

Occupational participation, Meaningful activity and Quality of life among colorectal cancer

Musaropah Sapihis¹, Siew Yim Loh¹

¹Ministry of Health, Sg Buloh/Selangor, Malaysia, ²University of Malaya, Kuala Lumpur, Malaysia

Objectives: To examine the association of theory driven variables – between occupational participation, meaningful activity and quality of life (QoL).

Methods: This study utilised a cross-sectional descriptive design, with a convenience sample comprising 113 colorectal cancer survivors were recruited from two public hospitals. Data were collected using face-to-face questionnaires, including the Malay version of the Occupational Participation Questionnaire (OPQ), the Engagement in Meaningful Activities Survey (EMAS) and the European Organization for Research and Treatment in Cancer (EORTC) Quality of Life Questionnaire Core-30 (EORTC QLQ-C30) version 3.

Results: Participant were predominantly married, Chinese, colon cancer, no stoma at interview and with a mean (*SD*) age at interview of 65 year. The most five areas of frequent restricted activities were full or part time work (70%), voluntary work(51%), sports(41%), travelling for pleasure(35%) and community activities for supporting others (22%). In a structural model, occupational-participation, and meaningful activity accounted for 43% of the variance in QoL scores, with sufficient predictive relevance (Q^2) between 0.47 and 0.61. Mediation analysis revealed that survivors with high performance in occupational participation may influence change towards higher health QoL among CRC survivors through a meaningful activity as an indirect path ($\beta=0.250(0.46*0.59)$, $p<0.001$, $t=3.91$).

Conclusions: The current study contributes to growing evidence implicating meaningful activity as a potent means in exploring association between occupational-participation and QoL of colorectal cancer survivors. Therefore, it is important to Occupational therapy practitioners to identify and recognise the aspect prior to evaluation and planning occupational based interventions