

**The Impact of Occupational Balance on Mental  
Health and Sleep Quality During the Covid-19  
Pandemic**

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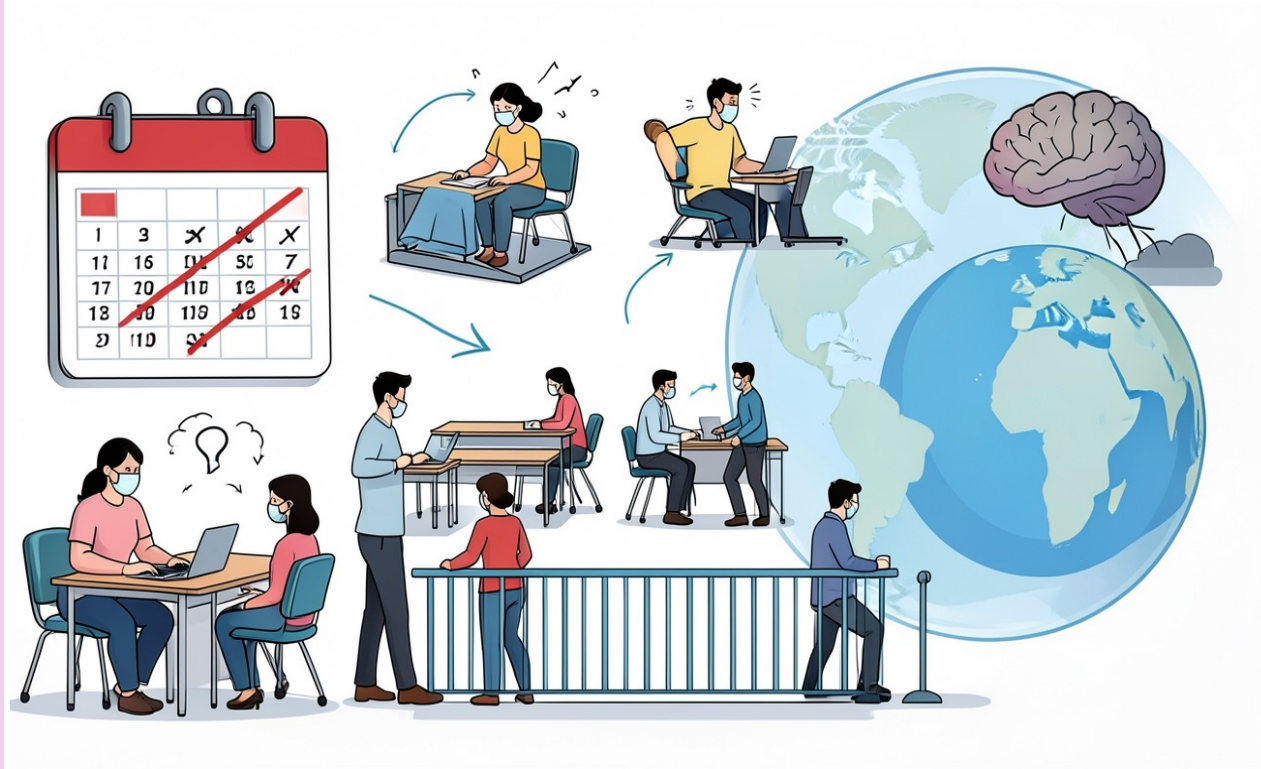
# Background

- **Occupations** shape individuals' daily lives, identities, and sense of meaning
- Engagement in meaningful occupations supports health, well-being, and life satisfaction
- Disruptions to occupational participation can negatively affect occupational balance
- Unexpected life events such as pandemics, wars, and disasters may limit engagement in occupations
- These disruptions may lead to occupational imbalance and health-related consequences

*Law, M. (2002). Participation in the occupations of everyday life. The American journal of occupational therapy, 56(6), 640-649.*

