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:

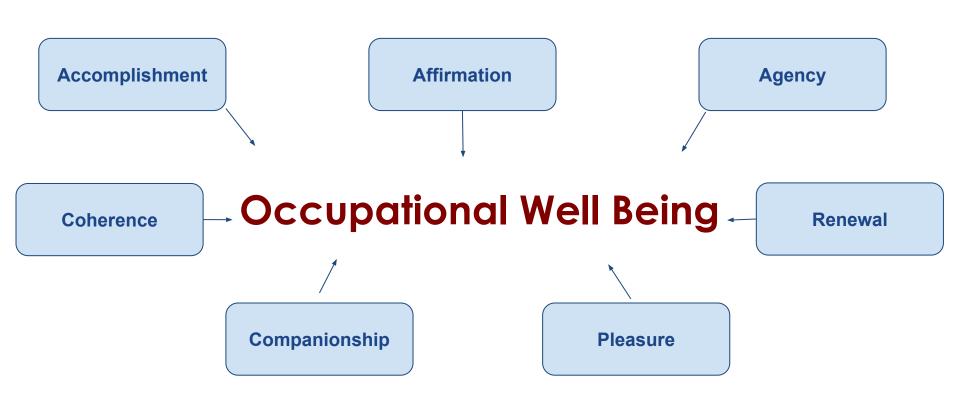
- Activities of daily living
- Instrumental activities of daily living
- Rest and sleep
- Education
- Work
- Play
- Leisure
- Social participation

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 <u>experience</u> 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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TEXAS WOMAN'S

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. |