

Occupational performance in patients with disorders mental



<https://doi.org/10.56238/sevened2023.007-020>

Andrea Cavalcante Macedo

Master's student in Health Management
State University of Ceará

Maria Salete Bessa Jorge

PhD in Nursing (1997)
PhD in Nursing from the University of São Paulo (1997).
State University of Ceará

Virna Ribeiro Feitosa Cestari

Doctoral student in the Clinical Care in Nursing and
Health Graduate Program
State University of Ceará

Gandavya Aguiar Machado Diniz

Master's student in Health Management
State University of Ceará

Cicera Tavares de Lucena

Master's student in Health Management
State University of Ceará

Gustavo Cavalcante Macedo

Higher Education - Medicine

University of Fortaleza

ABSTRACT

This work addresses the influence of mental disorders on people's occupational performance, highlighting conditions such as depression, schizophrenia, and diseases related to aging. Using the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), the study explores how these disorders affect everyday life, both physically and cognitively. The methodology includes an Integrative Literature Review, with well-defined inclusion and exclusion criteria. The results reveal a variety of studies examining occupational performance in different contexts, from dementia to obsessive-compulsive disorder. The importance of Occupational Therapy in the evaluation and rehabilitation of these individuals is highlighted, considering limitations, and seeking to improve quality of life. The work points to the need for more primary studies to deepen the understanding of occupational performance in mental disorders.

Keywords: Mental Disorders, Occupational therapy, Human Aging.

1 INTRODUCTION

Mental disorders are diseases that affect the way a person thinks, feels, and acts. Of unknown causes, they tend to be related to a combination of factors, such as biological (including chemicals in the brain), environmental (including stress and trauma) and genetic (SANTOS; SIQUEIRA, 2010).

Anxiety, depressive, bipolar, attention deficit hyperactivity disorder (ADHD), post-traumatic stress disorder (PTSD), personality disorder, and eating disorders are the most common mental disorders. These can be treated with medications, therapy, or a combination of therapies (DALGALARRONDO, 2018).

The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) describes mental disorders as alterations in the functioning of the mind that impair a person's performance in family, social and professional life, in the possibility of self-criticism, in the tolerance of problems and in the possibility of having pleasure in life in general. Causing impairment in global functioning, by affecting



biological, psychological and social aspects, changes in thinking, mood and behavior, or a combination of factors.

In the context of interprofessional work, the occupational therapist's main focus is to promote the individual's participation in their care, with the aim of helping them achieve an optimal level of functionality for their life. To this end, it assesses the individual's degree of ability, identifies occupations that are meaningful to him/her, creates specific programs and treatments for each case, develops strategies to help the individual reach his/her maximum potential, gives guidance on how to maximize his/her abilities and helps him/her to stay motivated (MOTIZUKI; MARIOTTI, 2014).

The occupational therapist checks how the occupational performance of their clients/patients is doing. Occupational performance encompasses a set of skills that enable individuals to perform everyday tasks with autonomy and satisfaction. These skills include activities of daily living (ADLs), instrumental activities of daily living (IADLs), and recreational and leisure activities. In addition, occupational performance also encompasses the sensorimotor, cognitive, and psychosocial components that are necessary for the performance of everyday tasks. Finally, occupational performance also includes temporal and environmental aspects related to the performance of tasks (MONTENEGRO et al., 2020).

From the context presented, it was identified that mental disorders can harm people affected in several areas, which may impact their occupational performance, for this reason it was asked: how is the occupational performance of people with mental disorders? Thus, this study aimed to describe the occupational performance of people with mental disorders.

2 METHODOLOGY

The present work is an Integrative Literature Review (IR), which aims to synthesize the results obtained in a systematic and orderly manner. Based on the research method, Evidence-Based Practice makes the theme addressed deepen in view of the included articles (DE SOUZA et al., 2017).

To elaborate the guiding question, the PICO strategy (acronym for patient, intervention, comparison, outcomes) was used. The first element of the strategy (P) patients; the second (I) occupational performance; and the fourth element (O) mental disorders, forming the guiding question: how is the occupational performance of patients with mental disorders presented? In this Integrative Review, item (C) of the PICO strategy was not used.

