

Mapping the Mental Health Challenges Of Occupational Therapy Students In The Philippines: Contextual And Cultural Insights For Inspiring Change **A Scoping Review**

Paolo Miguel P. Bulan, Janice A. Rojas, Maria Menierva G. Lagria

Velez College · University of the Philippines Manila · Silliman University



No financial disclosures

Why Student Mental Health Matters in Occupational Therapy Education



Student mental health is a global concern in health professions education



Occupational therapy students face unique academic and professional demands



Context shapes how mental health is experienced and understood

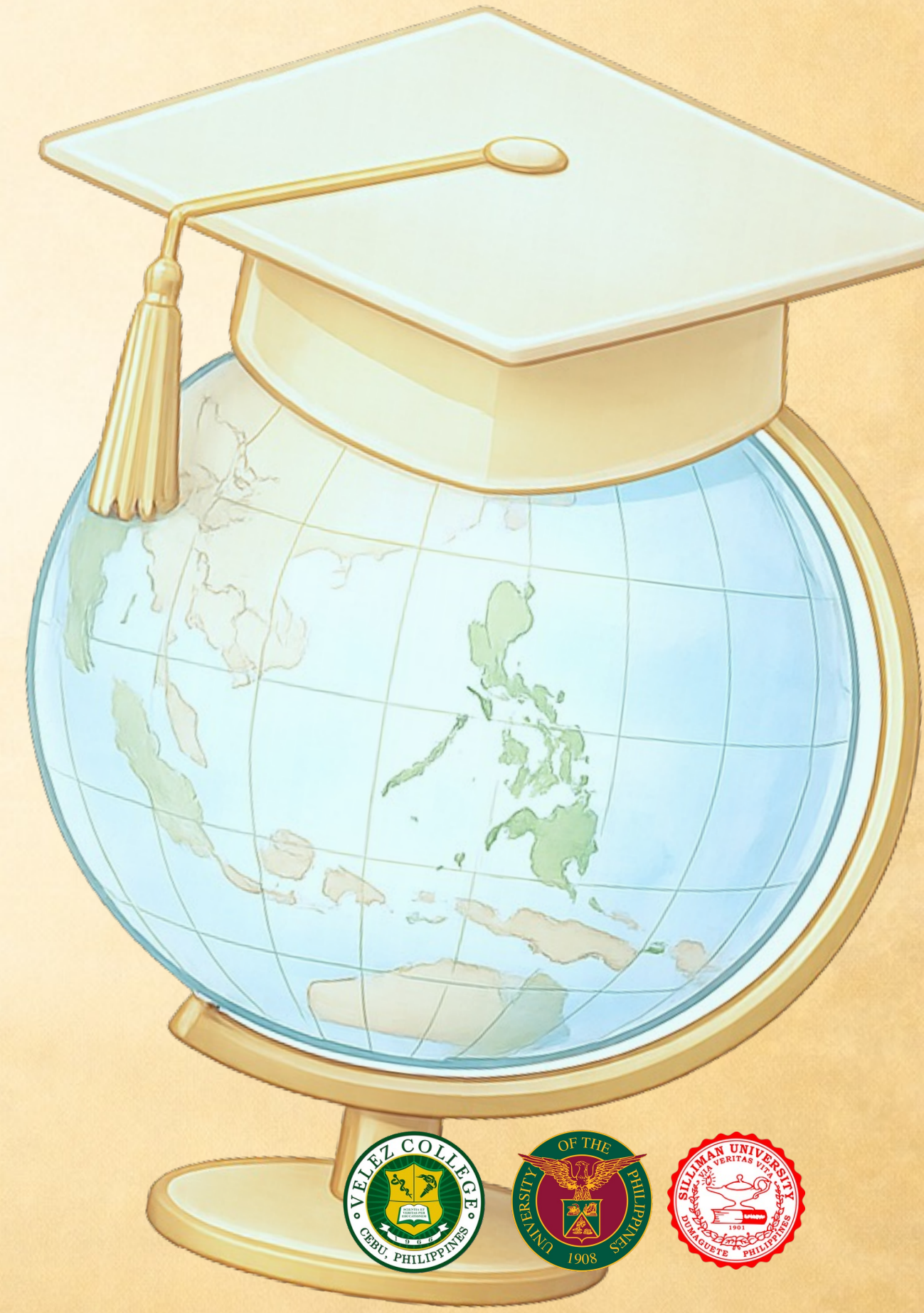


Why the Philippine Context Deserves Attention

Occupational therapy education in a low- to middle-income country context

Strong influence of family, culture, and institutions

Limited visibility of Filipino OT students in global literature



Purpose and Review Question

- Examine how Filipino OT students' mental health has been studied
- Identify contextual and cultural influences
- Highlight directions for education and research

What is known about the mental health of occupational therapy students in the Philippines, and how do context and culture shape these experiences?



