

The Role of Occupational Therapy

Enhancing the Mental Well-being

of Inpatients with Substance Use
Disorders
Pre-Post Pilot Study | MATRC, Karachi

Presenter

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Introduction:

- Substance Use Disorders (SUDs) are a growing global concern impacting psychological health and overall well-being
- In the Asian context, Occupational Therapy (OT) integration in SUD treatment settings remains limited
- Globally, OT is recognized for addressing psychosocial, behavioral, and functional needs of individuals with SUD
- There is a gap in regional evidence supporting OT's role within multidisciplinary SUD rehabilitation programs

Objectives:

- To explore the role of Occupational Therapy in improving psychological well-being
- To examine the impact of OT interventions on adaptive coping strategies in individuals with SUD

Methodology:

- Research Design: Pre–post pilot study
- Sampling Method: Purposive sampling
- Participants:
 - 12 male patients with Substance Use Disorders
 - Age range: 20–40 years
 - Setting: MATRC, Anti Narcotics Force, Karachi
- Intervention:
 - 4-week Occupational Therapy program
 - Focus areas:
 - Stress management
 - Coping skills enhancement
 - Engagement in meaningful leisure activities
- Framework: Canadian Model of Occupational Performance and Engagement (CMOP-E)
- Assessment Tools:
 - PHQ-9 (Kroenke et al., 2001)
 - Warwick-Edinburgh Mental Well-Being Scale (Tennant et al., 2007)
 - WHO Quality of Life – BREF (Khalid & Kausar, 2006)
 - Brief COPE (Carver, 1997)



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Results:

- Data analyzed using paired sample t-tests
- Significant post-intervention improvements observed in:
 - Psychological well-being
 - Mental health status
 - Quality of life
 - Adaptive coping strategies

Conclusion:

- Occupational Therapy demonstrated a positive impact on psychological health in individuals with SUD
- OT interventions enhanced adaptive coping mechanisms and overall well-being
- Findings support the integration of Occupational Therapy into multidisciplinary substance use disorder treatment programs

Thank You!

OT transforms SUD care integrate now in
multidisciplinary teams!

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