

# **Promoting Mental Wellbeing in University Students through Enhancing Occupational Harmony**

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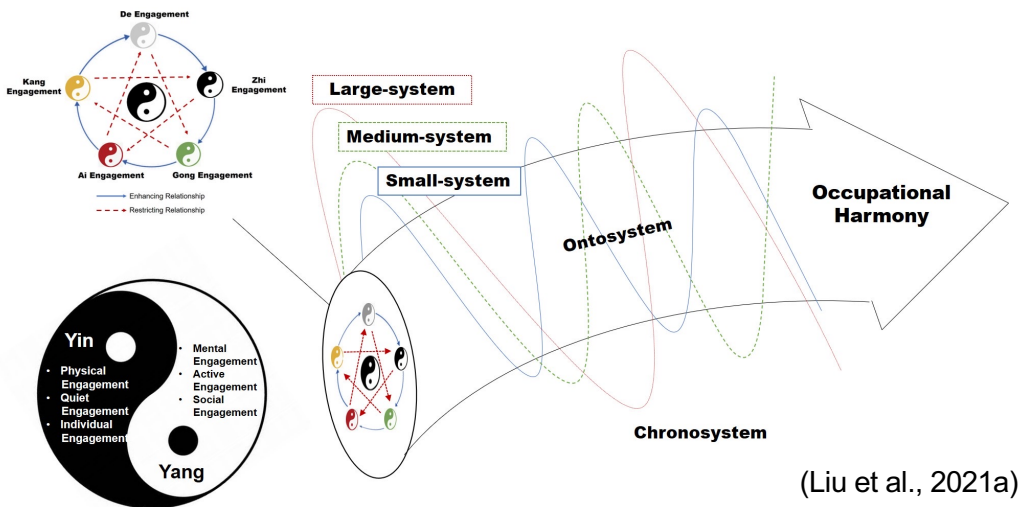
Liu, Y. (2021). *Analysis of university students' mental health problems and exploration of intervention strategies from the perspective of occupational harmony* [Doctoral dissertation, Peking University].

# Study Objective & Methods

**Objective:** To examine outcomes of the Occupational Harmony program in university students.

**Method:** 13 university students participated in the program for 15 weeks. A self-designed occupational harmony questionnaire was used to collect quantitative data, and self-reported occupational engagement was used as qualitative data.

## The Model of Occupational Harmony (MOHar)



**Individualized therapy:**  
assessment  
goal-setting  
one-on-one guidance

**Group therapy:**  
team-based learning  
check-ins

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# Results & Conclusion

Dimension	Quatitative Results			Qualitative Findings
	Change of Scores (Mean ± SD)	<i>t</i>	<i>P</i>	
Overall	7.24 ± 6.15	4.246	0.001	↑ level of occupational harmony
De (Virtue)	1.83 ± 0.98	6.717	<0.001	↑ concentration, sense of responsibility, & engagement in obligatory occupations
Zhi (Rationality)	1.28 ± 1.50	3.069	0.010	↑ thinking abilities & consulting others
Gong (Productivity)	1.66 ± 1.49	4.012	0.002	↑ diligence, learning efficiency, & sense of achievement
Ai (Emotion)	1.27 ± 2.08	2.199	0.048	↑ interpersonal skills & self-confidence
Kang (Health)	1.20 ± 1.60	2.701	0.019	↑ physical health, vitality, sleep quality & emotional stability

**Conclusion:** The Occupational Harmony program effectively improved mental wellbeing in university students, providing a valuable approach to address student mental health needs.