

"Doing-as-one": A dimension of co-occupation

A collectivist approach to
understanding occupational
participation in romantic
partnerships

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Need for a Collectivist Perspective

Co-occupation is often studied from an individualistic angle. A collectivist perspective recognizes the interdependent and socially embedded nature of occupations, particularly at the community level.

Study Objectives

- Examine how co-occupation is conceptualized in the literature
- Explore how a collectivist framework can enrich the understanding of occupational participation



Method

- Five-step scoping review framework (Arskey & O'Malley, 2005)
- Inclusion criteria for articles :
 - Romantic partners (≥ 18 years old)
 - Both partners' occupational participation described
 - Peer-reviewed primary research
 - English or French language
- Articles published between 1995 and 2020 in occupational science and occupational therapy literature
 - 232 records screened and 20 studies included
- Data analysis :
 - Reflexive Thematic Analysis (Braun & Clarke)
 - Analysis focused on findings and discussion sections
 - Inductive and deductive coding informed by the concept of co- occupation

Results

Three main ways in which co-occupation is described within the context of romantic partnership

Doing together

Joint participation in
shared occupations

Doing for each other

Singular participation perceived
as contributing to the partnership

Doing-as-one

Occupational participation experienced at the level
of the couple as a single entity : **feeling like a team**

It reflects how a shared identity can transcend individualities.



"We are one body
with three hands"
(van Nes et al., 2009)

Most studies focused on Western, heterosexual
partnerships, indicating a need for further research in
diverse cultural and relational contexts.

Conclusion

Co-occupation in romantic partnerships include interdependent and individually performed occupations, as reflected by the dimension of "**doing-as-one**".

This finding extends existing co-occupation typologies (Doidge, 2012)

There is a need for further research to expand the understanding of co-occupation as a socially embedded phenomenon that could inform future perspectives on community-based occupational therapy.

Arksey, H., & O'Malley, L. (2005). Scoping studies: Towards a methodological framework. *International Journal of Social Research Methodology*, 8(1), 19–32. <https://doi.org/10.1080/1364557032000119616>

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Doidge, M. (2012). Mothers' management of their children's occupations: A critical analysis. *Journal of Occupational Science*, 19(1), 17–27. <https://doi.org/10.1080/14427591.2011.635306>

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