



Validating the Measure of Experiential Aspects of Participation among individuals with serious mental illnesses: A confirmatory factor analysis

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Background

- In occupational therapy, **participation measures commonly emphasize independence** as a primary outcome.
- In general, studies of participation among people with serious mental illnesses (SMI) often focus on **durational metrics of participation**, such as frequency.

(Cogan & Carlson, 2018; Martin-Ginis et al. 2017)



Background (cont.)

Example:

A. How many days during the past 30 days did you do the following activities without a program staff person going with you:	B. Number of Days (without a staff person)	C. Do you do this activity...	
		Enough	Not Enough
9. Go to a library.	<u>0</u> (# of Days)	1	2
15. Go to a 12-step / self-help group for substance use problems.	<u>5</u> (# of Days)	1	2

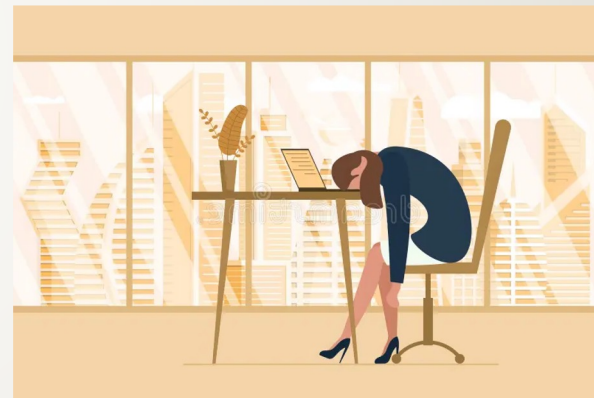
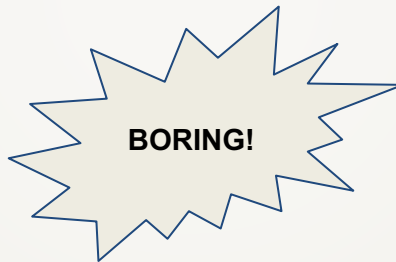
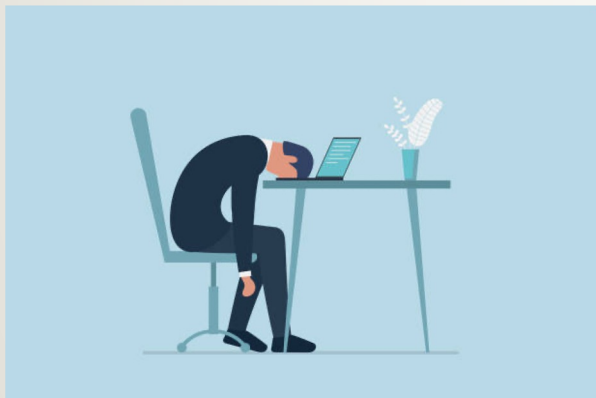
		Participation Scale								
No	Compared to your peers . . .	Not specified, not answered	Yes	Sometimes	No	Irrelevant, I don't want to, don't have to	NO problem	Small	Medium	Large
			0				1	2	3	5
1	Do you have equal opportunity as your peers to find work?		0							
	<i>[If sometimes, no or irrelevant]</i> How big a problem is it to you?						1	2	3	5
2	Do you work as hard as your peers do? (same hours, type of work etc)		0							
	<i>[If sometimes, no or irrelevant]</i> How big a problem is it to you?						1	2	3	5
3	Do you contribute to the household economically in a similar way to your peers?		0							
	<i>[If sometimes, no or irrelevant]</i> How big a problem is it to you?						1	2	3	5

(Cogan & Carlson, 2018; Martin-Ginis et al. 2017)



Background (cont.)

- However, people can participate for long periods of time, or with high independence, without experiencing subjective benefits of participation, such as autonomy, belonging, or meaning.






Experiential Aspects of Participation

- Martin-Ginis and colleagues (2017) identified **six experiential aspects of participation** in a review of subjective conceptualizations of participation:

Concept	Definition
Autonomy	A sense of having agency or choice.
Belongingness	A sense of feeling connected to others and accepted in a group or society.
Challenge	The opportunity to learn and grow.
Engagement	Level of involvement, motivation, and interest in activities or experiences.
Mastery	A sense of accomplishment and competence and is associated with self-efficacy.
Meaning	The perception of significance, purpose, and fulfillment derived from the activities.

