



האוניברסיטה העברית בירושלים  
THE HEBREW UNIVERSITY OF JERUSALEM



# Impact of man-made disasters on health-promoting occupations among mothers of young children

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**Disclosures: No financial disclosures**



## Background

### **Man-made disasters:**

Biological threats, explosions, war, and acts of terrorism



### **Evacuation and displacement from one's home and original community**

Economic hardships

Psychological responses

**And also—disruption of routines and roles, and restricted participation.**

## **A decline in occupational health**





## Background

### **Mothers**

At risk for reduced well-being, participation, and self-care

Often primary caregivers

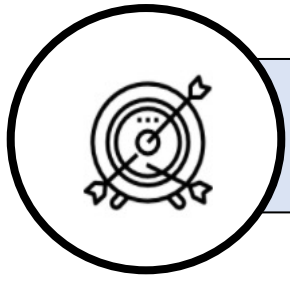
Shaping their children's experiences during disasters

Poor maternal well-being → poorer well-being for the entire family

### **The parental role**

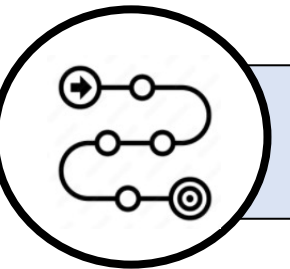
Caring for children

Seeking sources of social support and maintaining health



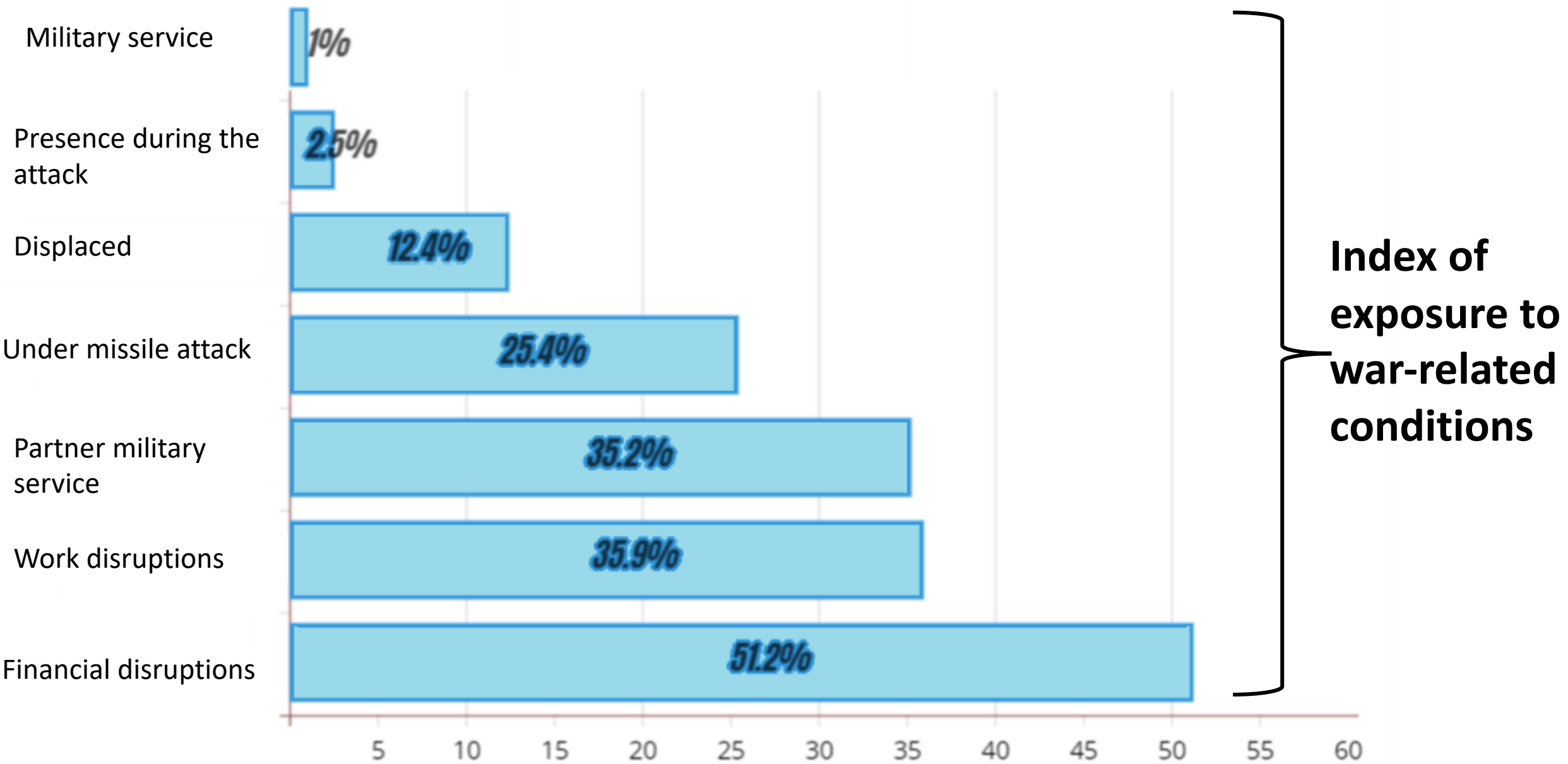
## Objectives

- Examining changes in **participation in health-promoting activities** during the first month of the war
- Examining the moderating effect of **social support** on the relationship between **disaster exposure** and **changes in participation**



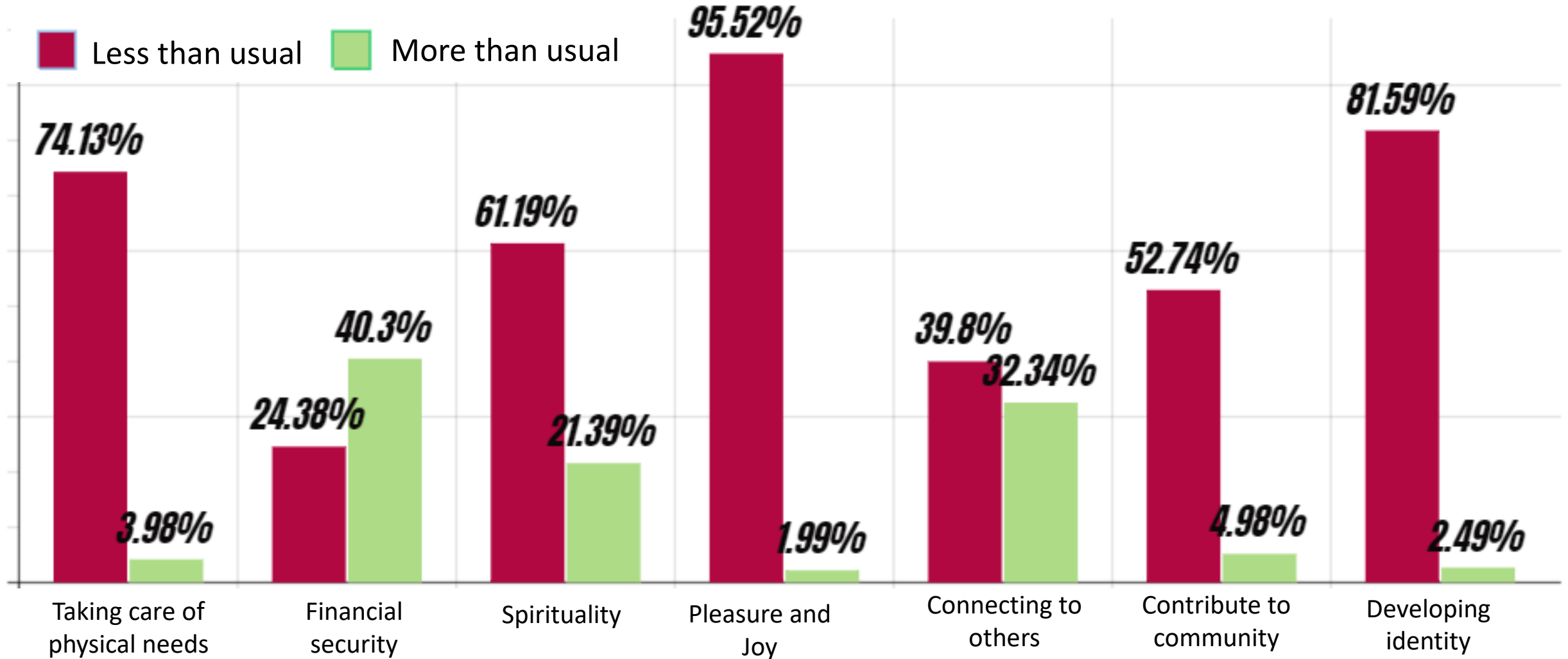
## Methods

201 mothers of children up to age 12, ages 20–58 [mean age = 35.75]



