



# Occupational therapy assessment of functionality in relation to meaning of life and self-esteem among individuals with psychosocial disorders in the community

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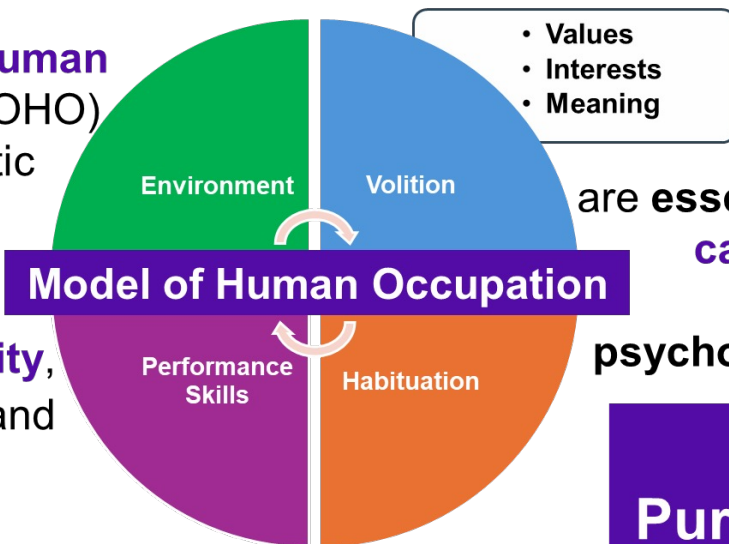
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### The **Model of Human Occupation (MOHO)**

provides a holistic framework for understanding:

- ✓ **human activity**,
  - ✓ **motivation**, and
  - ✓ **engagement**
- in everyday life<sup>1</sup>.



**Meaning of life<sup>2</sup>** and **self-esteem<sup>3</sup>** are **essential to functional capacity**, particularly in individuals with **psychosocial disorders<sup>4</sup>**.

## Purpose of the Study

- **Examine associations** among perceived **functional ability**, **meaning of life**, and **self-esteem** in individuals with **psychosocial disorders**.
- **Greek translation and validation** of the **Occupational Self-Assessment (OSA 2.2)<sup>5</sup>**, which evaluates perceived functional ability within MOHO framework.



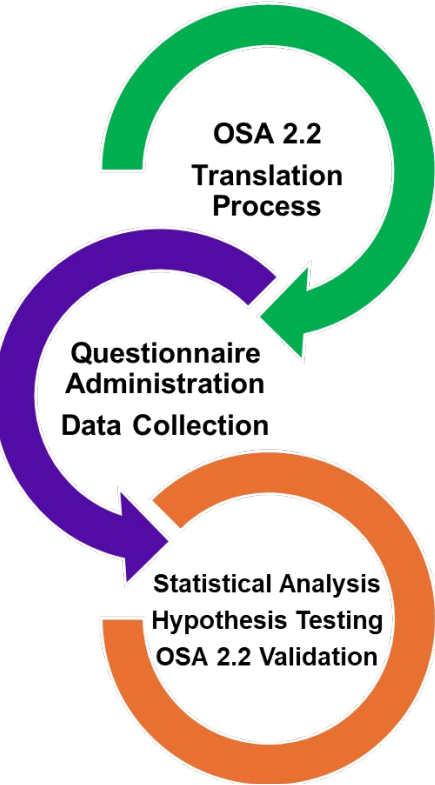
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## Methodology

**Quantitative Study** Translating OSA 2.2 from English into Greek:

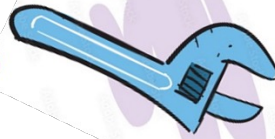
- Permission obtained from Illinois University.
- Two Greek OTs independently conducted forward translations; these were merged into a single version with the contribution of an English-speaking expert.
- The final version underwent back-translation to ensure conceptual equivalence.



### Materials & Tools

Participants answer the following questionnaires:

- Occupational Self-Assessment
- Meaning of Life Questionnaire<sup>6</sup>
- Rosenberg Self-Esteem Scale<sup>7</sup>



**Analysis of Findings**  
Statistical analysis to examine correlations



## Expected Results



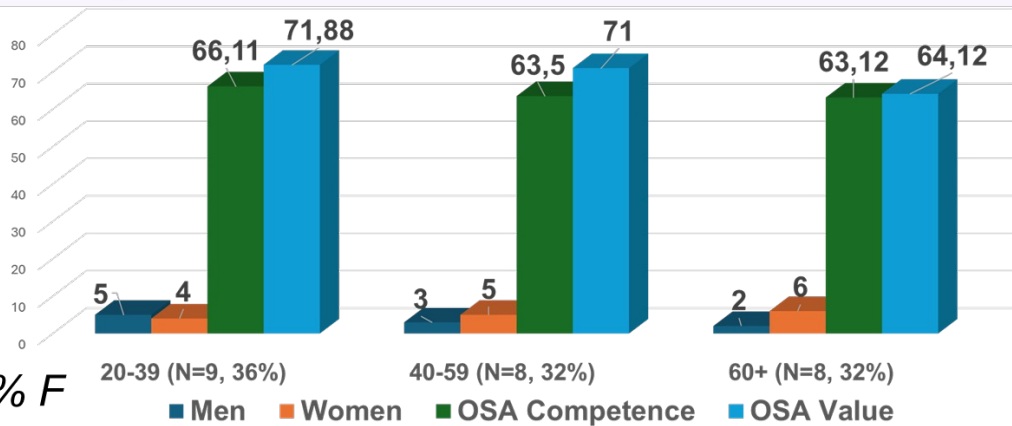
Sample

**N = 25 Adults**

Age: 48.9 ± 16.35

Gender: 40% M; 60% F

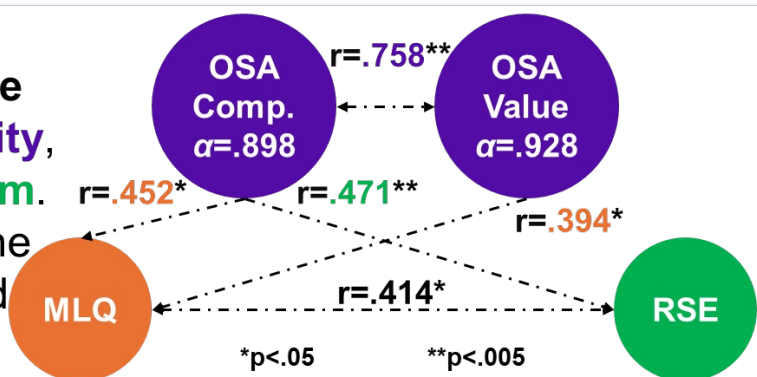
Diagnosis: Psychosocial Dis.



Data Collection Method: Convenience Sampling

Preliminary findings indicate:

- statistically significant positive correlations among functionality, meaning of life, and self-esteem.
- high reliability and validity of the translated and culturally adapted Greek version of the OSA 2.2.





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## Discussion

- ✓ The **daily occupations** participants **feel more competent in performing**, are also **higher valued**.
- ✓ **Higher occupational competence** is associated with **higher self-esteem**.
- ✓ **Higher occupational competence** and **value** are associated with **higher meaning in life**.
- ✓ **High alpha** scores suggest **OSA 2.2** items are measuring a **unified concept of functionality**.

## Conclusions

- This study **amplifies understanding of daily functioning** in people with **psychosocial disorders**.
- Explores **associations** among **perceived functioning**, **meaning in life**, and **self-esteem**.
- The **Greek version of OSA 2.2** can support **occupational therapy assessment in Community Psychiatry**.

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