

**Trauma-Informed Care in a School Setting:
Occupational Therapy Interventions to Promote Emotional Regulation**

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PICO: What trauma-informed occupational therapy interventions improve emotional regulation and participation in school-based tasks for students?

Methods

- Databases: PubMed, Scopus, CINAHL, and PsycINFO
- Prisma Flowchart
 - o 763 of articles found → 763 screened by titles → 610 screened by abstract → 44 screened by full text → 18 articles included in synthesis

Theme	Quantitative Level of Evidence	Citations
Mindfulness	I	Volanen et al., 2020; White, 2012
	III	Huang et al., 2019; Terjestam, Bengtsson & Jansson, 2016; Viafora, Mathiesen & Unsworth, 2015; Wagner et al., 2019; Wang & Hagins, 2016; Wisner & Norton, 2013
	Qualitative Level of Evidence	
	II	Wisner & Starzec, 2016
	III	Wang & Hagins, 2016
Resilience training	Quantitative Level of Evidence	
	I	Dray et al., 2017; Volanen et al., 2020
	III	Huang et al., 2019; Olowokere & Okanlawon, 2014; Srija & Sugi, 2019
	Qualitative Level of Evidence	
	I	Garcia, Pintor & Lindgren, 2010
	II	Correia da Silva & Sant' Ana, 2017; Post, Grybush, Elmadani & Lockhart, 2020
	IV	Finn, Warner, Price & Spinazzola, 2018

Moderate evidence supporting mindfulness based interventions and resilience training.

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