

**Participation in everyday occupations in people with stress-related disorders**

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**Introduction:** Previous research have pointed out the whole occupational repertoire to be affected when having a stress-related disorder. However, there is a lack of research that focuses on in what way everyday occupations are affected.

**Objectives:** To describe participation in everyday occupations in people with stress-related disorders before entering rehabilitation by examining occupational gaps and the relationship between occupational gaps, stress, depression and self-rated health.

**Methods:** The sample consisted of 85 clients with stress-related disorders that answered a clinical survey before entering rehabilitation. Demographical data were collected and several standardised instrument were used to measure stress (Shirom Melamed Burnout Questionnaire), depression (Beck Depression Inventory), self-rated health (EQ-5D VAS) and occupational gaps in everyday life (Occupational Gaps Questionnaire). Occupational gaps were analysed by using descriptive statistics and a multiple regression analyses were applied in order to study the relationship between occupational gaps, stress, depression and self-rated health.

**Results:** Preliminary results indicate that the occupational gaps were quite equally distributed between the four domains of instrumental ADL (27%), social activities (21%), leisure activities (29%) and work or work-related activities (23%). The majority of occupational gaps (83%) occurred because the participants wanted to do more than they actually did. However, in instrumental ADL the distribution of occupational gaps due to the reason of the persons did what they did not want to or did not what they wanted to were quite similar (47% respectively 53%). The largest extent of occupational gaps in the separate activities was reported in sports (59%) and hobbies (55%). Multivariate analysis revealed that stress ( $p=0.03$ ;  $b=0.26$ ) were associated with participation in everyday occupations. Depression and self-rated health were not significantly associated with participation in everyday occupations.

**Conclusion:** The result indicates that occupational gaps in everyday life are experienced to a high extent. Furthermore, the whole occupational repertoire seems to be affected, even though the occupations were affected in different ways.

**Contribution to the practice:** To gain knowledge of the reason for an imbalanced disposition of the occupational repertoire of clients' with stress-related disorders might be of importance to occupational therapists in order to facilitate recovery during rehabilitation.