



"I'm Ready to Face the World"

Building Self-Efficacy to Prepare for Life Beyond Hospitalisation through the Occupational Therapy Interactive Group Model in Major Depressive Disorder

1. Context

- ✓ Depressive Disorders impact mood and functioning in context
- ✓ Leading to self-inefficacy, reduced confidence, and reduced resilience
- ✓ Self-efficacy supports discharge readiness, resilience, commitment to therapy, and application of contextual skills

Self-efficacy & The OTIGM

Self-efficacy refers to the client's **confidence in their ability to manage their mental health** challenges.

Self-efficacy is built through doing, emotional experiences, learning from others and encouragement.

The Occupational Therapy Interactive Group Model (OTIGM) is an activity-based, closed-group model, wherein clients practise coping, communication, and emotional regulation.



2. South African Context

In many private acute contexts, particularly in South Africa, hospital admission may be the only opportunity for intensive mental health intervention

3. Method

Research Design

Mixed-method approach combining quantitative and qualitative data.

Participants

Diagnosed with MDD
Quan: 78 participants
Qual: 10 participants

Data Collection

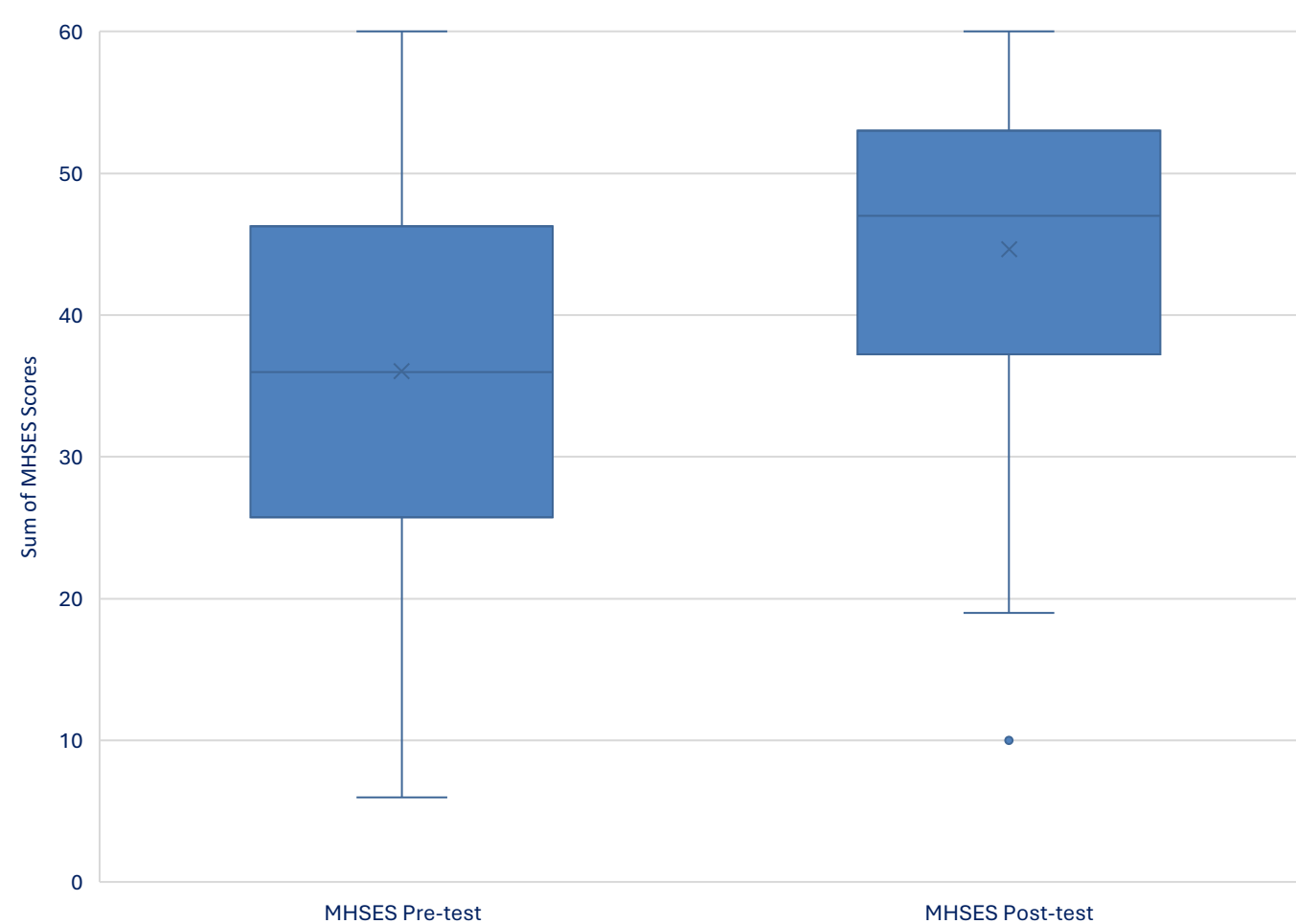
Quan: Mental health self-efficacy scale (MHSES)
Qual: Semi-structured interviews

Data Analysis

Quan: Statistical analysis of pre- and post-intervention
Qual: Directed content analysis
Mixed: Convergent analysis

4. Results and Discussion

Self- Efficacy



Mastery
Affective states
Vicarious experience
Verbal persuasion

How does the OTIGM contribute towards self-efficacy to potentially improve discharge outcomes?

