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**The Model of Occupational Self Efficacy: A model for the reintegration of persons with brain injuries to their worker roles**

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**Introduction:** The Model of Occupational Self Efficacy is a conceptual model that was developed in South Africa for the purpose of returning individuals with brain injury to work.

**Aim:** The aim of the current study was to describe the perceptions and experiences of individuals with brain injury about engaging in the Model of Occupational Self Efficacy (MOOSE). A secondary aim of the study was to determine whether their cognitive functioning improved after participating in the MOOSE.

**Methods:** A mixed methodological approach was utilised, in-depth interviews were conducted with 10 individuals diagnosed with a mild to moderate brain injury. The data was analysed using a qualitative approach in order to explicate themes. In the quantitative phase of the study the Montreal Cognitive Assessment was used to determine whether the individual with brain injury's cognitive functioning improved after participating in a vocational rehabilitation model.

**Results:** The qualitative phase of the study revealed two themes 1) Enablers of return to work programmes, 2) Barriers related to return to work programmes. The participants presented with an improvement in MOCA test scores. The results of the study revealed a statistically significant effect of the intervention (i.e. MOOSE) on cognitive functioning measured using the Montreal Cognitive Assessment,  $F(4, 6) = 15.95$ ,  $p = .002$ .

**Conclusion:** The findings of this study indicated that MOOSE is a useful model to facilitate the return of individuals living with TBI back to work. It is suggested that cognitive rehabilitative activities be included as part of the vocational rehabilitation programme.