

ECONOMIC EVIDENCE CLEARINGHOUSE

WHY INVEST IN MENTAL HEALTH OCCUPATIONAL THERAPY SERVICES?



1 TO SUPPORT OPTIMAL DAILY LIFE FUNCTIONING

Occupational therapy services in primary care for persons with enduring psychotic conditions¹:

- Significant improvement in social functioning in interpersonal skills, prosocial skills, recreation, and independence performance
- Reduction in severity of psychiatric symptoms
- Excellent rates of engagement with the primary care mental health interventions

Occupational therapy-led lifestyle management services for persons with panic disorder²:

- After 5 months, service users were found to be significantly less anxious compared to those receiving routine GP care.
- After 10 months, service users experienced greater gains in Quality Adjusted Life Year.
- At both times, service users improved significantly more in lifestyle changes.
- Clients were more likely to be free of panic attacks, suggesting long term results.

Combining individual and group occupational therapy for persons with schizophrenia³:

- Significantly ↓ frequency and risk of re-hospitalization compared to group occupational therapy alone.
- Significant improvements in:
 - Cognition at discharge
 - Intrinsic motivation
 - Medication adherence

2 TO REDUCE OR IMPROVE SERVICE USE COSTS

- **Combination of individual and group occupational therapy³:**
Significantly lower medical and hospitalization costs
- **Lifestyle management services²:**
Promising cost-effective intervention to help adults with general levels of anxiety and panic disorders. Although more costly than routine GP care at 5 months, no significant difference at 10 months.
- **Primary care OT services¹:**
Costs for primary care based occupational therapy mental health services were favourable compared to similar community services. The recommencement of appropriate psychiatric referrals was a positive outcome despite the increased associated cost.

Mental health occupational therapy is a clinically and economically effective service.

Economic Evidence Clearinghouse
<https://www.caot.ca/site/pt/ecevidclearinghouse?nav=sidebar>
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2. Lambert, R. A., Lorgelly, P., Harvey, I., & Poland, F. (2010). Cost-effectiveness analysis of an occupational therapy-led lifestyle approach and routine general practitioner's care for panic disorder. *Social Psychiatry & Psychiatric Epidemiology*, 45(7), 741-750. <https://doi.org/10.1007/s00127-009-0114-5>

3. Shimada, T., Kobayashi, M., Otori, M., Inagaki, Y., Shimoaka, Y., & Ishihara, I. (2020). Cost-effectiveness of individualized occupational therapy for schizophrenia: Results from a two-year randomized controlled trial. *Asian Journal of Occupational Therapy*, 16(1), 29-34. <https://doi.org/https://doi.org/10.11596/asijat.16.29>

