



Effectiveness of a group-based time-management intervention: a pragmatic randomised controlled trial

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Time Management skills

- Crucial to handle in all areas of daily life
- Includes such as time estimation, time planning, ability to revise your planning in the event of unforeseen /unexpected situations
- Impaired time management is common among people with ADHD, autism and mental disorder



Interventions to enhance time management

Let's Get Organized

- Manual-based occupational therapy group intervention
- 10 weekly sessions
- Weekly themes such as calendar use,
- circadian rhythm, priorities, to-do lists



Individual occupational therapy (TAU)

A person-centered mix of

- prescription of and training to use assistive devices,
- strategy training
- psychoeducation



Aim

To evaluate the effectiveness of the Swedish version of the Let's Get Organized (LGO-S) intervention, compared to treatment as usual (individual occupational therapy), to improve time-management skills for adults with impaired time management due to ADHD, autism or mental disorders.



Methods

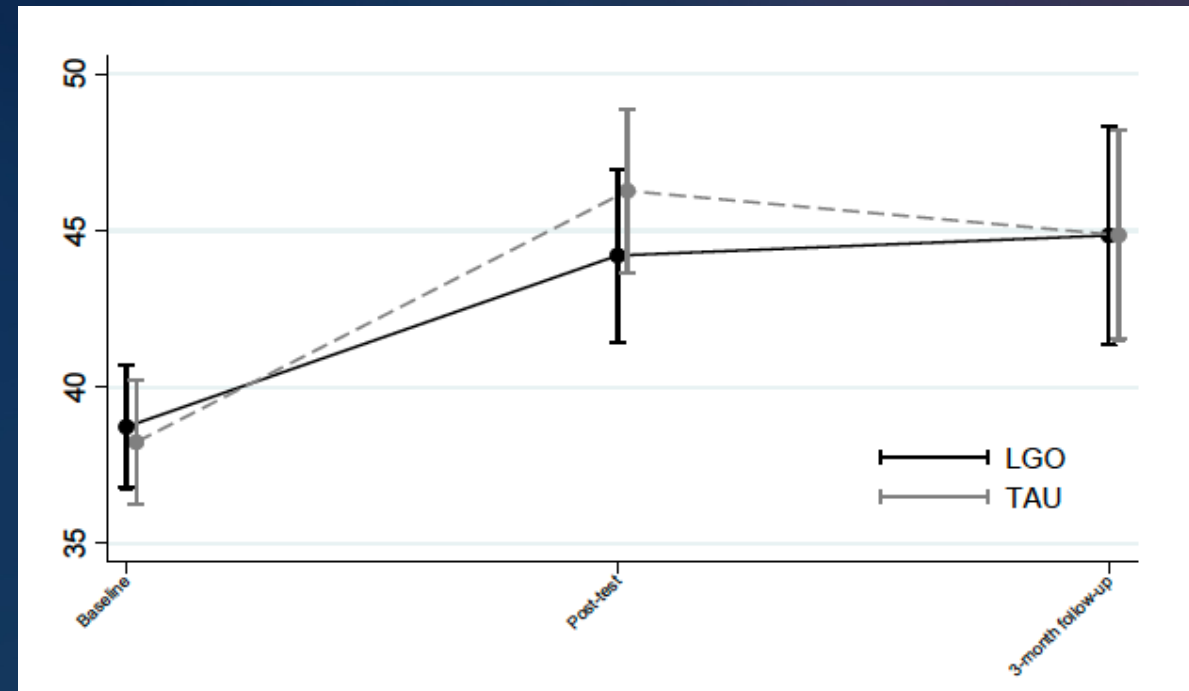
- Multi-center two-armed open parallel pragmatic randomized controlled trial (RCT).
- Nine units within adult habilitation centers and open psychiatric clinics in four regions in mid-Sweden
- Eighty-eight persons were randomized
- 10 weeks interventions in both groups
- Data collection pre-, post- and three months post intervention

Outcome measures

- Assessment of time management skills (ATMS-S) (time management, planning and organization, regulation of emotions)
- General self-efficacy scale (GSE-S)
- Satisfaction with Daily Occupations-Occupational balance (SDO-OB)
- Weekly Calendar Planning Activity (WCPA-Sw)