The databases used for research were: LILACS; MEDLINE, Web of Science and Science Direct where the DeCS descriptors were used in the study: "Occupational Therapy"; "Mental Health"; "Activities of daily living"; "Mental disorders" and keyword: "occupational performance". Their respective descriptors and keywords in English were used for better search. The search equations are described in Chart 1.



Table 1. Search equations and initial results.

DATABASE	SEARCH EQUATION	N° STUDIES
MEDLINE	"occupational therapy" OR "occupational performance" AND "mental disorders" OR "mental health" AND "daily activities"	572
LILACS	(occupational therapy) OR (Occupational Performance) AND (Mental Disorders) OR (mental health) AND (Activities of Daily Living)	16
Science Direct	"occupational therapy" OR "occupational performance" AND "mental disorders" OR "mental health" AND "daily activities"	1230
Web of Science	"occupational therapy" AND "occupational performance" AND "mental disorders" OR "mental health" AND "daily activities"	581
TOTAL		2399

Source: The author, 2023.

The inclusion criteria were: works that had English, Portuguese and Spanish languages in the period from 2013 to 2023, that were published in full. The exclusion criteria were: duplicate works that were not in the theme and objective of study, works that were not in the public domain, term papers, narrative and integrative reviews. Priorities for primary studies.

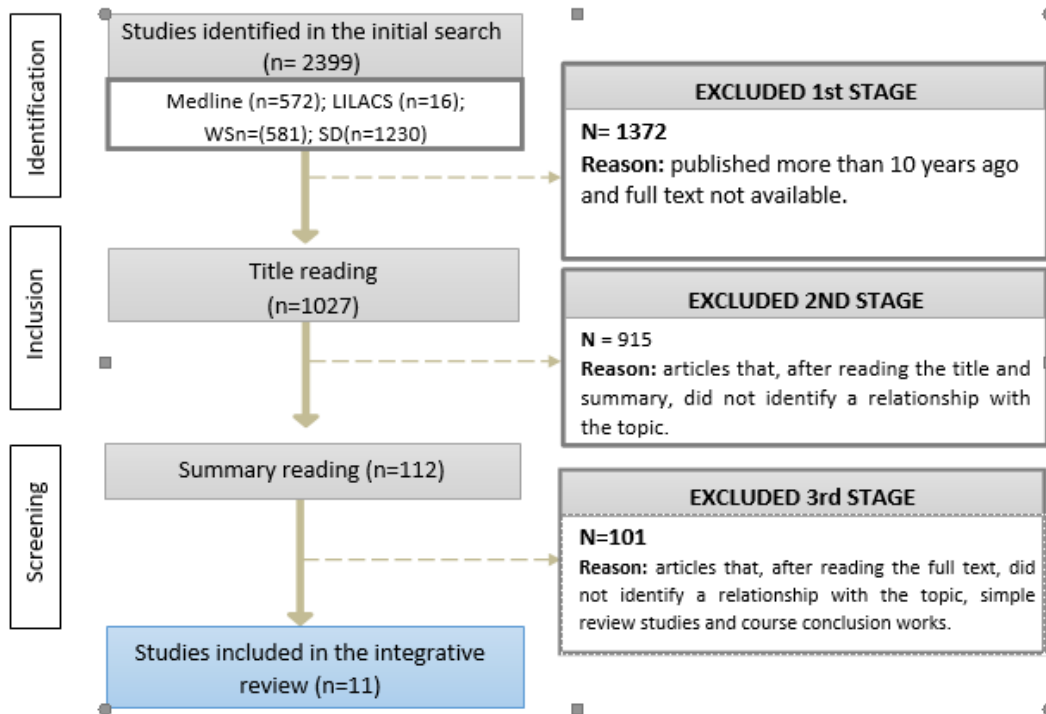
After the inclusion of the chosen articles and continuing the steps that make up the integrative review, an extraction of the main data of the included articles was carried out, evaluation of the main results of each study and then a descriptive synthesis was made.

3 RESULTS

The search of the databases yielded the following results: 2399 initial studies were found. Applying the inclusion criterion of the last 10 years, 04 studies were excluded. Regarding the complete and available studies, 1368 were excluded, leaving 1027 studies to read the titles.

After reading the title, 915 articles were excluded, as they did not present the proposed theme, thus leaving 112 articles, where the abstracts were read and 11 articles were included in this Integrative Review. The process of choosing articles is described in (Figure 1).