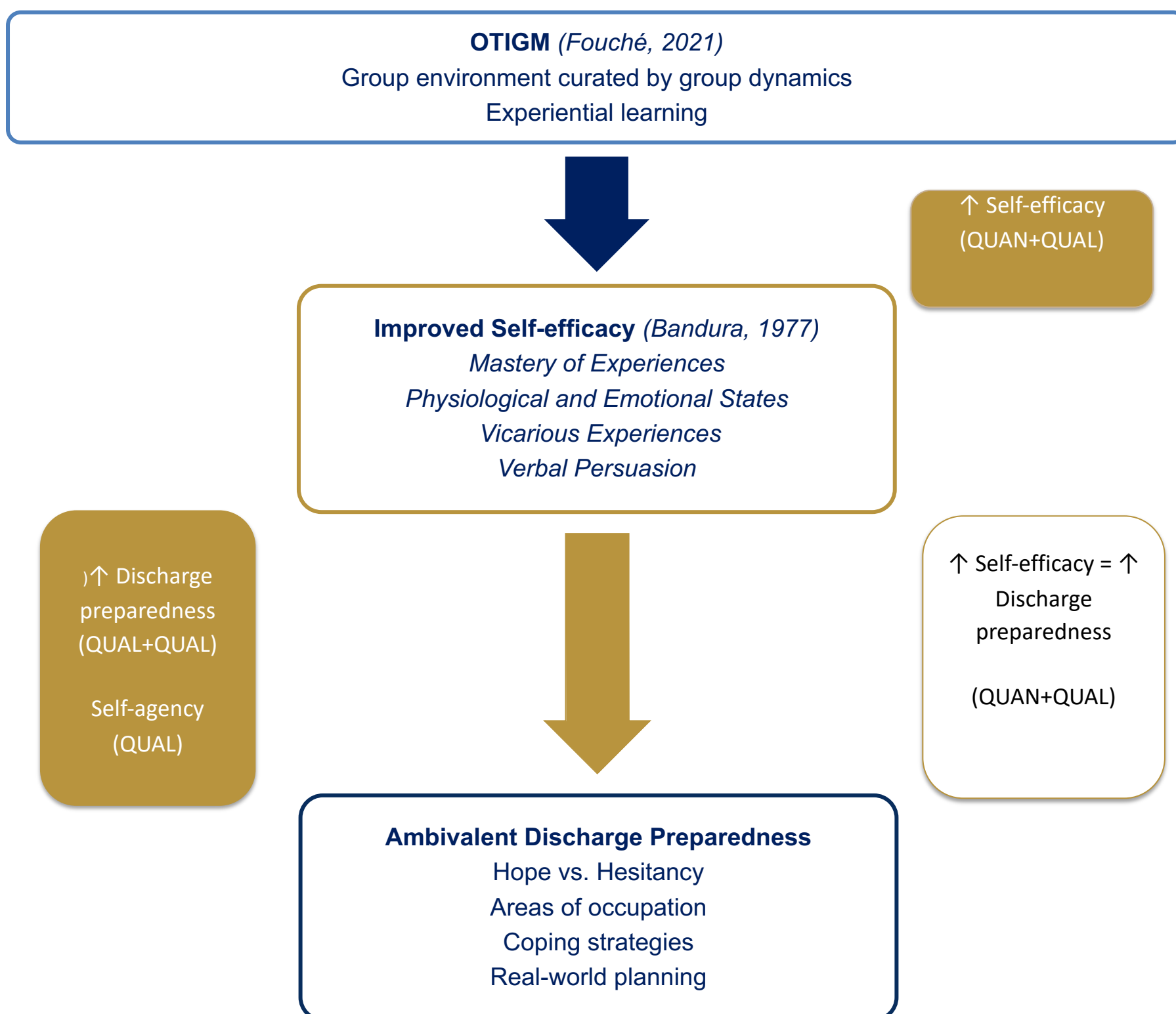
- A significant shift, objectively through the Mental Health Self-efficacy Scale (MHSES) and subjectively through interviews.

As one participant reflected: **"I don't think it would help a single bit when you do it individually."**



5. Results and Discussion:

Discharge Preparedness



"So, I don't know when I get home what's going to happen. I am so anxious about that mountain. But I'm hopeful at the same time."

6. Conclusion

- Activity-based group interventions can strengthen **self-efficacy**, **support self-agency**, and **help clients move from passive to active participants in their mental health.**

- "I didn't realise that this was possible, but because of this group I'm ready to face the world."

References

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Contact

charis.stols@gmail.com