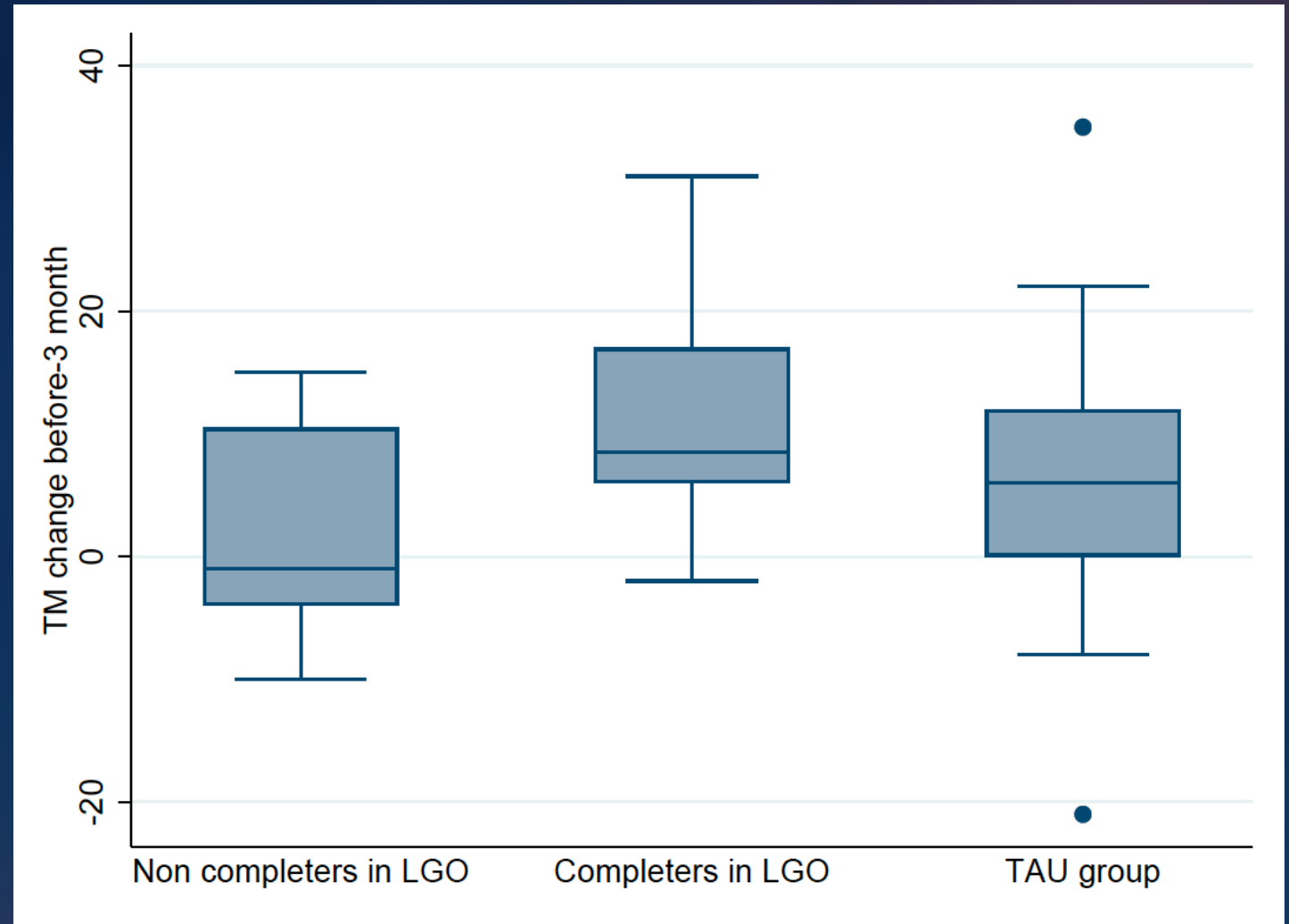
Results: Time management skills

- No differences in demographics or drop-outs
- Similar intensity/dose
- No significant differences between groups
- Both interventions improved time management skills ($p < 0.001$ in both groups).
- Improvements sustained at three months.



Programme completers in LGO

- Change at 3 months follow-up
- Completers (≥ 7 sessions) had significantly increased time management compared to non-completers.



Results: secondary outcomes

- Organization and planning and regulations of emotions improved significantly in both groups. Between group differences favored TAU (PO; $p=0.032$, EMO; $p=0.030$)
- General self-efficacy increased in both groups, the results were sustained in a significant way after three months
- Number of activities performed did not change but satisfaction with the performance increased significantly in both groups
- No changes in executive functioning (WCPA) in any group. Tendency toward better efficiency in both groups after three month

Conclusions and clinical implications

- The LGO-S intervention seems to be efficient in improving time management skills. Individual occupational therapy seems equally efficient when given with the same intensity.
- It is important that the OT make a throughout assessment of the individual needs of their clients before choosing form of delivery as the forms seem to partly target different difficulties.
- Organizational conditions need to be considered when choosing interventions.

Contact and further information



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