

Basic Results Summary

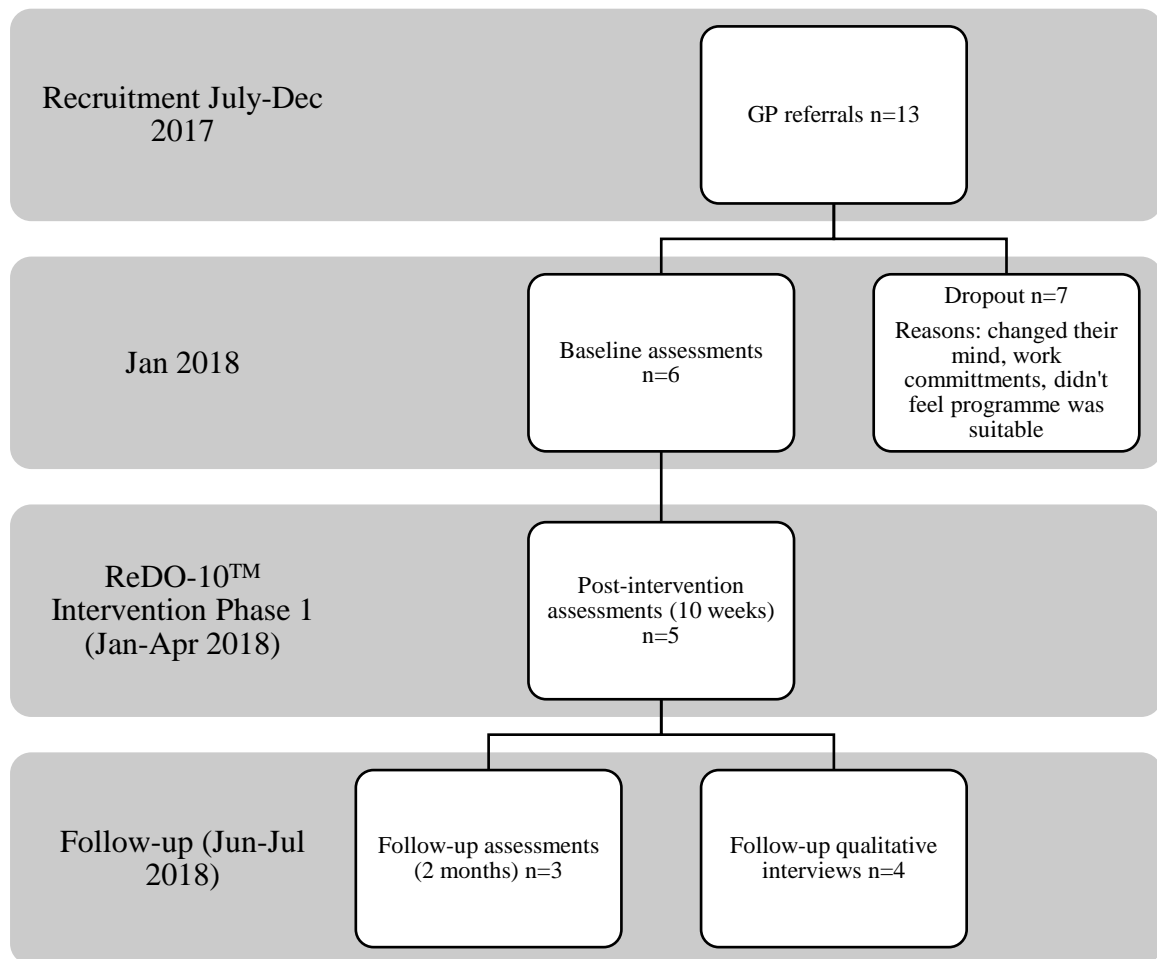
“A pilot study of an occupational therapy-led group intervention for women with anxiety and stress-related disorders in an Irish primary care context”

