

Occupational Performance Scale (OPS): development, reliability and validity of a assessment tool for patients with acute schizophrenia

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Introduction: There is a need for reliable, valid and easily administered scales for use by occupational therapists in acute-care psychiatric hospitals in Japan.

Objective: We developed a brief scale to assess occupational performance in patients with acute schizophrenia.

Method: The scale (Occupational Performance Scale, OPS) consists of six items; physical fatigue, stability of mood, interpersonal fatigue, interest, occupational performance skills, interpersonal relation skills, each having five grade levels. One hundred twenty-six patients with schizophrenia or schizophrenia-spectrum disorders participated in this study. These patients were scored with OPS, the Brief Psychiatric Rating Scale (BPRS) and the Global Assessment of Functioning (GAF).

Results: The OPS scale showed an excellent internal consistency (Cronbach's α coefficient= 0.88), an excellent test-retest reliability ($r = 0.67 \sim 0.85$, by Spearman's rank coefficients test), and a good inter-rater reliability ($r = 0.42 \sim 0.75$). We found a significant correlation between OPS and BPRS ($r= 0.46$) and a significant negative correlation between OPS and GAF ($r = -0.58$). The improvement in OPS was significantly associated with that in BPRS and GAF ($r = 0.20$ and -0.59 , respectively).

Conclusion: These findings suggest that OPS is a reliable and valid tool for assessing various phases of schizophrenia.

Contribution to the practice: In psychiatric occupational therapy settings, the OPS may be a useful measure of occupational performance in patients with various conditions of schizophrenia including the acute state.