

Estudio preliminar para validación de protocolo de evaluación de desempeño ocupacional de adolescentes en las áreas de actividades de vida diaria instrumentales o prácticas, ocio y participación social

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Preliminary study for validation of adolescents' occupational performance evaluation protocol in the areas of instrumental activities of daily living, leisure and social participation

Introduction: Adolescents use their time in study and leisure activities, without answering for the responsibilities of an adult. Some alterations may take place during this life span period involving the occupational performance, due to the stress and instability of this transition period. The occupation areas performed at adolescence reach compulsory activities (education), and spontaneous activities, performed by choice (leisure and social participation, activities of instrumental daily living). Identifying an average performance on determined activity can contribute to the intervention process definition.

Objectives: identify aspects of the typical development of the adolescence in the occupation areas investigated for the fixation of standard-scores; compare the occupational performance between groups of subjects, according to gender and social class; test different ways of application of the protocol to determine better results in each situation (questionnaire, interview, observation).

Methodology: 60 male and female adolescents (12-18 incomplete years), from 3 schools (2 public ones and 1 private), by filming 40 % of the sample for reliability data. The protocol was prepared across bibliographical revision of instruments, using the CIF-CY as model, consisting of 61 shut questions referring to the education and 70 shut questions referring to AVDI/P, leisure and social participation.

Results: Outcomes showed scores variation according to age, gender, social and economic status: higher scores were performed by younger adolescents and those who had lower income (the highest is the scor the lowest is the independece/autonomy in carrying out the activity.)

Conclusions/discussion: The protocol demonstrated efficiency on getting data referring to adolescents' occupational performance at straight observation as well on aswering questionnaire by the subjects (adolescents/ parents / teachers). It was possible to define the middle performance waited for each item / performance component in the studied areas.

Contribution to the practice: the developed protocol allows an objective performance evaluation, allowing identification of important aspects on the decision making of the objectives for the intervention.