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Spring 5-1-2021

Development and validation of a school-based occupational therapy intervention for mental health promotion among adolescents

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Abstract

Adolescence is known to be an important transitional phase where they go through various physical and emotional changes that might influence their mental health. In this study, we describe the development and validation of a school-based occupational therapy intervention for mental health promotion among adolescents. Development and validation followed a process: reviewing existing literature, interviews with stakeholders such as Occupational therapists, Psychologists, High school teachers, Parents, and students of 7th and 8th grade; and incorporating expert opinion from Occupational therapists, and High school teachers to finalise the module. The developed intervention module consists of eight group sessions, to be led by an occupational therapist, for an hour each week on topics such as mental health and occupations, self-concept, stress management, emotional regulation, roles, routine management etc. The validation phase also showed acceptable content validity (S-CVI/Ave = 0.81) across all sessions for the entire module developed. An occupation based intervention module focused on enhancing the mental health through participation in everyday occupations may be beneficial in improving overall health and functioning and aid in the transition to adulthood.

Keywords: Occupational therapy, mental health, mental health promotion, school-based, adolescent mental health.