MeEAP

(cont.)



Concept	Items
Autonomy	I do what is desirable for me
	I feel free to make my own choices
Belongingness	I fit in
	I am accepted by others
Challenge	My skills match the level of difficulty of the activities
	I get just the right amount of challenge
Engagement	I can fully focus on what I am doing
	Time passes very quickly
Mastery	I can achieve my goals
	I feel confident in my skills and abilities
Meaning	I have a sense of purpose
	I have a sense of responsibility to others

(Caron et al. 2019)



Purpose

- This measure had been developed and tested in people with physical and intellectual disabilities, but **had not been validated among individuals with SMI, or in mental health settings.**
- Thus, the **purpose of this study is twofold:**
 - a) Analyze the MeEAP's psychometric properties in this population;
 - b) Descriptively examine experiential aspects of participation among individuals in mental health Clubhouses.



Mental Health Clubhouses

- Clubhouses are community-based, occupation-centered mental health services that were developed by people with SMI.
- They foster recovery through **meaningful work, choice, and social connection.**
- Individuals are *members*, rather than patients or clients.



(Agner et al., 2024)

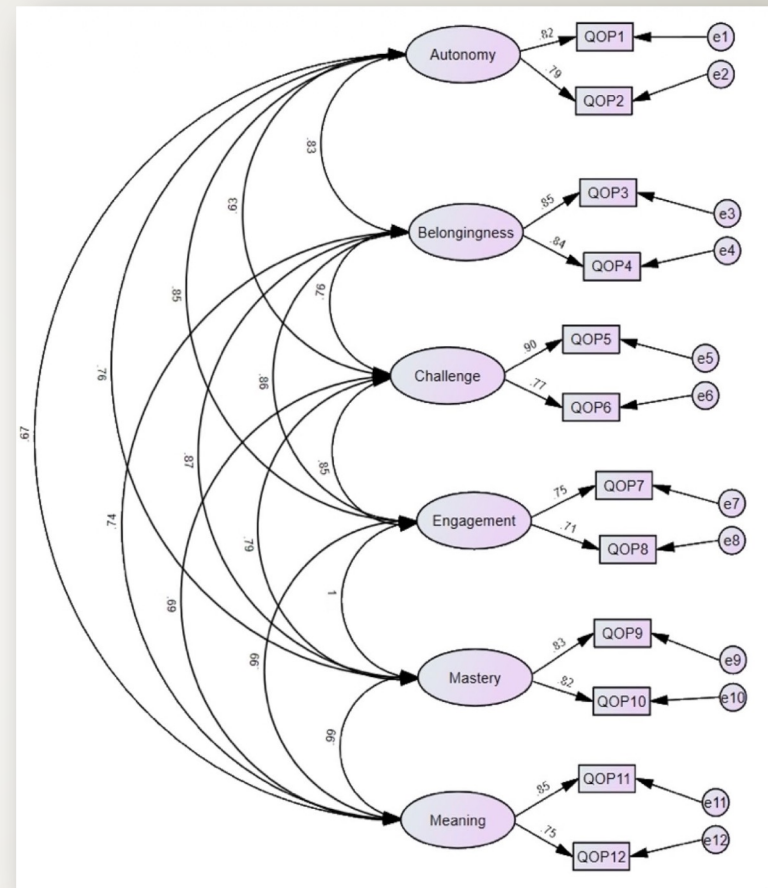


Method Overview

- **Sample:** 217 adults with SMI from nine mental health Clubhouses in Hawai'i.
- **Measures:**
 - **1)** Demographic information. **2)** Measure of Experiential Aspects of Participation (MeEAP). **3)** Health-related quality of life (QOL) measure.
- **Analysis:**
 - Confirmatory factor analysis of the six subscales model.
 - Reliability and convergent validity testing.
 - Exploratory descriptive analysis of MeEAP scores within Clubhouses.