Figure 1. Stages of the study selection process

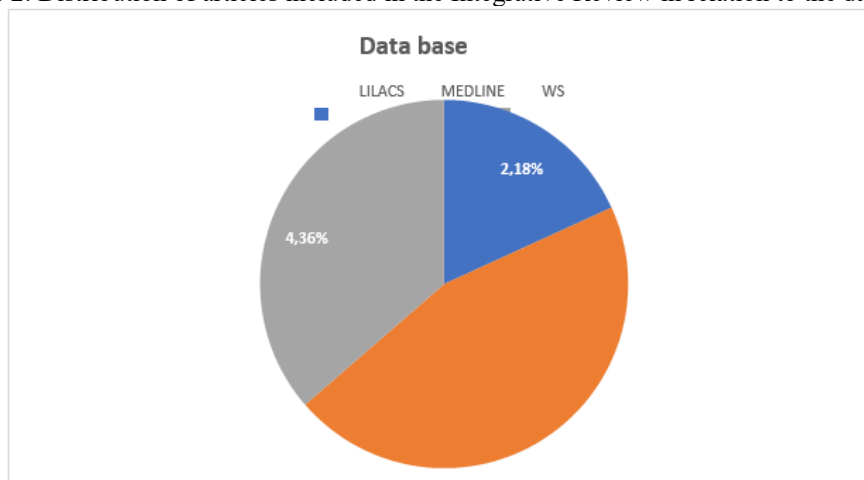


Source: The author, 2023.

In view of the searches performed, these were the following results: 05 (five) studies are in the MEDLINE database; 02 (two) in LILACS AND 04 (four) in Web of Science (Figure 2).

As for the year of publication, 02 were in the year 2018; 01 in 2016; 03 in 2015; 01 in 2014; 01 in 2013, 02 in 2022 and 01 in 2017.

Figure 2. Distribution of articles included in the Integrative Review in relation to the databases.



Source: The author, 2023.

To continue the stages of the Integrative Review, a table was elaborated, where the main information of the included studies was listed, such as: title, authors, year; objectives and database. This process aims to provide subsidies for the author to identify and organize the descriptive synthesis according to the themes addressed. (Chart 2).