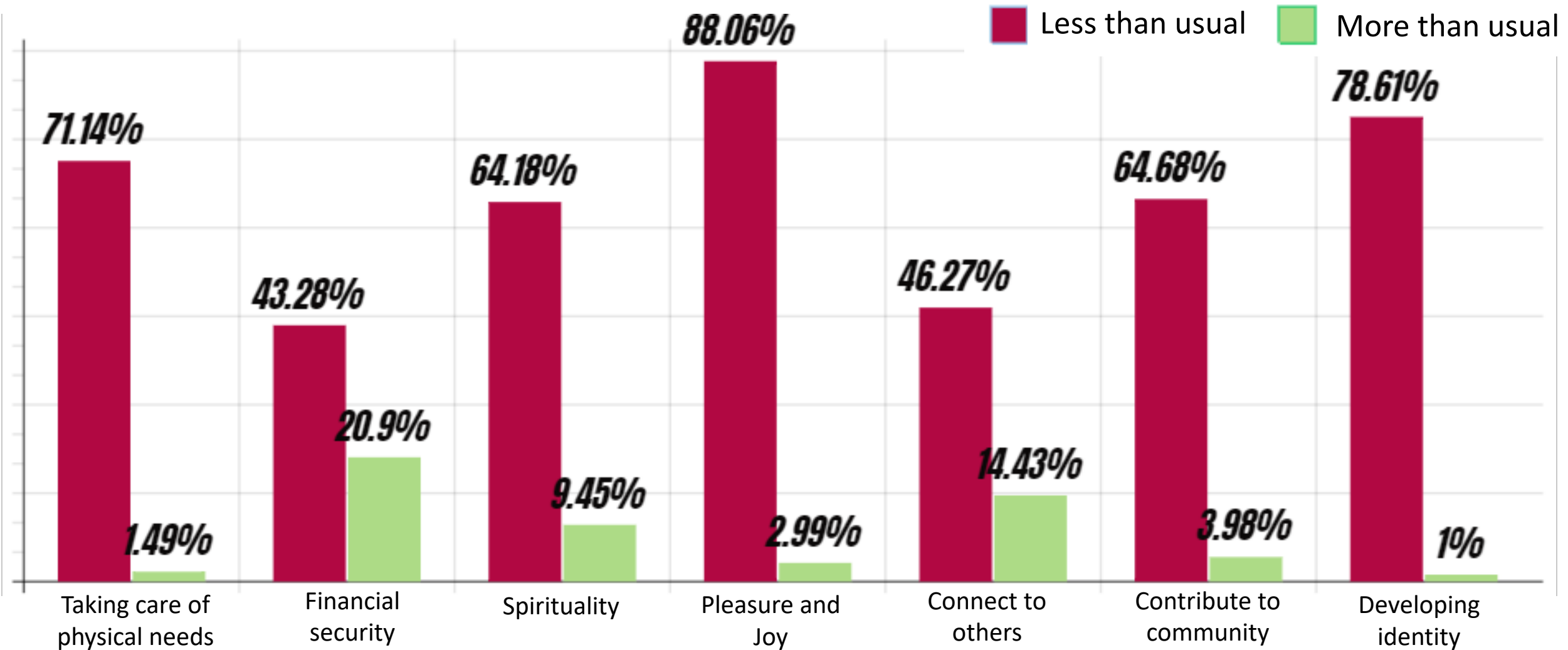
# Frequency of participation in health-promoting occupations during the first month of the war

The Experiencing-Day-to-Day Questionnaire (EDLQ; Budman et al., 2025)



