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Casey Sheehan
Thomas Jefferson University

Nancy Verdun
Thomas Jefferson University

Teresa Ioannucci
Thomas Jefferson University

Grace Denfeld
Thomas Jefferson University

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Let's Talk: Occupational Therapy's Role in Supporting Healthy Relationships for Adults with Mental Health Conditions

Authors: Casey Sheehan, Nancy Verdun, Teresa Ioannucci, Grace Denfeld

Faculty/Librarian Mentors: E.Adel Herge, OTD, OTR/L, FAOTA, Paul Hunter DMD, MLIS
Gary Kaplan, MSLIS, AHIP

Presented in partial fulfillment of the Master of Science in Occupational Therapy degree at Thomas Jefferson University.

PICO: What interventions within the scope of occupational therapy practice support health interpersonal relationships in adults with mental health conditions?

Methods

- **Databases:** PubMed, APA PsycNet, CINAHL
- **Sample Search Terms:**
 - **P:** Mental Disorders, Schizophrenia, Borderline Personality Disorder, Depression, Anxiety
 - **I:** Occupational Therapy, Occupational Therapists, Cognitive Behavioral Therapy, Group Therapy, Cognitive Rehabilitation, Therapeutic Interventions
 - **O:** Interpersonal Relations, Sexuality, Mental Health, Relational Development, Social Participation, Intimate Relationships
- **Number of articles:** Initial Search: N= 2123; After title, abstract, and full text screen N= 17 articles

Results

Themes	Strength of Evidence	Articles	Clinical Implications
Cognitive-based Interventions n=9	Strong	Elbogen et al., 2019; Inchausti et al., 2018; Iwata et al., 2017; McCarron et al., 2019; Park et al., 2020; Wojtalik & Eack, 2019; Alden et al., 2018; Baucom et al., 2017; Pot-Kolder et al., 2018	Interventions using a cognition-based approach demonstrates effectiveness in reduction of aggressive behaviors and improvements in various types of interpersonal relationships .
Social Support Systems n=12	Strong/ Moderate	McCarron et al., 2019; Mediavilla et al., 2021; Inchausti et al., 2018; Wojtalik & Each, 2019; Fjeldstad et al., 2017; Gang-sook et al., 2017; Radnitz et al., 2019; Joyce et al., 2017; Baucom et al., 2018; Baucom et al., 2017; Elbogen et al., 2019; Ellis et al., 2021	Utilization of a group format and partner involvement in treatment promotes social participation and encourages relational development in a naturalistic context.
Occupational Therapy Involvement n=5	Strong	Ellis et al., 2021; Radnitz et al., 2019; Joyce et al., 2017; Iwata et al., 2017; Mashimo et al., 2020	Interventions that included an occupational therapist, either led by or on the team, strengthened social connection and were highly successful and acceptable by participants.

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