Table 2. Data of the articles included in the IR

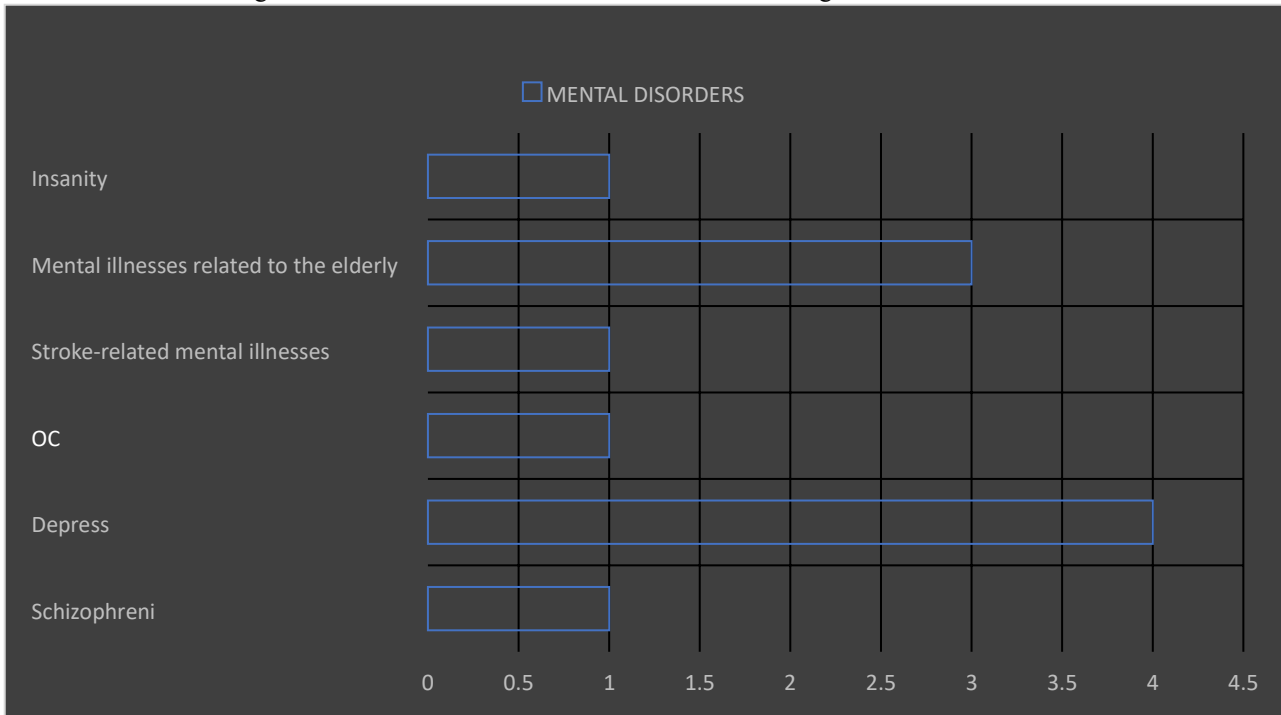
AUTHOR/YEAR	TITLE	OBJECTIVE	DATABASE
O'Connor et al. (2018)	The tailored activity program (TAP) to address behavioral disturbances in fashion Frontotemporal Dementia: a feasibility and pilot study.	Explore the viability from Implement or Program from Personalized Activities with a Cohort of people with dementia Frontotemporal and its caregivers (dyads).	MEDLINE via PUBMED
Perna et al. (2016)	Does neuropsychological performance impact on real-life functional achievements in fashion obsessive-compulsive disorder? A preliminary study.	We investigated the association between neuropsychological performance and functioning in Reality in Disorder obsessive-compulsive (TOC). As a secondary objective, We investigated the association between neuropsychological performance and quality from life (QoL) self-reported.	MEDLINE via PUBMED
Bernard et al. (2018)	Correlation between care giver report of physical function and performance-based measures in a cohort of older adults with Alzheimer disease.	The objectives of this report are to determine the The aim of this study was to analyze the association between performance-based measures of physical function and caregivers' reports of physical function in older adults with Alzheimer's disease (AD) and to examine whether these associations vary according to patients' level of cognitive functioning.	MEDLINE via PUBMED
Becker, Montilha. (2015)	Occupational performance and quality of life: interrelationships in daily life of visual impaired individuals.	To identify levels of self-perception of occupational performance and quality of life of individuals with visual impairment and subsequent analysis of the interrelationship between the indices found.	MEDLINE via PUBMED
Dias et al. (2015)	Advanced activities of daily living and incidence of cognitive decline in the elderly: SABE Study.	The aim of this study was to evaluate the impact of advanced activities of daily living (AADL) on the incidence of cognitive decline.	LILACS via BVS
Dias et al. (2014)	Advanced activities of daily living as a component of the functional assessment of the elderly.	It is proposed to discuss the main characteristics of advanced activities of daily living, their classification into domains of social, physical, productive and leisure activities.	LILACS via BVS
Jean et al. (2013)	Daily life behaviors and depression risk following stroke: a preliminary study using ecological momentary assessment.	Analyze the occupational performance of patients.	MEDLINE via PUBMED
Madiet al. (2022)	Occupational performance and satisfaction of individuals with mental disorders in Jordan: A cross-sectional study.	This study aimed to explore occupational performance and satisfaction in individuals with mental disorders, explore challenging occupations, investigate the relationship between demographic characteristics such as occupational performance and satisfaction, and investigate the factors that affect the occupational performance of individuals with mental disorders.	WEB of Science
Gardner et al. (2017)	Effects of Physical Limitations on Daily Activities Among Adults With Mental Health Disorders Opportunities for Nursing and Occupational Therapy Interventions.	To assess the effects of physical limitations on daily activities among adults with mental health disorders.	WEB of Science
Alfuth et al. (2022)	Perception and mindfulness-based occupational therapy in people with mental disorders- A	The aim of the present study is to describe the results of a	WEB of Science
	retrospective observational study on the SELWA-treatment.	perception-based occupational therapeutic intervention in mindfulness (self-control techniques using perception-based methods (SELWA)® by S.Thielen) in relation to outcomes occupational performance and satisfaction in self-care, productivity and leisure, as well as concentration.	
Rouleau et al. (2015)	Assessment practices of Canadian occupational therapists working with adults with mental disorders	This study investigates the practices of evaluation from Therapists occupational workers who work with clients with symptoms schizophrenia or Major depressive disorder.	WEB of Science

Source: The author, 2023.



