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Acceptability and exploratory effects of an occupational therapy intervention to improve recovery and return to work of workers with mental health disorders in primary care

Submission date
23/02/2026

Recruitment status
Recruiting

Registration date
25/02/2026

Overall study status
Ongoing

Last Edited
25/02/2026

Condition category
Mental and Behavioural Disorders

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Background and study aims
People with common mental disorders such as depression, anxiety, obsessive-compulsive disorder, or stressrelated conditions often face difficulties at work, which may lead to sick leave. Many people do not get timely access to the support they need, and care can be inconsistent. This study aims to find out whether an occupational therapy programme delivered in family medicine groups in Québec is acceptable to patients and healthcare providers, and whether it may help people recover and return to work in a sustainable way.

Who can participate?
Adults aged 18 years and over who are seeing a family doctor or nurse practitioner for a common mental disorder and who are either starting a new sick leave or hoping to prevent one. Participants must be able to speak, read, and understand French or English. People with severe mental disorders that prevent work participation, or those already receiving specialised mental health services, cannot take part.

What does the study involve?
Participants will be referred to an occupational therapist. The programme includes three types of support: advice to help prevent sick leave or guide returntowork decisions; coordination of services to support recovery and return to work; and personalised recovery and workrelated rehabilitation activities. Participants may be asked to complete questionnaires, take part in interviews, or join focus groups to help the research team understand how acceptable the programme is and what effects it may have.

What are the possible benefits and risks of participating?
The study may help participants access more coordinated and timely support for their recovery and return to work. It may also improve communication between the professionals involved in

their care. As with any study, there may be minor risks such as feeling uncomfortable during interviews or when discussing personal experiences, but participation is voluntary and support will be available.

Where is the study run from?
The study is being carried out in family medicine groups in Québec, Canada, with participation from the CIUSSS de l'Estdel'ÎledeMontréal.

When is the study starting and how long is it expected to run for?
Recruitment began on 1 May 2025 and is expected to continue until 30 December 2026. The full study is planned to finish by 30 December 2027.

Who is funding the study?
The study is funded by the Canadian Institutes of Health Research, a national government funding organisation in Canada.

Who is the main contact?
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Contact information

Type(s)
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Additional identifiers

Protocol serial number
192030_1

Study information

Scientific Title
Evaluation of the acceptability of a first-line occupational therapy intervention program for the recovery and return to work of individuals with a common mental disorder (P1LIERR-TMC)

Acronym
P1LIERR-TMC

Study objectives
The overall aim of this study is to evaluate the acceptability and explore the effects of an occupational therapist-led program, integrated within family medicine groups in the Canadian province of Québec, that is designed to improve the management of common mental disorders related sick leave and promote workers' recovery and sustainable return to work.

Ethics approval required
Ethics approval required

Ethics approval(s)
approved 02/05/2025, Comité d'éthique du CIUSSS de l'Est de l'Île de Montréal (5415 boulevard de l'Assomption, Montreal, H1T 2M4, Canada; +1 514-252-3400 ext. 5708; cer.cemtl@ssss.gouv.qc.ca), ref: 2025-4006

Study design
Multiple case study

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Common mental disorders

Interventions
The duration of the program is adapted to the patient's needs and can range from 1 to 12 months and consists of approximately 10 visits.

The occupational therapy program consists of three components based on the best current recommendations for the management of workers with CMD, namely 1) a consultation /prevention component, 2) a recovery and RTW coordination services component, and 3) a support in recovery and work rehabilitation component.

Component 1 - Consultation/prevention
-Assessment of the impact of CMD on the patient's daily life and work capacities.
-Identification of factors contributing to the patient's functional disabilities.
-Support clinical decision-making process of family physicians and SNPs regarding sick leave and RTW
-Recommendations to the patient and the employer to adapt work tasks or modify characteristics of the work environment.

Component 2 - Coordination of recovery and RTW services
-Coordination of services required to promote the patient's recovery and RTW (RTW coordinator's role).
-Assessment of the patient's needs and resources (e.g. insurance coverage)

-Referral to the right professionals.
-Communication, with the patient's consent, with other professionals, the insurer, and the employer to foster concerted actions between stakeholders. RTW.

Component 3 - Support in recovery and work rehabilitation
If the patient does not have access to work rehabilitation services outside of the U-FMG.
Offer interventions as described in the Therapeutic RTW program, including one or multiple of these phases:
-Diagnosis of work disability: Using comprehensive assessment tools to assess the person's current situation (e.g., Work
Disability Diagnosis Interview (WoDDI)).
-Preparation to work phase: improvement of quality of life and work prerequisite.
-RTW phase: progressive development of work capacities and work adaptations in the real work environment.
-Maintenance at work phase: assist the person in transferring knowledge in the real work environment and offer RTW support.

Intervention Type
Behavioural

Primary outcome(s)
1. Work status measured using work status, job type and duration of work absence at baseline, discharge, 6-month follow-up

2. Personal recovery outcomes measured using Brief INSPIRE-O at baseline, discharge, 6-month follow-up

Key secondary outcome(s))
1. Return to work self-efficacy measured using Return to work self-efficacy questionnaire at baseline, discharge, 6-month follow-up

2. Work functioning measured using Work role functioning quesionnaire at baseline, discharge, 6-month follow-up

3. Intensity of anxiety symptoms measured using GAD-7 at baseline, discharge, 6-month follow-up

4. Intensity of depressive symptoms measured using PHQ-9 at baseline, discharge, 6-month follow-up

5. Self-perceived health-related quality of life measured using SF-12 at baseline, discharge, 6-month follow-up

6. Level of life balance measured using Occupational Balance Questionnaire at baseline, discharge, 6-month follow-up

Completion date
30/12/2027

Eligibility

Key inclusion criteria
1. Consulting a family physician or a SNP for a CMD
2. Referred to the occupational therapist for a new episode of sick leave or wish to prevent a sick leave
3. Able to speak, read, and understand French or English
In this study, CMDs include depressive disorders, anxiety disorders, obsessive-compulsive disorder, and trauma- or stress-related disorders, including adjustment disorders.

Participant type(s)
Health professional, Patient

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
18 years

Upper age limit
120 years

Sex
All

Total final enrolment
0

Key exclusion criteria
1. Have a diagnosis of a severe mental disorder limiting work integration or participation
2. Require or receive services from a specialized mental health care team

Date of first enrolment
01/05/2025

Date of final enrolment
30/12/2026

Locations

Countries of recruitment
Canada

Study participating centre
CIUSSS de l'Est de l'Ile de Montréal
5415 boulevard de l'Assomption
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Sponsor information

Organisation
Université de Montréal

ROR
https://ror.org/0161xgx34

Funder(s)

Funder type
Government

Funder Name
Canadian Institutes of Health Research

Alternative Name(s)
Instituts de Recherche en Santé du Canada, The Canadian Institutes of Health Research (CIHR), Canadian Institutes of Health Research (CIHR), Canadian Institutes of Health Research | Ottawa ON, CIHR - Welcome to the Canadian Institutes of Health Research, CIHR, IRSC

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Canada

Results and Publications

Individual participant data (IPD) sharing plan
The datasets generated during and analysed during the current study will be available upon request from brigitte.vachon@umontreal.ca

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		28/11/2024	24/02/2026	Yes	No