

OCCUPATIONAL DEPRIVATION AMONG INDIVIDUALS WITH CHRONIC LOW BACK PAIN : A MIXED- METHODOLOGY RESEARCH



PRESENTER:
MANISHA SHETH, OTD, OTR/L
WEST COAST UNIVERSITY, LOS ANGELES,
CALIFORNIA , USA

Introduction



Dr. Manisha Sheth OTD, OTR/L

Associate Professor

Contact:

msheth@westcoastuniversity.edu

Affiliation:

*West Coast University, Center for
Graduate Studies, Los Angeles, CA, USA*



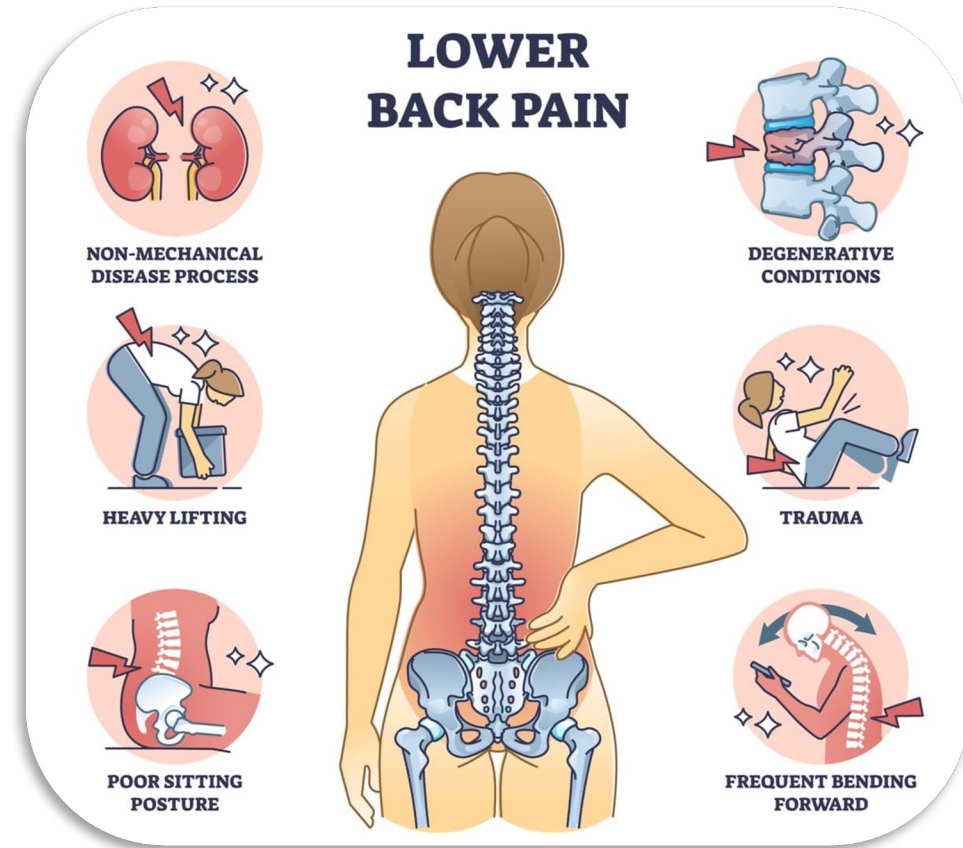
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Problem

- An estimated **619 million people** worldwide experience low back pain.
- **Chronic low back pain (CLBP)** is a leading cause of disability worldwide.
- CLBP → occupational deprivation and reduced QOL

Objective

- This **mixed-methods research** explored the impact of CLBP on individuals' engagement in meaningful occupations from a holistic occupational therapy perspective.



