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### **Reliability of the Assessment of Time Management Skills (ATMS)**

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Occupational therapists provide interventions to help adults in mental health treatment programs improve their time management skills. At this time, there is no reliable assessment to evaluate patients' improvements as a result of this intervention.

In this multisite study participants will be adults recruited in the Palladia, Inc, Starhill, a residential drug treatment program, and community dwelling adults in the Collaborative Support Programs of New Jersey, Inc. The self-report questionnaire was designed by the investigators to assess the specific behaviors that support or interfere with the ability to consistently manage time effectively. It consists of 30 Likert scale questions regarding time management behaviors. Fourty participants from each site will complete the ATMS. One week later they will complete the same measure to assess the stability of the measure when no change is expected.

Early success has been reported with an occupational therapy intervention to help adults living in a residential drug treatment program improve their time management skills. (Precin, 1999, White, Meade & Hadar, 2007, White, 2007). At this time, however, there is no reliable assessment to evaluate patient improvements as a result of this intervention.

Since no standardized time management assessment currently exists for this population, we have developed an assessment that can be used to measure outcomes of occupational therapy interventions designed to improve time management behaviors. To determine test-retest and internal consistency reliability, the assessment, a questionnaire, will be administered twice, approximately one week apart and with no intervening intervention. IRB application has been submitted. Results and conclusions are pending IRB approval

This is Phase 1 of a larger project designed to produce a base of evidence for the effectiveness of an occupational therapy intervention. The purpose of the intervention is to teach people with mental illness and/or substance disorders to manage time, which is expected to improve their performance in following through on appointments and other commitments. They will do this through the development of effective time management habits and the use of cognitive enhancers and cognitive adaptation strategies.