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Evidence- based strategies for gathering and interpreting children and youth self- reports: An example using the Child Occupational Self Assessment (COSA)

Jessica Kramer

Boston University, Boston, MA, United States

Introduction: The UN Convention on the rights of the child states that all children and youth, including those with disabilities, have the right to express their views and be involved in matters that concern them. This right extends to occupational therapy intervention. One way to facilitate this right is to use children's self reports to inform intervention. A series of international studies to develop one self report, the Child Occupational Self Assessment (COSA), have been synthesized to identify evidence-based strategies that practitioners can use to obtain valid self reports from children and youth.

Objective: Attendees of this poster will: 1) Identify evidence- based approaches to gather children's self reports of their competence and value for everyday activities, 2) Understand how to use theory to validly interpret children's self reports on the COSA, and 3) Critically reflect on their assumptions about the competence of children with disabilities.

Description: The COSA is a self report of competence and value for 25 everyday activities at home, school, and the community. The COSA is based on the model of human occupation, and is translated into six languages. Researchers conducted a series of international psychometric, qualitative, and survey studies to develop the COSA. Evidence- based strategies include: 1) Asking questions about competence in context, 2) Providing appropriate modifications to younger children and those with intellectual disabilities, 3) Using theory to interpret responses, and 4) Engaging in professional reflection.

Conclusions: Evidence- based strategies enable practitioners to collect valid self reports from children and facilitate the rights of children to be involved in occupational therapy intervention planning.

Contribution to practice: This poster will uniquely contribute to practice by: 1) Introducing strategies derived from a synthesis of the most recent, international research to develop the COSA, 2) Supporting evidence- based practice by translating research findings directly to implications for practice, and 3) Providing strategies that therapists can use to facilitate the active engagement of children and youth in the occupational therapy process.