ABSTRACT SUBMISSION
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Abstract
Introduction
Traditionally occupational therapists have engaged the individual through the use of creative medias. While there is awareness in the public that creative activities are a way of preventing stress and enhance quality of life, the use of creative activities in occupational therapy within mental health has declined. Studies of using creative activities has indicated an increase self-confidence, coping ability, occupational identity and recovery.

Objectives
The aim of the study was to test the use of creative activities as an intervention method in occupational therapy rehabilitation within mental health, focusing on the influence on wellbeing, value of occupation and selfrated occupational performance and satisfaction with performance.

Method
Data was collected from 33 informants at baseline and follow-up two to three weeks later. The COPM interview, the OVal-9 and WHO-5 questionnaires were used. Furthermore semi-structured interviews were performed. Statistical analysis was done using SPSS and the semistructured interviews were analyzed using a qualitative content analysis.

Results
The study showed that there was a highly significant change (p <0.0001) in WHO-5, COPM performance and satisfaction with performance. There were no significant correlations between the measures, including age and gender, used. The results of the content analysis confirmed this.

Conclusion
The use of creative activities is an important method in the rehabilitation processes, strengthening wellbeing and everyday life. The study consolidates that the use of creative activities in occupational therapy rehabilitation is still warranted. Therefore we need to rethink the direction that occupational therapy has taken and incorporate creative activities into the rehabilitation.

Permission
Yes

Affiliations
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Authors
Bodil Winther Hansen (1) (1)
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Biography
Associate Professor Bodil Winther Hansen, Metropolitan University College, Master in Adult Education and Human Resource, from Roskilde University, Denmark, 2003
Graduated from The School of Occupational Therapy in Aalborg, Denmark, 1987. Worked 1987-1999 in the psychiatric field with group therapy, drawing therapy and rehabilitation of people with schizophrenes.
Experience teaching, developing, implementing and evaluating interprofessional education.

Recent research projects and publications includes topics such as Creativity and rehabilitation, problem-based learning, inter-professional learning and Action Research.

Head Occupational Therapist Helle Andrea Pedersen, Department of Occupational therapy and Physiotherapy and the Central therapy, Region Zealand Mental Health Services South, since 2003. Diploma in Leadership from University College Zealand, 2010. Graduated from the School of Occupational Therapy, Denmark 1989. Employment in mental health, including The Clubhouse Model in Copenhagen. Experienced OT focusing on empowerment through everyday activities, work-related activities and creative activities. Research projects and publications include creativity and Action Research.

**Presenter**  Occupational Therapist  
**Life Span**  Adults  
**Methodology**  Research  
**Registration**  Confirm  
**Categories**  Mental Health  
**Second choice**  Assessment & Intervention  
**Third choice**  Rehabilitation  
**Sub theme**  Impact of occupational therapy  
**Presentation**  Oral  
**Target**  All  
**Experience**  Previous Presentation Experience  
**Statement**  Yes