Methodology

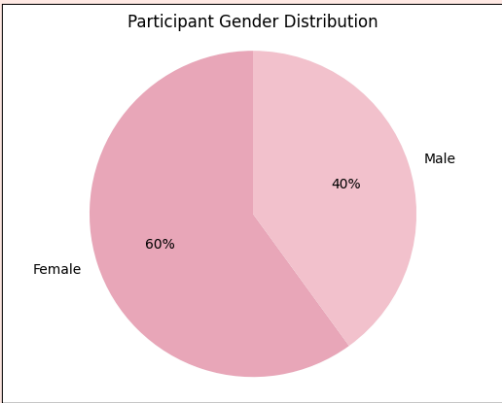


Methodology	Description
Research Design	<ul style="list-style-type: none">• Mixed methodology
Participants and Sampling	<ul style="list-style-type: none">• Adult participants with CLBP > 3 months• Purposive and convenience sampling.
Quantitative Data	<ul style="list-style-type: none">• Data collection: Close-ended survey questions• Data analysis: JASP
Qualitative Data	<ul style="list-style-type: none">• Data collection: Semi-structured interview• Data analysis: By systematically coding and interpreting patterns, themes.

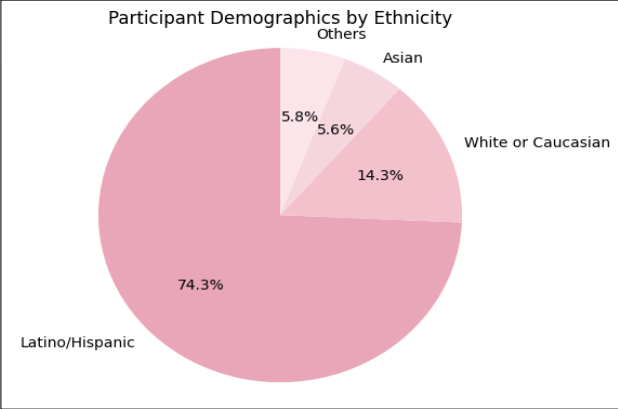
