please mark an X in both the before box and the after box next to the mood that best corresponds to the passenger's mood before and directly after each ride.

Mood	Before Ride	After Ride
 1. Very sad / Low		
 2. Sad / Down		
 3. Neutral / Okay		
 4. Happy/Good		
 5. Very happy/Energized		

VANCOUVER CYCLING WITHOUT AGE

Facility: _____ **Date:** _____ **Passenger Identifier:** _____

Please mark an X in both the before box and the after box next to the mood that best corresponds to the passenger's mood before and directly after each ride.

Mood	Before Ride	After Ride
 1. Very sad / Low 非常不開心		
 2. Sad / Down 不開心		
 3. Neutral / Okay 一般		
 4. Happy/Good 開心		
 5. Very happy/Energized非常開心		

1 Evaluation Form Per Passenger

VANCOUVER CYCLING WITHOUT AGE