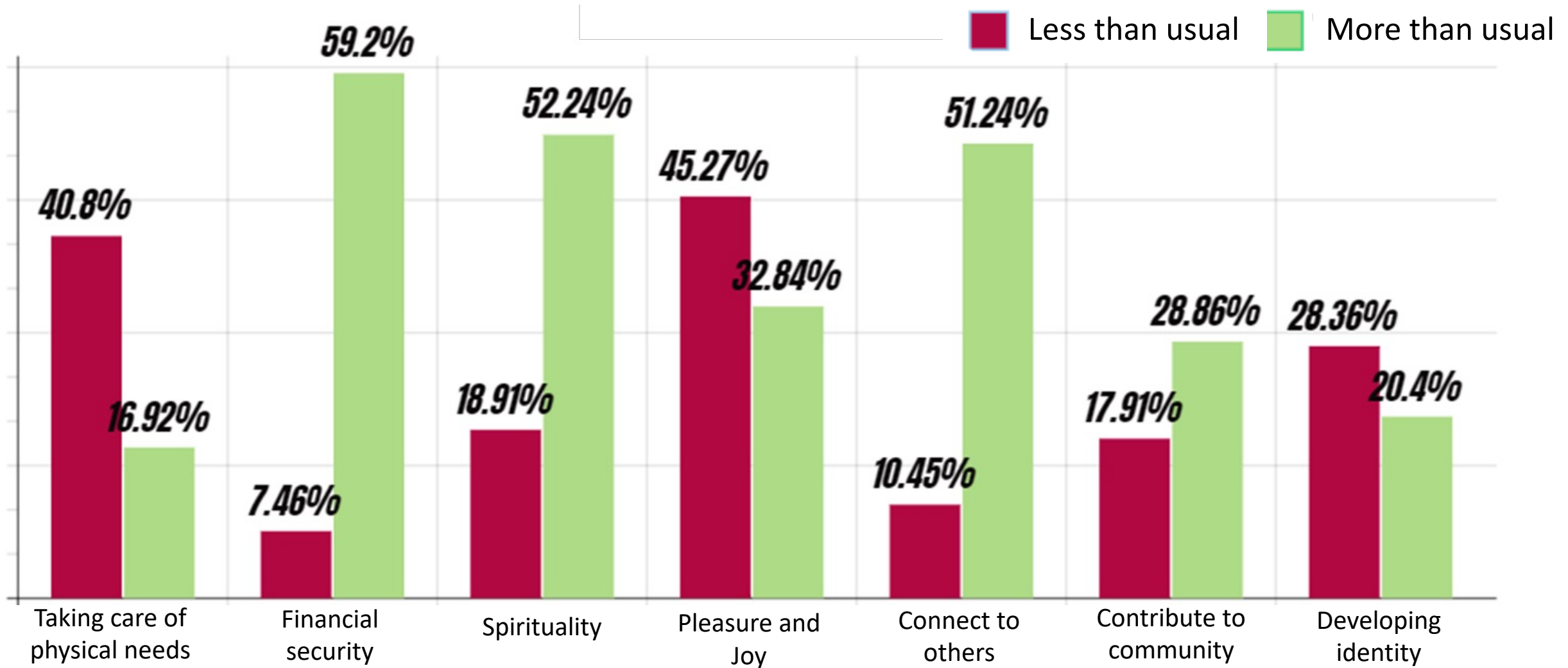
# Self-efficacy in health-promoting occupations during the first month of the war

The Experiencing-Day-to-Day Questionnaire (EDLQ; Budman et al., 2025)