Quantitative Result



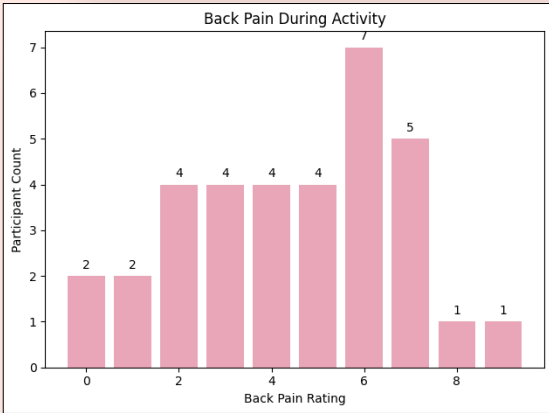
Participant Gender Distribution



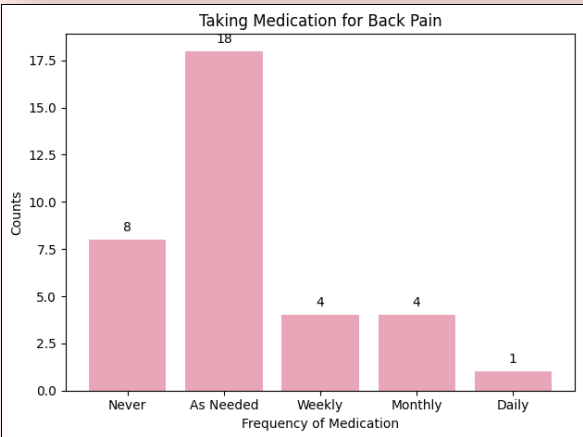
Participant Demographics by Ethnicity



Back pain during ADL and IADLs



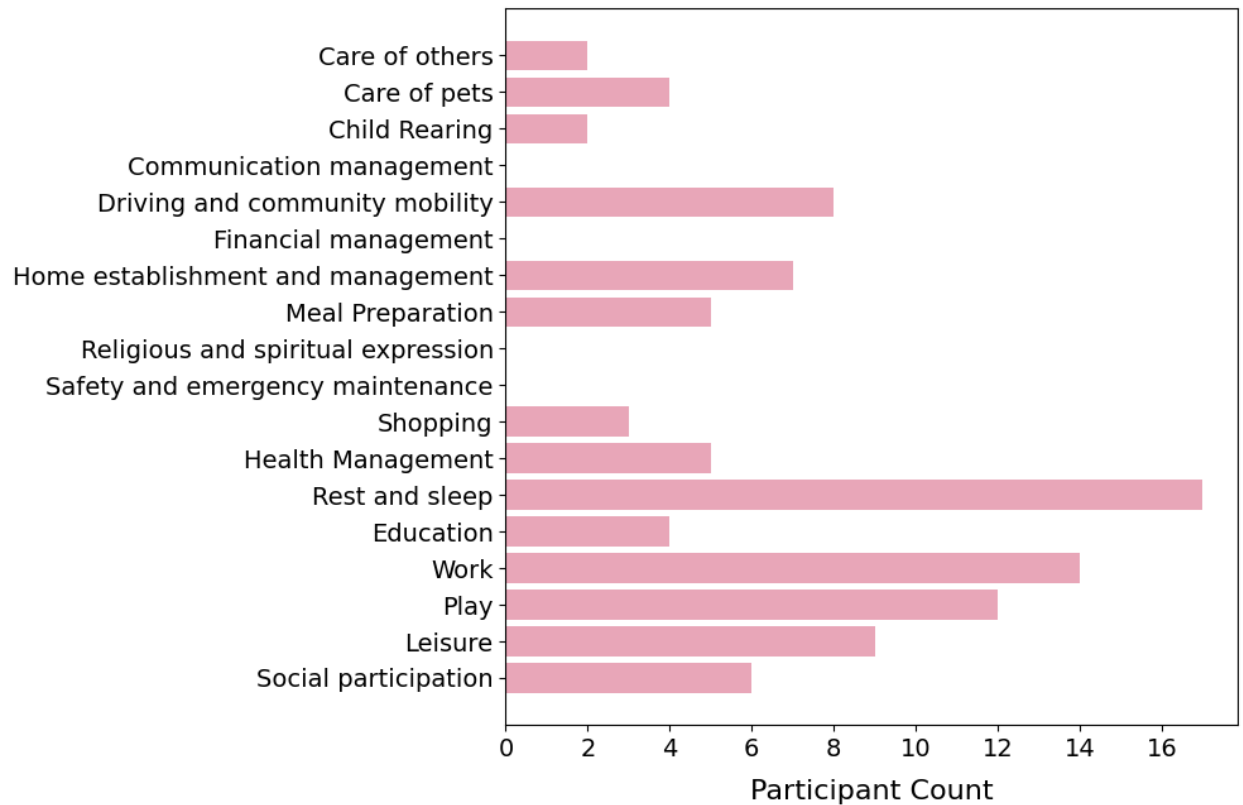
Frequency of pain medication intake



Quantitative Result



Instrumental Activities of Daily Living and Other Occupations Impacted



Impact of CLBP on Occupational Performance

Qualitative Results

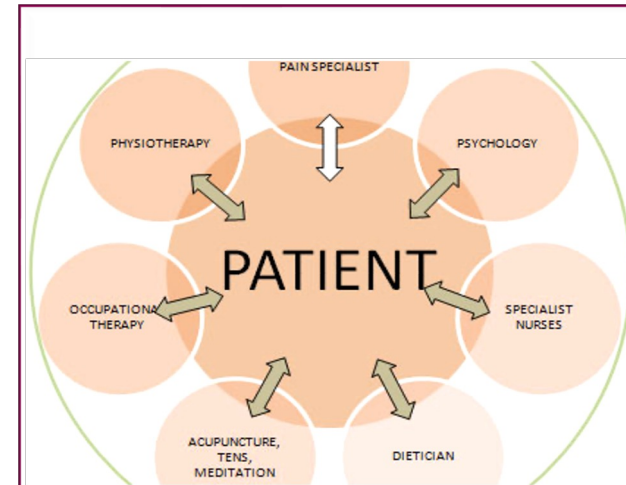
Common Themes



Severity of pain during ADL

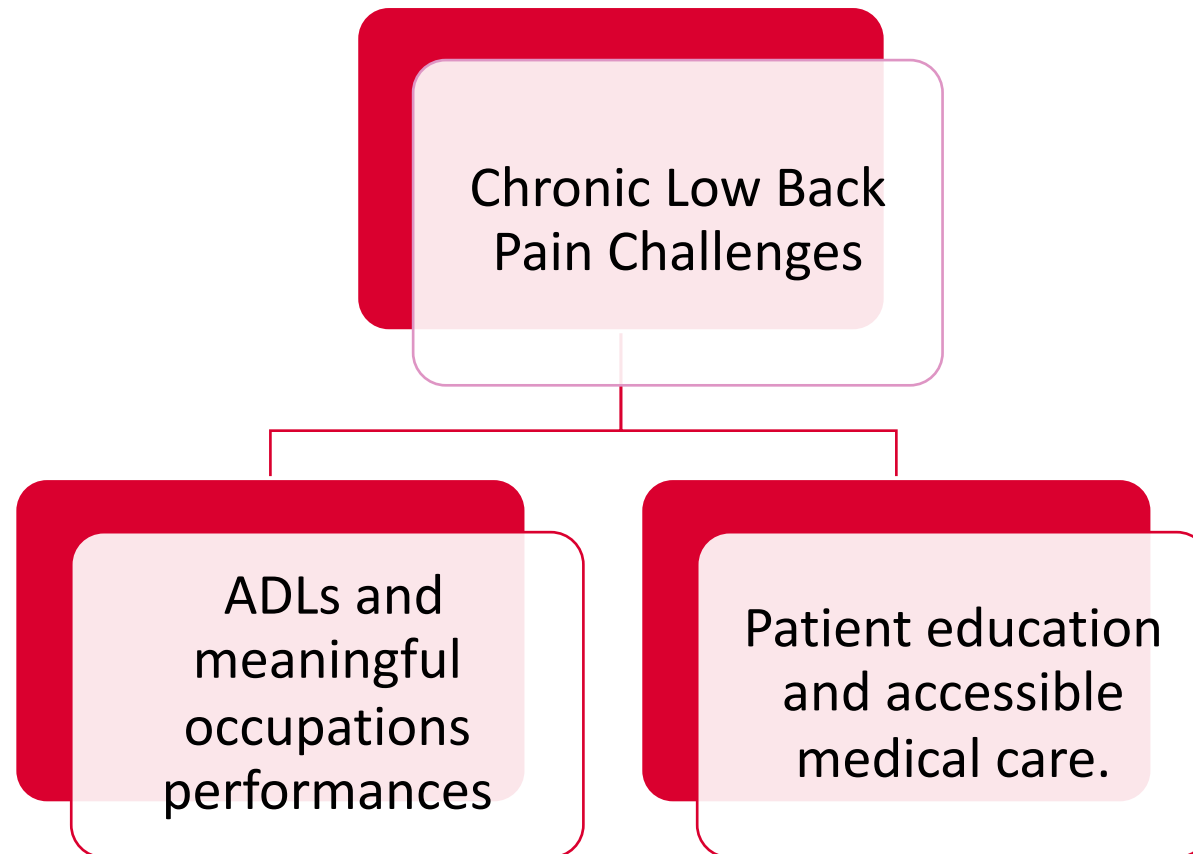


Lifestyle modifications



Insufficient resources to manage pain

Discussion



Conclusion



- **Chronic low back pain** impacts participation in activities such **as bathing, sleeping, driving, and dressing.**
- **A holistic OT approach** requires **multidisciplinary strategies** to address these effects.
- The occupational therapy implication suggests that therapists assist in reducing back pain through the following:
 - 1. Ergonomic Assessments and Interventions**
 - 2. Comprehensive Intervention Plan**
 - 3. Education Programs**

References



Time for Q&A!

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