

Thew, M. and Cox, Diane ORCID: <https://orcid.org/0000-0003-2691-6423> (2017)  
A pre-post evaluation of an occupational therapist led group lifestyle and resilience course for well employees in a public sector workplace. *British Journal of Occupational Therapy*, 80 (S8). p. 63.

Downloaded from: <http://insight.cumbria.ac.uk/id/eprint/4141/>

*Usage of any items from the University of Cumbria's institutional repository 'Insight' must conform to the following fair usage guidelines.*

Any item and its associated metadata held in the University of Cumbria's institutional repository Insight (unless stated otherwise on the metadata record) may be copied, displayed or performed, and stored in line with the JISC fair dealing guidelines (available [here](#)) for educational and not-for-profit activities

**provided that**

- the authors, title and full bibliographic details of the item are cited clearly when any part of the work is referred to verbally or in the written form
  - a hyperlink/URL to the original Insight record of that item is included in any citations of the work
- the content is not changed in any way
- all files required for usage of the item are kept together with the main item file.

**You may not**

- sell any part of an item
- refer to any part of an item without citation
- amend any item or contextualise it in a way that will impugn the creator's reputation
- remove or alter the copyright statement on an item.

The full policy can be found [here](#).

Alternatively contact the University of Cumbria Repository Editor by emailing [insight@cumbria.ac.uk](mailto:insight@cumbria.ac.uk).

A pre-post evaluation of an occupational therapist led group lifestyle and resilience course for well employees in a public sector workplace

M. Thew, Leeds Beckett University, D. Cox, University of Cumbria

m.thew@leedsbeckett.ac.uk, diane.cox@cumbria.ac.uk

**Background:** The UK government is driving allied health professionals to be more influential and active in public health initiatives (Allied Health Professions Federation, 2015). In addition, there is a move to develop collaborative interventions into the workplace to help people with mental health and social problems stay within or return to work (Department of Work and Pensions, 2014). Occupational therapists have an established history in using group lifestyle intervention approaches with older adults (Clark, 2015). However, despite this and further skills in vocational rehabilitation, studies involving occupational therapy lifestyle interventions in the workplace are rarely reported. This paper describes a pre-post evaluation of an occupational therapy led lifestyle and resilience group intervention that took place within NHS workplaces.

**Method:** Three group courses of six sessions were provided to NHS employees (n=41). Retrospective analysis of stress, depression, fatigue, presenteeism and sickness absence was compared pre, immediately post and 3–6 months post intervention. Descriptive and inferential statistics were used to explore the data collected.

**Results:** All three group course participants reported significant reductions in stress ( $p=0.000$ ), depression ( $P=0.000$ ) and fatigue ( $p=0.002$ ) post group intervention compared with pregroup. Sickness absence was reduced. Presenteeism was noted in more than 75% of the sample but reduced to <40% overall for all groups.

**Conclusion:** Occupational therapist led group interventions can make a positive impact on wellbeing in the workplace and demonstrate a valuable area for future practice. The findings need to be substantiated by a larger scale, formal, randomised and controlled study.

## References

Clark, F. A. (2015). Lifestyle redesign: the intervention tested in the USC Well Elderly Studies. Bethesda, MD. AOTA Press.

Allied Health Professions Federation (AHPF). (2015). A strategy to develop the capacity, impact and profile of allied health professionals in public health 2015–2018. London, England. Public Health England. <http://www.ahpf.org.uk/files/AHP%20Public%20Health%20Strategy.pdf> accessed 21st December 2016.

Department of Work and Pensions (DWP). (2014). Health, work and wellbeing: evidence and research. London, England. HM Government. Available from <<https://www.gov.uk/government/collections/health-work-and-wellbeing-evidence-and-research>> [Accessed on 21st December 2016].