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A scoping review protocol on the role of occupation and occupational therapy for mental health in adolescents

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ADMINISTRATIVE INFORMATION

Support - Not funded.

Review Stage at time of this submission - Data analysis.

Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 10 May 2024 and was last updated on 10 May 2024.

INTRODUCTION

Review question / Objective As this project is a scoping review, the project was developed according to the Participant, Concept and Context method guided by Joanna Briggs Institute. The Participants considered in this review are high school students, while the concept is on occupational therapy-related intervention and context is on mental health outcomes. The review question is "What is the role of occupation and occupational therapy in mental health for adolescents?" General objective of this review is to explore the role of occupation and occupational therapy in mental health for adolescents. Specifically, the objectives are to explore the role of occupational therapy in mental health for adolescents and to examine occupational therapy interventions and the impact on adolescent's mental health in Malaysia.

Background Occupational therapy (OT) is a client-centred health profession concerning health and wellbeing-promotion through occupation. Among the most common occupations in children and

adolescents are education, play and social participation. The main objective of OT is to enable people to participate in daily activities, which is also an effective therapeutic of change for a better living. The recovery process could be enhanced by engaging clients in meaningful occupation. Adolescence, with the age range of 10 to 19, is the stage of life which links childhood to adulthood. In this rapidly evolving world, adolescents are facing more challenges as they live, which also contributes to the rise of mental health issues among them. They encounter various forms of violence: physical, sexual, and emotional abuse which may happen at home, in the community or over the internet. In Malaysia, 34.7% of those with mental health issues were those from 16 to 19 years old and 11.4% were from age 10 to 15 years old. The impact of mental health during school age can be prolonged and be carried to adulthood if not addressed early. Occupational therapy is long-familiar for its role in mental health. Occupational therapists (OT) are educationally prepared to address the psychosocial needs of children. It is a client-centered health profession concerning

health and wellbeing-promotion through occupation.

Rationale School children who are dealing with stress and difficulties in social participation will often present with inappropriate behaviors. It is proven that early intervention on these individuals could prevent them from carrying the same behavioral issues into adulthood. However, studies have shown that one of the barriers to address mental health needs in school-based practice is the lack of knowledge regarding how an interdisciplinary team could support students' mental health in the school-setting. Therefore, this study is aimed to discover the role of occupation and occupational therapy in dealing with mental health among adolescents within their community.

METHODS

Strategy of data synthesis A systematic search was done using EBSCOHost (Academic Search Complete, CINAHL Plus with Full Text, Cochrane Central Register of Controlled Trials, Cochrane Clinical Answers, Cochrane Database of Systematic Reviews, Cochrane Methodology Register, Health Business Elite, MEDLINE Complete, Psychology and Behavioral Sciences Collection, and SPORTDiscus with Full Text), SCOPUS and OTSeeker search engines. The keywords used were related to secondary school or high school students (e.g., "school*" OR "college") AND (child OR "children" OR "adolescen*" OR "teenage*" OR "youth" OR "young"), on mood-related disorders (e.g., "mental illness*" OR "mental disorder*" OR "mood disorder*" OR "mental health" OR "anxiety" OR "depression" OR stress OR burnout), and on occupational therapy (e.g., "rehabilitation" OR "occupational therapy" OR "occupational science" OR "occupational performance"). Any relevant articles with keywords, title, abstracts or text words in search items were listed. Boolean operators and wildcards for truncations were used to improve the search. The search was done between 9th and 15th November 2023.

Eligibility criteria Relevant studies were taken into consideration based on the inclusion criterias; school age children and adolescents are considered which means the age is between 6 - 18 years old (Education Act 1996; Act 550), the study investigates mental health issues in school age children and adolescents, and the study is related to occupational therapy practice. All studies regardless of design will be considered for inclusion. Studies that are not published in English, no full text, non-research (e.g., editorial,

commentary, letter to editor), non-peer review, and grey literature (e.g., thesis, book) are excluded.

Source of evidence screening and selection

Article retrieval was done and duplicates were removed manually. Articles were then screened by title and abstracts for eligibility according to the pre-determined criteria. Subsequently, articles were screened full text by the author and the accepted articles were tabulated.

Data management

The screening process of articles eligibility and summary of the accepted articles were recorded manually in Microsoft Excel by columns which contained research objectives, targeted participants, study design, outcome measures, interventions or experiments and findings/reporting results/analysis of the evidence. Electronic citation was managed using Mendeley software. Whereas the recordings of stakeholders' consultation were stored in Google Drive and are restricted for viewing only to authors involved in the review.

Reporting results / Analysis of the evidence

Consultation with the stakeholders was done using a focus group discussion method. It was conducted using an online teleconference platform and the recordings were transcribed verbatim by the authors. The narrative review will be coded using QDA miner lite, a data analysis software and further summarized into themes by the authors involved (KSY and MHR). The findings from both the stakeholders' consultation and the accepted literature will be synthesized and reported in manuscript.

Presentation of the results

The scoping review will be presented according to the methodological steps outlined by Colquhoun et.al. (2014) which involves six framework stages which is identifying the research question, identifying the relevant studies, selecting the study, charting the data, collating, summarizing and reporting the results and finally consultation, which is an optional stage. The screening and selection of articles eligibility was recorded using the PRISMA flowchart to display the whole process of search and research selection. Whereas the summary of findings of the accepted articles were recorded in a table which includes authors, research aim, study design, participants, target of research and findings. This would provide a better overview of the articles especially when required to present to stakeholders during the consultation phase.

Language restriction Languages other than English will be excluded.

Country(ies) involved Malaysia.

Other relevant information The stakeholder consultation was held in a focus group discussion to provide further information or findings validation from the scoping review. Ethical approval had been obtained from the author's academic institution (Reference number:JKEUPM-2024-054) before conducting the consultation. For this review, stakeholders were recruited from different workplace settings such as school, primary healthcare, district hospital and general hospital. All of them are occupational therapists. An informed consent from each participant was obtained beforehand. The consultation discussion was done virtually via Google Meet teleconference platform within an hour session and was recorded. Each participant was asked to read the summary of preliminary findings of this scoping review as well as a set of open-ended questions as a guide beforehand.

Keywords mental health; adolescents; school children; occupation; occupational therapy; intervention; scoping review.

Dissemination plans This scoping review is intended to be published as a journal article and presented in academic conferences.

Contributions of each author

Author 1 - Seng Yin Khor - Author 1 involves in all process in this scoping review, has a major role initiating the idea, involves in searching, screening and disseminating the articles, conducting consultation with the stakeholders, quality evaluation and extracting, and synthesizing the data, and critically analyzing and writing the manuscript.

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