

Development and Application of an Occupational Well Being Inventory

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Definitions

What is occupation?

Various kinds of life activities in which individuals, groups, or populations engage including:

- Activities of daily living
- Instrumental activities of daily living
- Rest and sleep
- Education
- Work
- Play
- Leisure
- Social participation

What is well-being?

Speaks to:

- Having opportunities for continual “becoming” beyond mere lack of illness
- Subjective state of contentment and life satisfaction
- “Wholehearted and successful carrying out of valuable activities” relative to a person’s situation

**Occupational well-being=
well-being in daily meaningful
activities**



The Process- Inventory Development

1. Identified key components of the 7 occupational needs highlighted by Doble and Santha
2. Developed questions to measure these needs
 - a. Checked these questions with content experts
 - b. Revision process
3. Sent a scale development survey to college students at TWU
 - a. Students responded based on a hobby or leisure activity completed recently
 - b. Survey included the Depression, Anxiety, and Stress Scales (DASS-21)

The Occupational Well Being Inventory (OWBI)

Accomplishment

Item #	Scale Development Question
23	I learned new skills while doing my activity.
20	I have enough skill at this activity to show others.
27	Even though it was hard, I feel good about my activity.
32	My activity turned out the way I wanted it to.

Subscale Alpha Inter- Item Correlations

Occupational Need	Cronbach's Alpha	Notes
Accomplishment	0.843	
Affirmation	0.801	
Agency	0.719	Removed one item, alpha increased to 0.80
Coherence	0.817	Altered one item, alpha increased to 0.88
Companionship	0.743	Altered 2 of these items
Pleasure	0.948	
Renewal	0.780	Altered one item, alpha increased to 0.81

Reliability and Validity of the OWBI

Normality Test (n=72)

- Each subscale exhibited slightly positive skew but still within normal range
- DASS-21

Alpha and Inter-item Correlation

- 4 items identified that decreased reliability
- These items were altered for future studies using the OWBI

Results

Categorized activities into:

- Physical activity
 - Basketball, dance, running, other sports
- Non physical activity creative
 - Cooking, art, music
- Sedentary or passive
 - Reading a book, watching TV, video games

Activity Type	N
Physical Activity	29
Non PA, creative	11
Sedentary or passive	9
Total	49

Activity Type 1	Activity Type 2	Significance
Physical Activity	Non PA, creative	0.629
	Sedentary or passive	0.003
Non PA, creative	Sedentary or passive	0.071

Currently Underway



Veteran Research (n=419)

Veterans responded to the OWBI based on a craft kit they completed through Help Heal Veterans

Cut off date was March 31 and data analysis is in progress

Implications

- First inventory measuring occupational well-being
- OWBI allows measurement of a client's experience in an occupation rather than the outcome
 - Client centered care
- Statistically significant differences shown in occupational well-being between physical activity and sedentary or passive activity groups



References

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OWBI Continued

Agency

Item #	Scale Development Question
26	I made choices about how to do my activity.
31	I chose how I wanted to do my activity.
13	I was in charge of how this activity was done.
16	I picked this activity, it was my choice.

Affirmation

Item #	Scale Development Question
30	My activity gives me a sense of pride.
36	Someone is proud of me for doing this activity.
14	I did a good job with my activity.
19	Other people like the result of my activity.

OWBI Continued

Companionship

Item #	Scale Development Question
35	Someone did this activity with me.
15	I talked with others while doing the activity.
12	I know other people who are interested in this activity.
25	I have had conversations with others about my activity.

Coherence

Item #	Scale Development Question
17	You could say my activity is linked to my past.
21	I can see myself doing more of this activity in the future.
24	My activity fits who I am.
34	This activity was a good fit for me.

OWBI Continued

Pleasure

Item #	Scale Development Question
38	I felt content while doing the activity.
29	I enjoyed doing this activity.
11	I was happy when I was working on the activity.
18	I had fun while doing my activity.

Renewal

Item #	Scale Development Question
33	My activity helped me shut out daily stress for a while.
28	After doing the activity I felt like a new person.
37	I felt a sense of calm or inner peace while doing this activity.
22	I had energy while doing my activity.