Main Findings

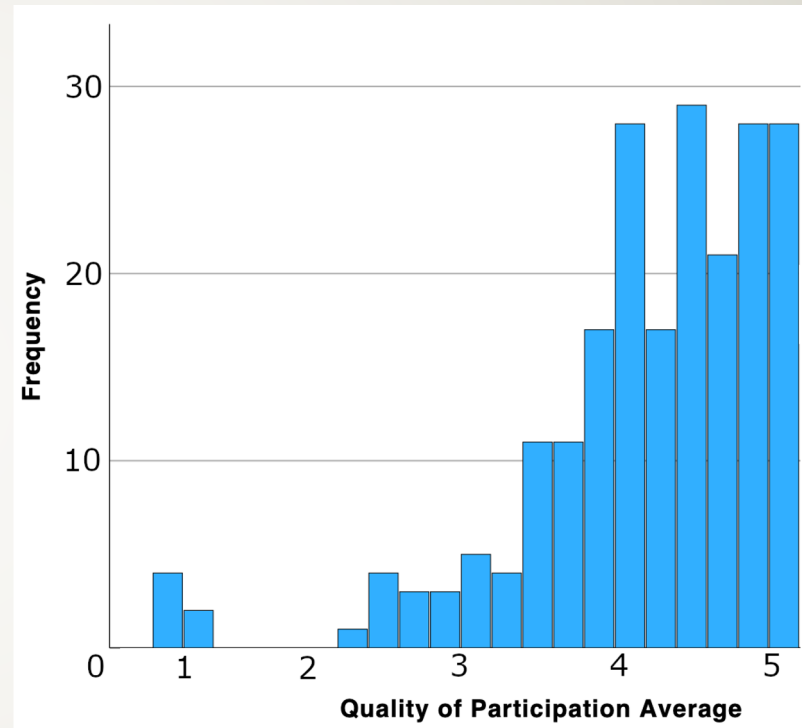
- The experience of participation is multidimensional and measurable.
 - Our analyses indicated strong model fit with the six-factor structure (right), and robust alignment between items and constructs.





Main Findings (cont.)

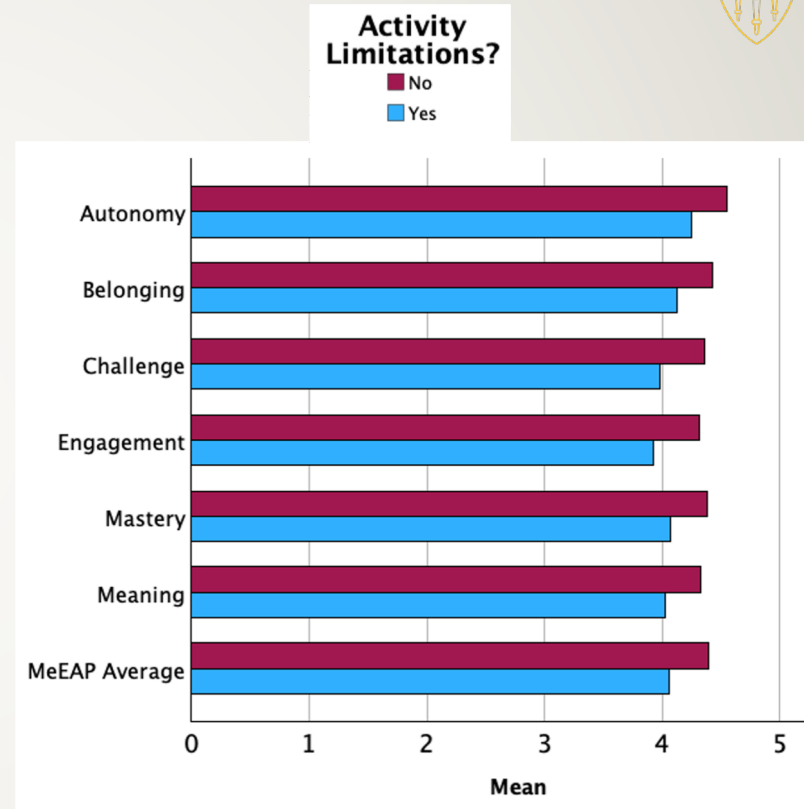
- Within the Clubhouses in Hawai'i, members reported **high levels of autonomy, belonging, challenge, engagement, mastery, and meaning** derived from participation.
 - Graph shows average scores across participants.





Main Findings (cont.)