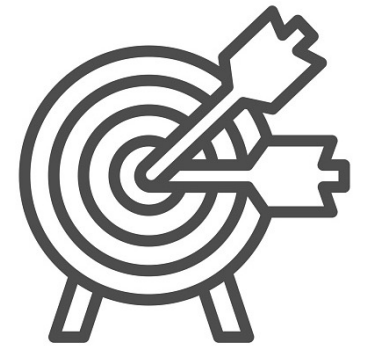
*Ammar, A., Trabelsi, K., Brach, M., Chtourou, H., Boukhris, O., Masmoudi, L., ... & Hoekelmann, A. (2021).*

*Effects of home confinement on mental health and lifestyle behaviours during the COVID-19 outbreak: Insight from the ECLB-COVID19 multicenter study. Biology of sport, 38(1), 9-21.*



- COVID-19 disrupted daily routines and occupational engagement
- Lockdowns and social restrictions limited participation in meaningful activities
- Occupational patterns related to work, education, and social life were altered
- These disruptions negatively affected occupational balance, mental health, and sleep

# Aim of the Study



This study aimed to examine;



Occupational engagement during the COVID-19 pandemic in relation to occupational balance, mental health, and sleep quality

Occupational Balance

Mental Health

Sleep Quality

# Methods



- This study was designed as a web-based cross-sectional survey
- The study sample consisted of individuals aged 18–65 years who resided in Turkey during the COVID-19 pandemic
- Due to COVID-19–related risks, participants were recruited through Google Forms
- Invitations to participate in the online survey were distributed via social media platforms, including email, WhatsApp, Instagram, Twitter, Facebook, and Telegram

# *Participants*

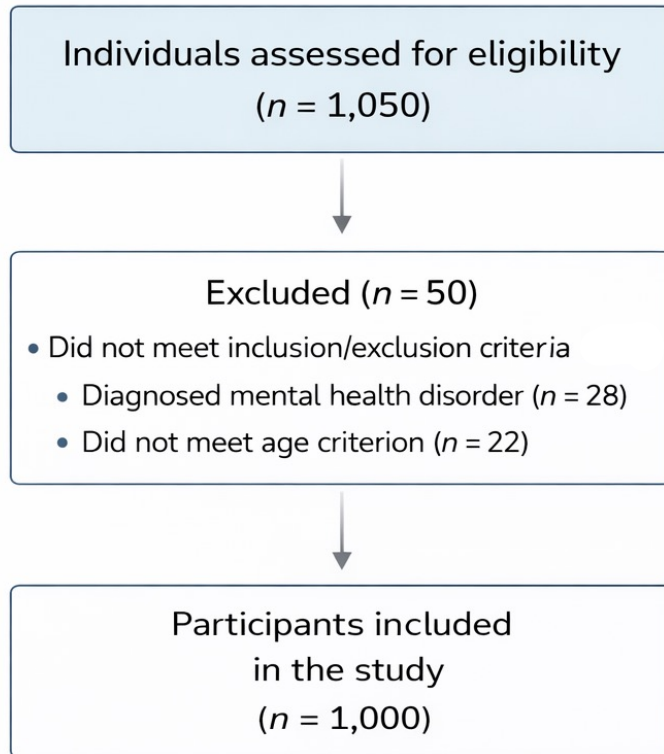
## **Inclusion criteria**

- Be aged 18– 65 years
- Volunteer to participate in the study
- Be literate in Turkish
- Reside in Turkey during the COVID-19 pandemic

