

The Remotivation Process: A Promising Intervention Process for People with Depression

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Introduction: Depression affects approximately 121 million people worldwide and is the leading cause of disability. People with depression have limited interests, low energy, and lack motivation. The Remotivation Process was designed for clients with severe motivation problems (de las Heras, Llerena, Kielhofner, 2003). It is a structured interventions process developed to improve motivation for occupational engagement by increasing a person's personal causation, values, and interests.

Objectives: The objective of this study is to evaluate the effects of the Remotivation Process and compare the results with psychiatric/medical treatment offered to adults with a major depression in Quebec, Canada.

Methods: This study rests on an experimental design with intervention and control groups and uses repeated measures taken over the 20 week duration of the Remotivation Process. 20 participants will be in the intervention group and 20 others will be in the control group. Data were and still are collected using the Volitional Questionnaire, the Occupational Performance History Interview, the Interest Checklist, the Role Checklist, and the Hamilton Depression Scale. Data collected is schedule to happen at baseline and throughout the application of the intervention as described in the Remotivation Process. Similar data are collected with participants in the control group.

Results: Data are still being collected and results are preliminary. However, improvements have been identified. Engagement in occupations has increased as well as the ability of clients to make choices about their daily life. Clients and family members' comments will illustrate the preliminary results.

Conclusion / Contribution to the practice/evidence base of occupational therapy: This study will provide specific evidence about a client-centred, occupation-focussed intervention process based on occupational therapy core concepts. It is hoped that the results will guide occupational therapists in the choice of intervention with clients with depression and inform occupational therapy practice in mental health.

de las Heras, C.G., Llerena, L., & Kielhofner, G. (2003). A user's manual for Remotivation process: Progressive intervention for individuals with severe volitional challenges (Version 1.0). Chicago, Illinois: The Model of Human Occupation Clearinghouse, Department of Occupational Therapy, College of Applied Health Sciences, University of Illinois at Chicago.