

**Occupational therapy interventions, effects and outcomes: A scoping review**

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· Introduction: The evidence base for occupational therapy has been growing exponentially; however there is still a lack of clear direction about the outcomes that occupational therapy can reliably impact. The purpose of this project was to assemble evidence for the effectiveness of occupational therapy for adults and older adults.

· Objectives:

1. To identify a finite set of interventions with which occupational therapists are most often associated, and to provide details of those intervention approaches
2. To identify where the research evidence shows that occupational therapists can achieve specific effects as a result of those interventions
3. To identify the outcome measures most commonly and reliably used by researchers to demonstrate the effects of occupational therapy interventions

· Methods: The study used a scoping review methodology to cover a wide array of international peer-reviewed literature over an 28 year period from 1980 - 2008.

· Results: The scoping review uncovered 337 articles offering information about 9 categories of intervention. Evidence for the effectiveness of occupational therapy is offered with regard to occupational performance outcomes (self-care, productivity and leisure), performance determinants (physical, psychological-emotional, cognitive-neurological, socio-cultural and environmental) and overall participation.

· Conclusion: Occupational therapists can purposefully interact with their clients to produce an impressive number of outcomes, from specific performance components to overall occupational participation.

· Contribution to the practice/evidence base of occupational therapy: Recommendations are offered for practice, research and evaluation in occupational therapy.