## **Exclusion criteria**

- Presence of a diagnosed mental health disorder

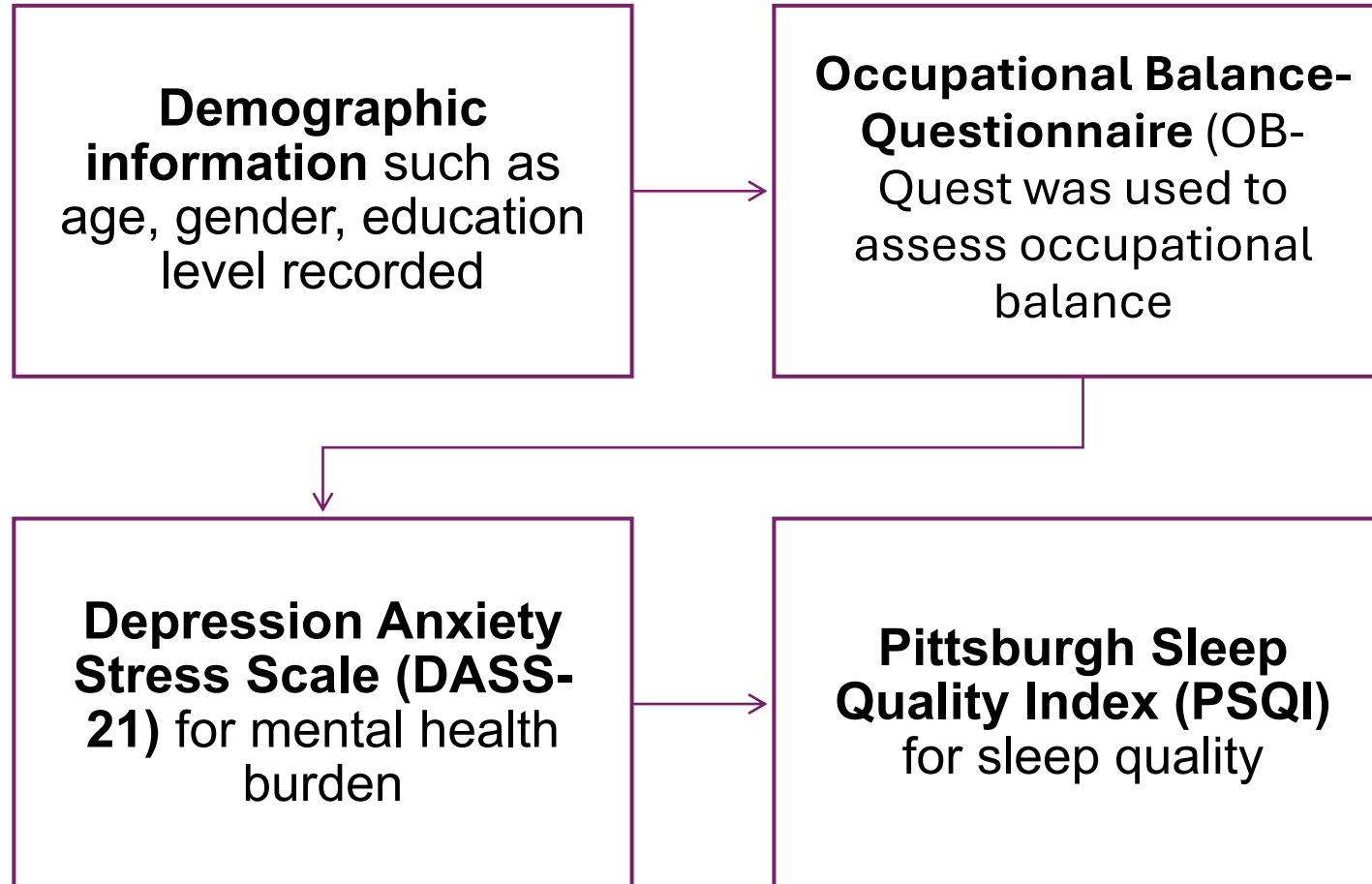
# Participants



A total of 1,000  
volunteer (734  
women, 266 men)

Aged between 18-65  
years with a mean  
age of  $28.7 \pm 10.1$   
years, participated in  
the study

# *Evaluation Process*



# ***Statistical Analysis***



- IBM SPSS version 25.0 for Windows software program was used for statistical analysis and evaluation of the data.
- Distribution of continuous variables was assessed for normality
- Shapiro–Wilk tests indicated non-normal distributions for all main variables ( $p < .001$ )
- Descriptive statistics (mean, SD, median, range) were calculated
- Associations were examined using **Spearman's rank-order correlations**
- Statistical significance was set at  $p < .05$  (**two-tailed**)