Review

Scoping review guided by JBI

Reported using PRISMA-ScR

Focus on concepts, contexts, and approaches



Overview of the Evidence Base



Seven peer-reviewed studies (2020–2024)



Quantitative, qualitative, and mixed methods



Mostly single-institution studies



Theme 1: Mental Health Challenges and Occupational Imbalance

High stress and anxiety

Occupational imbalance

Declining well-being across training years



Theme 2: Coping Through Social and Cultural Resources

Peer and family support

Spirituality and faith

Shared coping and collective resilience



Theme 3: Help-Seeking and Access to Support



Preference for informal support



Limited use of formal services

Cultural and structural barriers



Theme 4: Contextual and Institutional Influences

Academic workload and home responsibilities

Learning environment constraints

Faculty empathy as a protective factor



Contributions and Implications for OT Education and Research

Prioritise

culturally responsive student
mental health supports

Embed

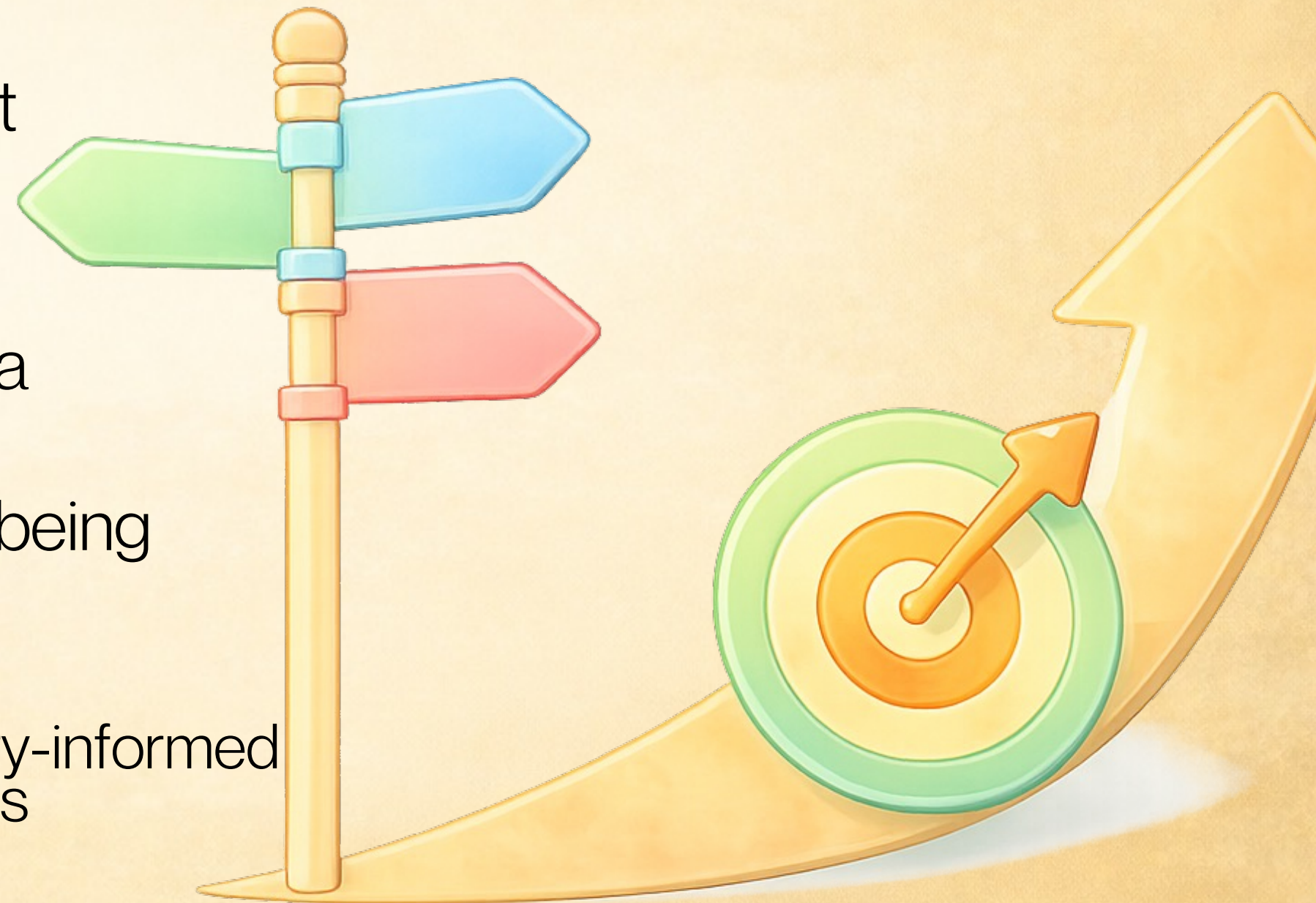
occupational balance
principles within OT curricula

Strengthen

faculty roles in student well-being
and support

Guide

future research toward theory-informed
and context-sensitive designs



Thank you!

Contact us:

janicealayonrojas@gmail.com

pmathena@gmail.com

paolobulan@me.com

Paolo Miguel P. Bulan, Janice A. Rojas, Maria Menierva G. Lagria
Velez College · University of the Philippines Manila · Silliman University



No financial disclosures