

Efficacy of a health promotion program based on the Model of Human Occupation for a healthy elderly in Japan

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Introduction: This paper presents a study of the effectiveness of a program of health promotion for well elderly based the Model of Human Occupation (MOHO). Participants: a) reflect back on life from the viewpoint of occupation, b) learn to recognize the advantages and weaknesses of their present lifestyle, and c) address critical future tasks. Participants acquire a strategy to continue healthful occupational life.

Objectives: The intervention program taught participants to: recognize the importance of occupation, increase awareness of healthy occupations, and plan new health promoting occupations. A randomized control study examined the effectiveness of this program.

Method: Participants were healthy elderly residents of in Tokyo, Kobe, and Fukushima. Recruited through newspaper ads, they were given the informed consent and then randomly assigned to experimental or control groups. Both groups met twice monthly for nine months. Outcomes were measured by administering the SF-36, the Life Satisfaction Index (LSI-Z) pre- and post- intervention.

The control group consisted of a craft course. The experimental group address volition, habituation, performance, and the physical and social environment in group lectures and exercise, and in the individualized sessions.

Results: The MOHO-based group included 42 people and the control group included 41 people. No significant differences were found between groups on age, sex, medical conditions a under treatment, hospitalizations in the past year, interchanges with the relatives and friends, prior exercise habits, and prior activity participation.

The MOHO-based experimental group showed significant improvement on the PF and BP scales of the SF-36 and on LSI-Z, while the control group significantly decreased on BP scale of SF-36. Comparison of change scores between the two groups showed a significant difference ($p < .01$) in the BP of the SF-36 and the LSI-Z.

Conclusions: This study provided evidence of the effectiveness of a wellness program for increasing elders' performance and life satisfaction.

Contribution to the practice base of Occupational Therapy: This study provides evidence of the effectiveness of occupational therapy with well elderly