# Results

**Table 1. Demographic Characteristics**

Demographic Characteristics		n (n=1000)	%
Gender	Male	266	26.6
	Female	734	73.4
Age (years)	18-65	1000	28.7±10.1 (Mean ± SD)
Marital Status	Married / Partnered	294	29.4
	Single	706	70.6
Employment Status	Employed	476	47.6
	Unemployed	524	52.4
Educational Level	Primary / Secondary education	24	2.4
	High school	113	11.3
	University degree or higher	863	86.3
Time Spent on COVID News	Less than 1 hour	287	28.7
	1–2 hours	500	50
	More than 2 hours per day	213	21.3
COVID-19 infection history	Yes	400	40
	No	600	60

**Table 2. Assessment Results**

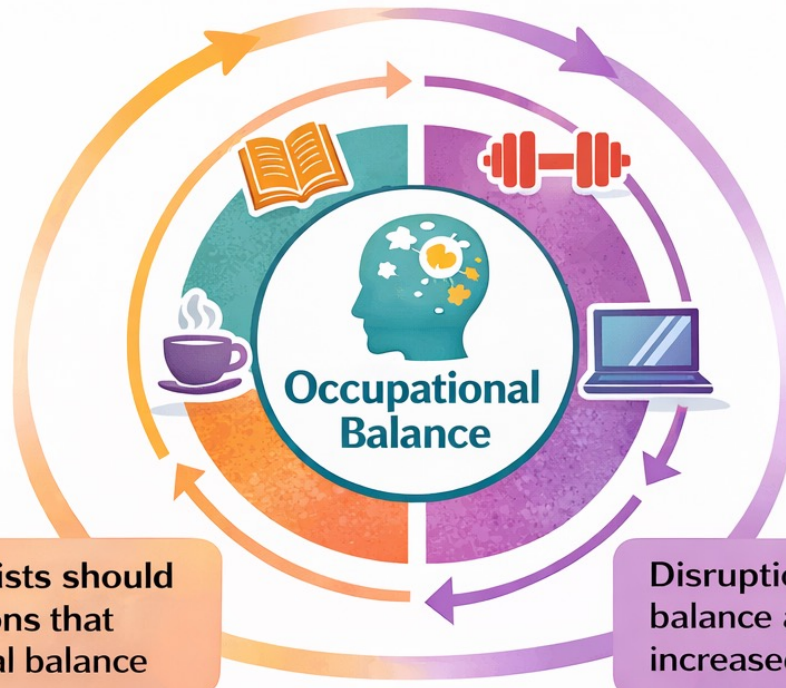
<b>Measures</b>	<b>M±SD</b>	<b>Min.- Max.</b>
<b>Occupational Balance Questionnaire (OBQ)</b>	17.7±2.9	10-30
<b>Depression Anxiety Stress Scale–21 (DASS-21 Total)</b>	16±10.8	0-61
<i>Depression (DASS-21)</i>	<b>5.8±4.3</b>	0-21
<i>Anxiety (DASS-21)</i>	3.8±3.4	0-21
<i>Stress (DASS-21)</i>	<b>6.4±4</b>	0-21
<b>Pittsburgh Sleep Quality Index (PSQI Total)</b>	<b>4.8±2.2</b>	0-13
<i>PSQI C1 – Subjective sleep quality</i>	1.2±0.7	0-3
<i>PSQI C2 – Sleep latency</i>	0.3±0.9	0-3
<i>PSQI C3 – Sleep duration</i>	0.3±0.6	0-3
<i>PSQI C4 – Habitual sleep efficiency</i>	0.6±1	0-3
<i>PSQI C5 – Sleep disturbances</i>	1.2±0.5	0-3
<i>PSQI C6 – Use of sleep medication</i>	0.7±0.3	0-3
<i>PSQI C7 – Daytime dysfunction</i>	0.8±0.8	0-3

