



Service Priorities and Programmes Electronic Presentations

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Differential Effectiveness: A Continuous Quality Improvement Tool to Evaluate and Enhance Multi-component Occupational Therapy Program for Psychiatric In-patients

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Introduction

An Occupational Therapy (OT) program has been implemented in adult psychiatric wards in QMH since October 2015. The program includes nine types of groups focusing on illness management and enhancement of mood and wellness. Significant improvement in clients' mood ($p < .005$) was found in all types of groups. Does it mean they are equally effective? Instead of relying on statistical significance, there is a growing body of empirical evidence using differential effectiveness to evaluate various types of group intervention. Thus, further statistical analysis was conducted to investigate the differential effectiveness of different groups in the program in enhancing clients' mood. The result would help refinement of group types for continual program enhancement.

Objectives

To investigate the differential effectiveness of groups in the OT program and refine the group types accordingly.

Methodology

A sample of 213 clients was recruited from QMH adult psychiatric wards during the period October 2015 to October 2017. Clients were encouraged to join OT groups twice a week. There were nine types of groups including themes of self-care, social skill, illness management, stress management, mind-body exercise, recovery concept, art and craft, self-discovery and wellbeing. Individual client's mood was measured at the beginning and completion of each group using the Visual Analogue Scale (VAS). Upon the two-week-interval, clients were invited to fill in a satisfaction survey. Effect size was calculated using the VAS data.

Result

The overall effect size for all groups ($d = 0.69$) was medium. Using the differential effectiveness for individual group types, most groups demonstrated a medium to large

effect size ($d = 0.54$ to 0.81) except the art and craft group ($d = 0.48$). Results of satisfaction survey showed an average rating of $8.0/10$ (10 being very satisfied) towards the service and an average score of $3.0/4$ (4 being very helpful) on recovery elements. Moreover, clients emphasized the importance of sense of empowerment. Therefore, eight groups with medium to large effect size were retained, while the group with small effect size was replaced by a new group on strength model. The results confirm the effectiveness of groups in the OT program in improving clients' mood. Differential effectiveness can support the continual appraisal and refinement of group types for continual enhancement of this program.