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Occupation-based intervention programs for computer users in the workplace: A Scoping Review

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Abstract:**Title: Occupation-based intervention programs for computer users in the workplace: A Scoping Review**

Background: Scoping reviews are used to identify knowledge gaps and implications for decision-making. We conduct a scoping review to identify the OBI program for the computer users in workplaces and to describe OBI program types and their effect on computer users in workplaces issues like injury prevention and health promotion to improve worker productivity.

Objectives: To understand the available literature on OBI program for computer users in the workplaces.

Methods: We searched five databases for indexed published literature of the OBI program for computer users in the workplace, the OBI program, the type of interventions, and its effect on computer users; with Arksey and O'Malley (2005) framework. Two independent reviewers screened citations for inclusions. Data abstraction was performed by one reviewer and verified by a second reviewer. Quantitative data on the OBI program, type of interventions, and effect of program syntheses were conducted.

Results: After identifying and exclusion with criteria 24 full-text articles were included out of 4258 identified literature using keywords. Studies were spread across the globe (USA- 40%, India-20%, Canada-10%, Israel-10%, Taiwan-10%, Brazil-10%) and 70% published before 2015. Most of the studies focused on Modification (50%) followed by Prevention (20%), Establish/restoration (20%), and Promotion (10%). The review also shows OBI program for computer users in workplaces and limited intervention towards injury prevention and health promotion approach and recommending future studies to elaborate the findings.

Conclusion: Scoping reviews show the implication of the OBI intervention program for computer users in workplace and practice scenarios. The studies included in this review mostly mention modification, prevention, and establish/ restore. Further studies should focus more on broader intervention scopes and approaches such as create/promote, and maintain. This would help explore the efficacy of the OBI program on computer users in workplaces.

Keywords: Occupation based intervention, Occupation centered intervention, Occupation therapy intervention, Occupation-based practice, Occupation-based approach, Computer users, Computer operators, Laptop users, Desktop users, Computer workstation, Workplace, Office

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