Abstract

Title
Activities of daily living ability as a predictor of quality of life among people with advanced cancer

Introduction
Occupational therapy and occupational science are founded on the theoretical core assumption that occupation and quality of life (QoL) are closely related. However, such theoretical core assumptions must be supported through empirical research.

Objectives
To investigate self-reported and observed activities of daily living (ADL) ability, respectively, as a predictor of QoL among people with advanced cancer; including determining whether self-reported or observed ADL ability was the stronger predictor of QoL.

Methods
The study was nested in a cross-sectional study: ‘Activity, advanced cancer and quality of life at home’. ADL ability as a predictor of QoL among 108 people with advanced cancer was investigated using the ADL-Interview (ADL-I), the Assessment of Motor and Process Skills (AMPS) and the European Organization for Research and Treatment of Cancer Core Quality of Life Questionnaire (EORTC-QLQ-C30).

Results
Results showed observed ADL motor ability as a significant predictor of QoL. In contrast, ADL process ability and self-reported ADL ability were non-significant, i.e. not predictors of QoL. Opposite expected, observed ADL ability was a stronger predictor of QoL than self-reported ADL ability.

Conclusion
The study added knowledge confirming the theoretical core assumptions within occupational therapy and occupational science, about the close relation between occupation, here performance of ADL, and QoL. Based on the study findings, it may be relevant to suggest occupation-based interventions, when working with people with severe diseases, like advanced cancer, aiming to maintain and increase the ADL ability as well as the QoL.

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