



Service Priorities and Programmes Electronic Presentations

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A review of a pilot Occupational Lifestyle Redesign Program for persons recovering from mental illness.

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activity engagement

Introduction

Mental illness can lead to widespread and long terms suffering. However, relatively little attention was put into interventions to enhance well-being which is the ultimate goal of recovery. Many persons in recovery being unemployed may only have their basic needs met with food and shelters. Living a life fully and to find meaning in it seems unimaginable. The development of Occupational Lifestyle Redesign (OLSR) concurrent with the concepts of positive psychology (Csikszentmihalyi 2000). It emphasizes the importance of occupational engagement, facilitating individuals to consciously and realistically evaluate their ability to participate in occupations. OLSR helps service users to structure their lives in healthy and meaningful ways through strategic formation of goals, healthy habits and routines (Salles-Jordan, 2007). Maslow Hierarchy of Needs (Maslow, 1943) and Model of Human Occupation (Kielhofner 2008) are theories used in the program that aimed at helping individual to decide the goals that they would like to achieve and develop their full potential as a unique human being, which eventually increase their well-being. The OLSR was first tested in the Well Elderly Treatment Program conducted by the University of Southern California in 1997. A large scale randomized effectiveness study has proven its great success in promoting health (Clark et al., 1997). With this framework, a pilot OLSR program was incorporated into our service locally in Kwai Chung Hospital.

Objectives

This study is to review the effectiveness of the OLSR program in helping persons recovering from mental illness to enhance their well-being.

Methodology

The program was conducted in Kwai Chung Hospital from 2010 to 2013. The subjects included in, day & out-patient receiving service from Occupational Therapy Department. There were a total of 101 participants involved in the program. Aged from 17 to 60 (mean=32). A 5 sessions program plus a 2-months follow-up session were

provided. To investigate the effectiveness, WHO-5 and Warwick-Edinburgh Mental Well-being Scale (WEMWB) were used to measure the improvement in mental health parameters. Paired t-test and GLM repeated measure were used to analysis the results.

Result

The subjects were composed of schizophrenia (71%) plus diagnoses including depression, BAD and OCD etc. The results indicated significant difference in WHO-5 ($M=1.78$, $SD=4.24$, $p < 0.01$) and WEMWBS ($M=4.40$, $SD=14.67$, $p < 0.01$). While the long term effect was showed by the WEMWBS ($f=9.90$, $p < 0.01$). This study indicates that OLSR program helps participants to improve well-being. It also demonstrated long lasting effect in a 2 months follow up period. Study with larger scale to further explore the effectiveness of OLSR program in enhancing other recovery factors was suggested.