

An investigation of the adequacy of intervention description in occupational therapy literature: Is evidence from randomised controlled trials useful?



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## The problem

- Occupational therapy interventions can support adults living with chronic disease.
- Inadequate intervention description in randomised controlled trials (RCTs) inhibits the implementation of evidence-based interventions into practice
- The adequacy of intervention description within occupational therapy remains unclear

## What we did

- To evaluate the adequacy of intervention description in occupational therapy RCTs for adults with chronic disease using the Template for Intervention Description and Replication (TIDieR) checklist.
- A systematic review of eight databases and four clinical trial registries was conducted in January 2025 looking for RCTs of occupational therapy interventions for adults with chronic disease.
- 8,677 results -following full-text screening by two independent reviewers, 51 articles met the inclusion criteria. There were 50 unique interventions reported, involving 5,804 participants

- 51 articles included in the review, two (3.9%) had complete intervention descriptions according to the TIDieR checklist.
- The intervention name and rationale were adequately described in all 51 articles.
- The location of interventions, schedule of intervention sessions, and intervention tailoring were described completely in 36 (71%), 38 (75%), and 36 (71%) articles, respectively.
- The planning and assessment of intervention fidelity and adherence were described fully in 18 (35%) and 19 (37%) articles.

- Intervention descriptions in occupational therapy RCTs for adults with chronic disease are inadequate, reducing the likelihood of interventions being effectively applied in practice
- To improve intervention reporting, future research should explore barriers experienced by researchers when describing occupational therapy interventions for adults with chronic disease

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