**Table 3. Spearman Correlation Analysis Between Occupational Balance and Other Measures**

	Occupational Balance Questionnaire (OBQ)	
	r	p
<b>DASS-21 Total</b>	0.436	<0.001
Depression (DASS-21)	0.380	<0.001
Anxiety (DASS-21)	0.384	<0.001
Stress (DASS-21)	0.423	<0.001
<b>PSQI Total</b>	0.109	<b>0.001</b>
PSQI C1 – Subjective sleep quality	0.060	0.059
PSQI C2 – Sleep latency	-0.028	0.373
PSQI C3 – Sleep duration	0.067	<b>0.034</b>
PSQI C4 – Habitual sleep efficiency	0.149	<0.001
PSQI C5 – Sleep disturbances	0.017	0.601
PSQI C6 – Use of sleep medication	-0.021	0.501
PSQI C7 – Daytime dysfunction	0.031	0.333

# Conclusion

Occupational balance plays a crucial role in mental well-being and sleep quality



Occupational therapists should prioritize interventions that enhance occupational balance

Disruptions in occupational balance are associated with increased mental health burden

Supporting occupational balance may be particularly important during public health crises

Contents lists available at [ScienceDirect](#)  
Progress in Neuropsychopharmacology & Biological Psychiatry  
journal homepage: [www.elsevier.com/locate/pnp](http://www.elsevier.com/locate/pnp)

Psychologic distress and sleep quality among adults in Turkey during the COVID-19 pandemic

Songül Duran <sup>a,\*</sup>, Özüm Erkin <sup>b</sup>

SCANDINAVIAN JOURNAL OF OCCUPATIONAL THERAPY  
2023, VOL. 30, NO. 4, 463-474  
<https://doi.org/10.1080/11038128.2022.2143892>

ORIGINAL ARTICLE

Occupational balance, changes in occupations and psychological well-being of university students during the COVID-19 pandemic

Monika Guskowska <sup>a</sup> and Anna Dąbrowska-Zimakowska <sup>b</sup>

JOURNAL OF OCCUPATIONAL SCIENCE  
2023, VOL. 30, NO. 2, 196-202  
<https://doi.org/10.1080/14427591.2021.1939111>

Occupational balance and satisfaction with daily occupations in persons with depression or anxiety disorders

Carita Håkansson <sup>a</sup>, A. Birgitta Gunnarsson <sup>b,c</sup> & Petra Wagman <sup>d</sup>

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International Journal of Environmental Research and Public Health

Article

Exploring the Occupational Balance of Young Adults during Social Distancing Measures in the COVID-19 Pandemic

Paula Rodríguez-Fernández <sup>a</sup>, Josefa González-Santos <sup>a</sup>, Miriam Santamaría-Peláez <sup>a</sup>, Raúl Soto-Cámara <sup>a</sup> and Jerónimo J. González-Bernal <sup>a</sup>

International Journal of Environmental Research and Public Health

Article

Occupational Therapy in Mental Health via Telehealth during the COVID-19 Pandemic

Antonio José Sánchez-Guarnido <sup>1</sup>, Esther Domínguez-Macías <sup>2</sup>, José Antonio Garrido-Cervera <sup>3</sup>, Roberto González-Casares <sup>1</sup>, Silvia Mari-Boned <sup>4</sup>, Águeda Represa-Martínez <sup>4</sup> and Carlos Herruzo <sup>5,\*</sup>

# Clinical Implications



Occupational balance should be considered a key target in mental health interventions

Occupational therapists can play a central role in supporting mental well-being through activity balance

Interventions focusing on daily routines, role balance, and meaningful occupation may reduce psychological distress

Promoting occupational balance may be especially critical during public health crises

# Limitations & Future Directions



- The cross-sectional design limits causal interpretation
- Data were collected using self-reported measures
- The sample consisted primarily of young and highly educated individuals
- Future studies should use longitudinal designs to examine causal pathways
- Intervention-based research is needed to evaluate strategies targeting occupational balance



**“Educate the youth. Instill in them the positive ideas of science and wisdom. You will reach the brightness of the future with them.” *M.K.ATATURK***

**Gençliđi yetiřtiriniz.  
Onlara ilim ve irfanın müspet fikirlerini veriniz.  
Geleceđin aydınlıđına onlarla kavuřacaksınız.**

# Thank You for Your Attention..



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