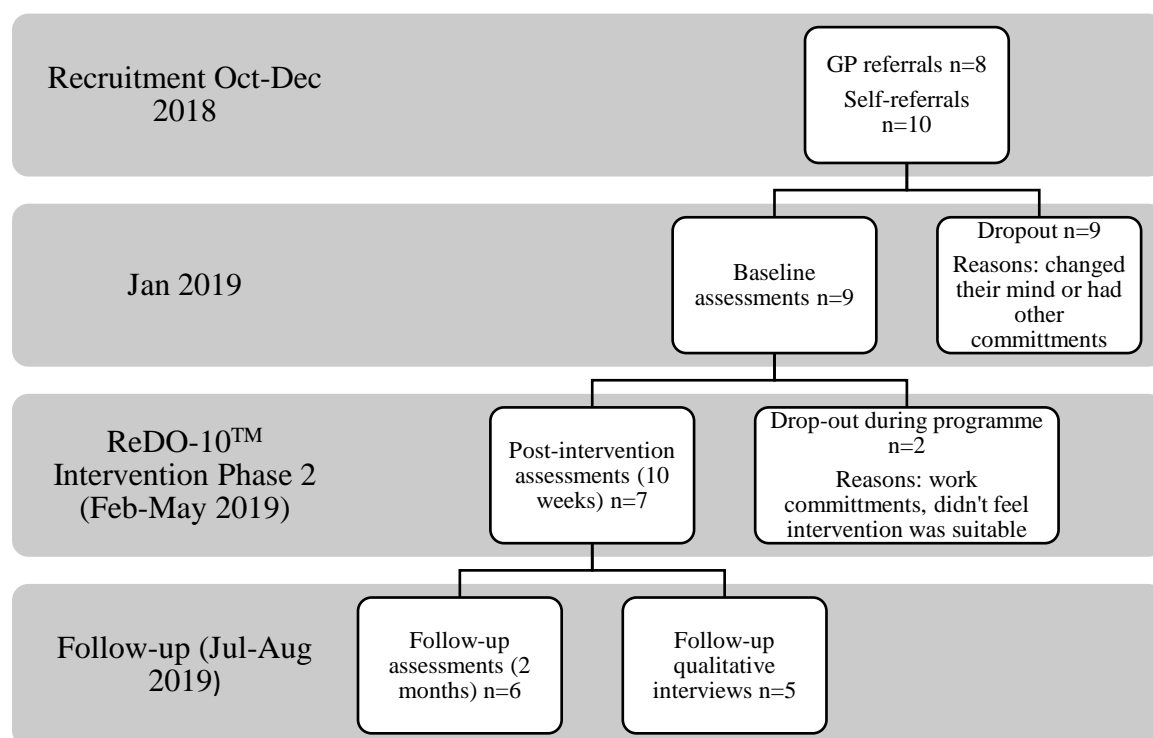
<https://www.isrctn.com/ISRCTN13450802>

Methodological note:

This study was planned as a pilot randomised-controlled trial – comparing the Redesigning Daily Occupations programme (ReDO-10TM) with general practitioner usual care. However, because of slow recruitment it was felt to be pragmatic to change to a before-and-after design methodology. There were two phases (rounds) of the ReDO-10TM programme in 2018 and 2019 with both qualitative and quantitative data collection. This timeline is illustrated below.

Participant Flow





Baseline Characteristics

The following are the baseline characteristics for the participants of the ReDO-10™ programme over the two phases:

ReDO-10™ participants (Female) (n=15)		
Age groups	<49 yrs	10 (67%)
	50+ yrs	5 (33%)
Work/study status	Working full-time/part-time outside the home	7 (47%)
	Not working/working in the home/retired	7 (47%)
	Studying full-time	1 (6%)
Living circumstances	Living alone	4 (27%)
	Living with partner/parent	11 (73%)
Children	No	4 (27%)
	Yes	11 (73%)

Outcome measures

Outcome	Measure	Baseline mean (SD) n=15	Post-intervention mean (SD) (10 wks) n=12	Follow-up mean (SD) (2 mths) n=9
Depression	Depression, Anxiety and Stress Scales (1)	18.60 (8.65)	6.67 (6.555)	6.8 (10.624)
Anxiety		14.93 (9.924)	6.25 (5.379)	6.67 (5.59)
Stress		21.20 (6.889)	11.25 (9.275)	10.44 (8.676)
Occupational Value	Oval-pd (2, 3)	38.73 (7.564)	48.67 (7.75)	47.11 (10.752)
Disability	WHODAS 2.0 (4)	31.4913 (13.62292)	22.0408 (14.15527)	17.2389 (11.16196)
Mastery	Pearlin-Schooler Mastery Scale (5)	17.33 (3.559)	20.58 (4.166)	20.8889 (3.58624)
Perceived Health	EQ-VAS (6)	55.67 (20.077)	72.92 (13.561)	70 (19.203)

Adverse Events

There were no adverse events associated with this study.

References

1. Lovibond SH, Lovibond PF. Manual for the Depression Anxiety Stress Scales (2nd Ed.). Sydney: Psychology Foundation; 1995.
2. Eklund M, Erlandsson L-K, Persson D, Hagell P. Rasch analysis of an instrument for measuring occupational value: Implications for theory and practice. *Scandinavian Journal of Occupational Therapy*. 2009;16(2):118-28.
3. Eakman AM, Eklund M. Reliability and structural validity of an assessment of occupational value. *Scandinavian journal of occupational therapy*. 2011;18(3):231-40.
4. Ustun TB, Kostanjsek N, Chatterji S, Rehm J. Measuring Health and Disability: Manual for WHO Disability Assessment Schedule. Geneva, Switzerland: WHO Press; 2010.
5. Pearlin LI, Schooler C. The structure of coping. *Journal of health and social behavior*. 1978;2-21.
6. The EuroQol Group. A new facility for the measurement of health-related quality of life. *Health policy*. 1990;16(3):199-208.