In relation to the mental disorders found, the following were identified: depression; schizophrenia; stroke-related mental illnesses; Alzheimer's-related mental illnesses; obsessive-compulsive disorder (Figure 3).

Figure 3. Distribution of mental disorders found in integrative review articles



Source: The author, 2023.

4 DISCUSSION

Mental health professionals are essential for the treatment of individuals who have a mental disorder. In the case of Occupational Therapists, they can help improve physical limitations that affect an individual's ability to perform daily activities. For example, professionals can use rehabilitation techniques to help increase individuals' strength, endurance, and flexibility, helping them perform daily tasks. Additionally, they can use education techniques to teach pain management strategies, helping to improve physical and mental well-being (ALFUTH et al., 2022; ROULEAU; DION; KORNER-BITENSKY, 2015).

When it comes to the occupational performance of these individuals who have mental disorders such as dementia and depression, some difficulties were identified, among them: walking or moving, sleeping, lack of energy, pain, and finding a job (O'CONNOR et al., 2019). In people with Obsessive Compulsive Disorder (OCD), "significant associations have been found between language fluency/executive processing and independent living, and between divided attention, attention diversion, working memory, and vocational outcome" (PERNA et al., 2016).

In patients with Alzheimer's, a survey was conducted with caregivers, where they reported the daily life of the patients. Many reported that daily activities and cognitive activities are greatly affected.



The findings suggest that caregivers' reports provide reliable information about the physical and cognitive performance of patients with dementia, and that the two performance-based measures (SPPB and SPSM) are valid and unaffected by the degree of cognitive impairment of the patient (BERNARD et al., 2018).

Many mental disorders appear with age, for this reason, Dias et al. (2014 and 2015) conducted a study where they evaluated and discussed the daily activities performed by the elderly. The results of these studies point to the importance of encouraging the elderly to perform activities. In addition to contributing to the maintenance of cognitive ability, ADLs may also be important in the prevention of other diseases, such as depression and anxiety. Previous studies have shown that engaging in sociocultural and occupational activities can reduce the risk of developing these disorders. Therefore, the promotion of occupational and social activities in the elderly may be important not only for the maintenance of mental health, but also for the prevention of aging-related diseases. (DIAS et al., 2014; DIAS et al., 2015).

Depression was the disorder that was most identified in the articles above, being associated with several other types of disorders and conditions, Alzheimer's, aging and stroke. These results indicate that, in addition to clinical factors, daily living behaviors can also influence the risk of depression after a stroke (JEANetal., 2013).

Mental disorders can affect occupational performance in a variety of ways. These include motor, cognitive, emotional, and/or social difficulties, which can affect an individual's ability to perform tasks, lack of motivation to engage in productive activities, inability to cope with stress, or failure to meet set deadlines. Mental disorders can also result in inappropriate behaviors, such as frequent absences from work, low productivity, and hostile interactions with other employees. As an example, we can cite schizophrenia, which often affects the individual's ability to interact with other people and fulfill the responsibilities of their work.

5 FINAL THOUGHTS

Mental disorders can affect people's occupational performance. Depending on the type and severity of the disorder, difficulties in simple daily activities, cognitive difficulties, difficulties in motivation, concentration, memory, social relationships, and/or the ability to work are usually present.

From the study carried out through the integrative review, it can be concluded that Occupational Therapy is essential to evaluate the occupational performance of individuals diagnosed with Mental Disorders. The professional will understand the limitations and disabilities that are affecting the patient's life, rehabilitating and discovering potentialities that will contribute to the construction of a meaningful daily life through the resumption of activities and recovery of social roles affected by the disease.



Some studies suggest that mindfulness and mindfulness techniques improve symptoms of anxiety, depression, and stress. The results include improved ability to concentrate, greater emotional control, greater emotional stability, greater clarity of thought, and greater ability to cope with daily demands. These improvements are generally considered relevant as they improve the customer's quality of life.

It is necessary that new primary studies be carried out to identify the occupational performance of people with Mental Disorders, and through the definition of the most affected areas, contribute to future interventions by Occupational Therapy professionals.



