ABSTRACT

Introduction: There is little known about assessment tools used by occupational therapists working in adult mental health and no easy access to information about typically used mental health assessments. Objectives: This study is a two phase project focussed on knowledge translation related to the use of standardized measures in adult mental health. First, current practices were identified regarding the prevalence of use of assessments and domains typically assessed by occupational therapists working in adult mental health. Then, a web-based site was created to provide psychometric and usability information on tools with a high prevalence of use.

Methods: A representative sample of occupational therapists working with adults with mental illness was sought through a national online survey. Prompted by two case vignettes, one representing a “typical” patient with depression, the other with schizophrenia, occupational therapists identified problems and the assessments they would use in their “current practice” and in “an ideal world”. Information was also collected on explanatory variables that could influence practice. Results: 265 therapists completed the survey. Prevalence of use of assessments was categorized according to the domain/construct measured as well as the use of standardized and non-standardized assessments. Conclusion: This study aims at decreasing the gap between research and clinical practice. It identifies the problem by describing mental health occupational therapists’ assessment practices in Canada and it resulted in a knowledge translation tool facilitating access to best practices. Attendees will be introduced to the results of this study and to the newly created web-based tool – OT Mental Health Measures.