

SHORT-TERM INTERVENTION PROGRAM FOR IN-PATIENT SETTING TARGETING TO PROMOTE EVERYDAY FUNCTIONS AND PARTICIPATION IN DAILY LIFE

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Introduction: People with mental health conditions are at a high risk to experience occupational restrictions. Involvement in meaningful occupations contributes to health and well-being and appears to be an important component of recovery from mental illness. Today, various services are offered in hospitals; however, there is little evidence for occupation-oriented interventions for in-patient settings.

Objectives: Development and initial establishment of a short-term intervention program for in-patient setting, targeting to promote everyday functions and participation in daily life of people who experience restrictions in occupational patterns due to mental health conditions.

Aims: Investigate initial intervention effectiveness for currently admitted people with psychosis.

Methods: The intervention protocol was developed based on theoretical and practical background, participants' feedback and fidelity registration. Initial intervention effectiveness was evaluated using a small subject design (N=10). The participants were approached during hospitalization period. They completed the evaluation battery at a base-line, participated in the intervention program as long as they were hospitalized and were re-evaluated at the end of the program.

Results: After development of the intervention protocol with adequate documentation, the program was found to be contributing to the following parameters: number of participated occupations, enjoyment in occupation participation, functional capacity, functioning and schizophrenia symptoms ($0.11 < ES < 0.36$).

Conclusion: The pilot study showed that the occupational issues may be approached with favourable results already during hospitalization. The future research should be directed toward further establishment of the occupation-oriented interventions in order to promote recovery and well-being of people with schizophrenia.