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The efficacy of psychosocial occupational therapy program on the Quality of life of severe psychiatric outpatients

ashraf Karbalay Nouri, elahé hojjati

Rehabilitation and Welfare Sciences University, Tehran, Iran, Islamic Republic of

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Introduction

the concept of quality of life as an outcome measure represents a new paradigm in occupational therapy research. To integration quality of life with O.T. care, some correspondence is required. Participation in occupations , as a medium of O.T. is thought to improve overall quality of life.

Objectives

this study was evaluated the efficacy of an occupational therapy services in a daycare center in improving quality of life.

Methods

this study was a quasi experimental and non randomised design with Pretest-Posttest control group . participants in intervention group were 24 and in control group 50 patients. This study conducted in an outpatient mental health facility, in Tehran and by using the Wisconsin Quality of Life-Client . It provides a global score through a semi-structured interview for the subjective quality of life. Domains of this instrument are satisfaction levels, occupational activities, symptoms, psychosocial well-being, physical health, social relations, economic& activities of daily living. Group-based occupational therapy programs were performed by occupational therapists for 3 months (3 sessions-2 hr.-every week). Interventions were art activities groups(craft, music, woodworking), projective art groups(recreational and educational activities). feeling-oriented and reality- oriented discussion groups.

Results

findings showed that before intervention there was no significant between two groups in subscales of QOL. But after intervention, significant difference was observed in the subscales except symptoms & activities of daily living.

conclusion

This package was effective on satisfaction level, occupational activities, psychosocial well-being, physical health, social relations, economics, and Quality of life.

This study provides strong evidence for the efficacy of psychosocial O.T interventions to develop a sense of competence and enjoyment in the performance of activities.