REFERENCES

- ALFUTH, Martin et al. Perception and mindfulness-based occupational therapy in people with mental disorders – A retrospective observational study on the SELWA - treatment. *Neuropsychiatrie: Klinik, Diagnostik, Therapie und Rehabilitation: Organder Gesellschaft Osterreichischer Nervenarzte und Psychiater*, 2022.
- BECKER, Paula; MONTILHA, Rita de Cássia Ietto. Occupational performance and quality of life: interrelations hips in daily life of visual impaired individuals. *Revista Brasileira de Oftalmologia*, v. 74, p. 372-377, 2015.
- BERNARD, Brittany L. et al. Correlation between caregiver reports of physical function and performance-based measures in a cohort of older adults with Alzheimer disease. *Alzheimer disease and associated disorders*, v. 30, n. 2, p. 169, 2016.
- BEZERRA, Hellyda de Souza. Prevalência e fatores associados aos transtornos mentais eao acesso aos serviços de saúde mental. 2021.
- DALGALARRONDO, Paulo. *Psicopatologia e semiologia dos transtornos mentais*. Artmed Editora, 2018.
- DESOUSA, Luís Manuel Motaetal. A metodologia de revisão integrativa da literatura em enfermagem. Nº 21 Série 2 – Novembro 2017, v. 17, 2017.
- DIAS, Eliane Golfieriet al. Atividades avançadas de vida diária e incidência de declínio cognitivo em idosos: Estudo SABE. *Cadernos de Saúde Pública*, v.31, p.1623-1635, 2015.
- DIAS, Eliane Golfieriet al. As Atividades avançadas de vida diária como componente da avaliação funcional do idoso. *Revista de Terapia Ocupacional da Universidade de São Paulo*, v. 25, n. 3, p.225-232, 2014.
- GARDNER, Jenniferetal. Effectsofphysicallimitationsondailyactivitiesamongadultswith mental health disorders: Opportunities for nursing and occupational therapy interventions. *Journal of Psychosocial Nursingand Mental Health Services*, v.55, n.10, p. 45-51, 2017.
- JEAN, François A Metal. Daily life behaviorsanddepressionriskfollowingstroke: a preliminary study using ecological momentary assessment. *Journal of geriatric psychiatry and neurology*, v. 26, n.3, p. 138-143, 2013.
- MADI, Hanan I. et al. Occupational performance and satisfaction of individuals with mental disorders in Jordan: Across-sectional study. *British Journal of Occupational Therapy*, v.85, n. 11, p. 869-879, 2022.
- MONTENEGRO, Karina Saunders et al. Desempenho ocupacional de cuidadores de crianças com transtorno do espectro autista (tea): uma revisão da literatura. *Revista Eletrônica Acervo Saúde*, n. 56, p. e4033-e4033, 2020.
- MOTIZUKI, Camila Sayuri; MARIOTTI, Milton Carlos. Percepções de indivíduos com transtornos mentais e familiares sobre o desempenho ocupacional: contribuições da terapia ocupacional. *Revistade Terapia Ocupacional da Universidade de São Paulo*, v.25, n. 2, p. 100-110, 2014.



O'CONNOR, Claire Metal. The tailored activity program (TAP) to address behavioral disturbances in frontotemporal dementia: a feasibility and pilot study. *Disability and Rehabilitation*, v. 41, n. 3, p. 299-310, 2019.

PERNA, Giampaolo et al. Does neuropsychological performance impact on real-life functional achievements in obsessive-compulsive disorder? A preliminary study. *International journal of psychiatry in clinical practice*, v.20, n.4, p.224-231, 2016.

ROULEAU, Suzanne; DION, Karyne; KORNER-BITENSKY, Nicol. Assessment practices of Canadian occupational therapists working with adults with mental disorders: Les pratiques d'évaluation des ergothérapeutes canadiens travaillant auprès d'adultes atteints de troubles mentaux. *Canadian Journal of Occupational Therapy*, v. 82, n. 3, p. 181-193, 2015.

SANTOS, Élem Guimarães dos; SIQUEIRA, Marluce Miguel de. Prevalência dos transtornos mentais na população adulta brasileira: uma revisão sistemática de 1997 a 2009. *Jornal brasileiro de Psiquiatria*, v.59, p.238-246, 2010.