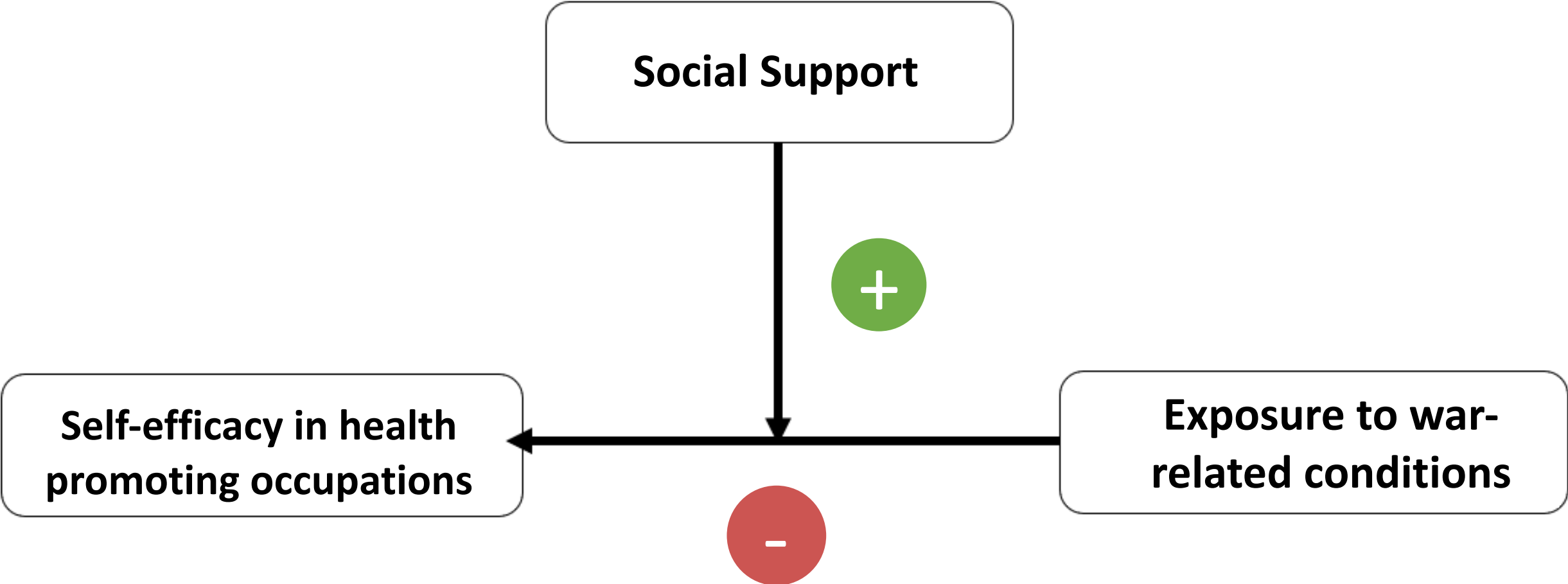


# Importance of health-promoting occupations during the first month of the war

The Experiencing-Day-to-Day Questionnaire (EDLQ; Budman et al., 2025)



$F = 5.91, p < 0.05, R^2 = 0.08$



## Disaster consequences

*Emotional  
and  
cognitive  
overload*

*“I didn’t have the mental space or the energy at the end of the day to do anything for myself.”*

*Existential  
insecurity*

*“My basic needs for security and certainty have become blurred since the war, even though I wasn’t in an area with rockets, terrorists, or direct trauma.”*

## Disaster Consequences

*Emotional  
and  
cognitive  
overload*

*Existential  
insecurity*

## External resources

*Practical  
support*

*School system*

*Sense of  
community*

*Someone to  
talk to*

*“If someone had brought  
me prepared meals.”*

*“A sense of belonging to  
the community I live in.”*

*“A place to break down.”*

## Disaster consequences

*Emotional  
and  
cognitive  
overload*

*Existential  
insecurity*

## External resources

*Practical  
support*

*School system*

*Sense of  
community*

*Someone to  
talk to*

## Occupational overload

*Work*

*Parenthood*

*Routines*

*“It would have helped me to work less — I was busy just surviving and taking care of the children.”*

*“The moment my children had a routine and were doing well, I felt a sense of control over the situation, and I felt better.”*

Disaster  
consequences

*Emotional  
and  
cognitive  
overload*

*Existential  
insecurity*

External  
resources

*Practical  
support*

*School system*

*Sense of  
community*

*Someone to  
talk to*

Occupational  
overload

*Work*

*Parenthood*

*Routines*

**Adaptive  
thinking**

*Connection to  
values*

*Prioritization*

*Compassion*



## Findings

- Decline in **frequency** and **self-efficacy** of participation across most health-promoting occupations.
- Increase in **perceived importance** of occupations involving spirituality, social relationships, and contributing to the community
- Need to promote the health of mothers and their communities after disasters through an occupation-based approach.
- Strengthening social supports- Key factor in enabling occupational functioning.



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