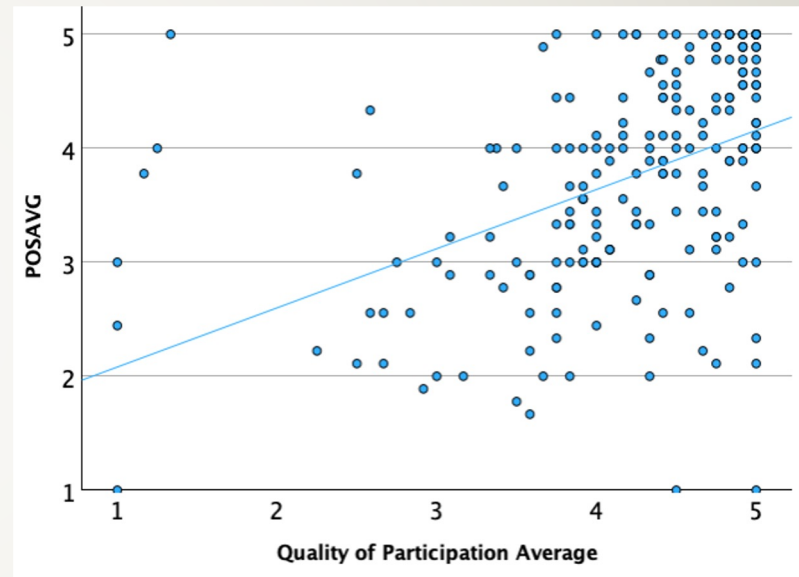
- However, members with activity limitations reported lower scores in all experiential aspects of participation than those without.
 - In our sample, 60% of participants had activity limitations.





Main Findings (cont.)

- Positive experiences of participation were strongly correlated with health-related QOL and well-being among participants ($p < .01$).





Relevance for OT Practice and Research

- **Measuring how participation is experienced, rather than frequency or independence**, can support client-centered clinical reasoning.
- OTs can expand the diversity of our work by choosing participation measures that best capture the unique dimensions of participation we are targeting in a given intervention or research project.
- These may be subjective, durational, independence focused, or often overlooked dimensions of participation - such as participation in democracy.



Measuring Participation Toolkit

- We developed the toolkit to assist OTs and participation researchers in identifying measures that capture participation across multiple dimensions.

- So far we have identified 74 unique measures.

Title of Measure + Norming/Conceptual Article	Free Access (0/1)	Diagnosis / Setting	Age Group	Domain	Autonomy	Independence	Self Efficacy	Importance	S
Political Participation Scale	0	Nonspecific	Nonspecific	Citizen participation					
Community Participation Measure	1	Mental Illness	Adult	Community Participation		1		1	
Participation Scale (P-Scale)	1	Skin Disorders	Adolescent,	Community Participation					
Community Integration Questionnaire	1	Spinal Injury, Brain Injury	Adult	Community Participation		1			
Perceived Control Scale	0	Nonspecific	Nonspecific	Community participation/Citizen participation	1				
Community Development Participation Scale	0	Nonspecific	Nonspecific	Community participation/Citizen participation	1			1	
Young Children's Participation and Environment Measure	1	Nonspecific	Infant (0-2),	Community Participation/Functional Assessment					
Measure of Experiential Aspects of Participation	0	Nonspecific	Adults; Physical Disabilities	Community Participation/Quality of Participation	1				
Community Participation Indicators	1	Stroke, Brain Injury, etc	Adult, Elderly	Community Participation/Self	1	1	1		



Measuring Participation Toolkit (cont.)

- To access the toolkit at no cost, please scan the QR code to the right to complete a brief survey that will link you to the toolkit.





Experiential Aspects of Participation for People with Serious Mental Illnesses: Measure Validation and Preliminary Findings from Clubhouses in Hawai'i

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ABSTRACT

The Measure of Experiential Aspects of Participation (MeEAP) has strong potential for use in mental health and community settings, such as Clubhouses, as it addresses subjective aspects of participation. Thus, this study analyzes the MeEAP's psychometric properties and descriptively examines experiential aspects of participation among 206 Clubhouse members. Results indicated good model fit, high internal consistency, and associations with health-related quality of life. Members rated autonomy, belonging, challenge, engagement, mastery, and meaning in Clubhouses very highly. However, members with activity limitations reported lower experiential participation than those without, suggesting opportunities to improve Clubhouse engagement for members with concurrent nonpsychiatric disabilities.

KEYWORDS

Participation measurement; community participation; quality of participation; serious mental illness; community mental health settings; Clubhouse



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