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Alexis Spicer
University of Nebraska Medical Center

Jensen Antilla
University of Nebraska Medical Center

Madeleine Hubka
University of Nebraska Medical Center

Sheridan Widhelm
University of Nebraska Medical Center

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Occupational Therapy Intervention for Survivors of Sex Trafficking: A Systematic Review

Jensen Antilla, BS
Madeleine Hubka, BS
Alexis Spicer, BS
Sheridan Widhelm, BS

Stacy Smallfield, DrOT, MSOT, OTR/L, BCG, FAOTA
Molly Whitlow, PhD, MPH
Danielle Westmark, MLIS, IPI, PMC

Background

- There are an estimated 15,000 to 50,000 women and children that are forced into sex trafficking every year in the United States ⁽¹⁾
- Individuals who experience sex trafficking can develop various psychological challenges as well as cognitive impairments ⁽²⁾
- Exposure to sex trafficking affects all aspects of a person's life including work, community and social participation, self-care, and leisure ⁽³⁾



Focused Question

What occupational therapy interventions improve the overall well-being of survivors of sex trafficking?



Method

Inclusion Criteria

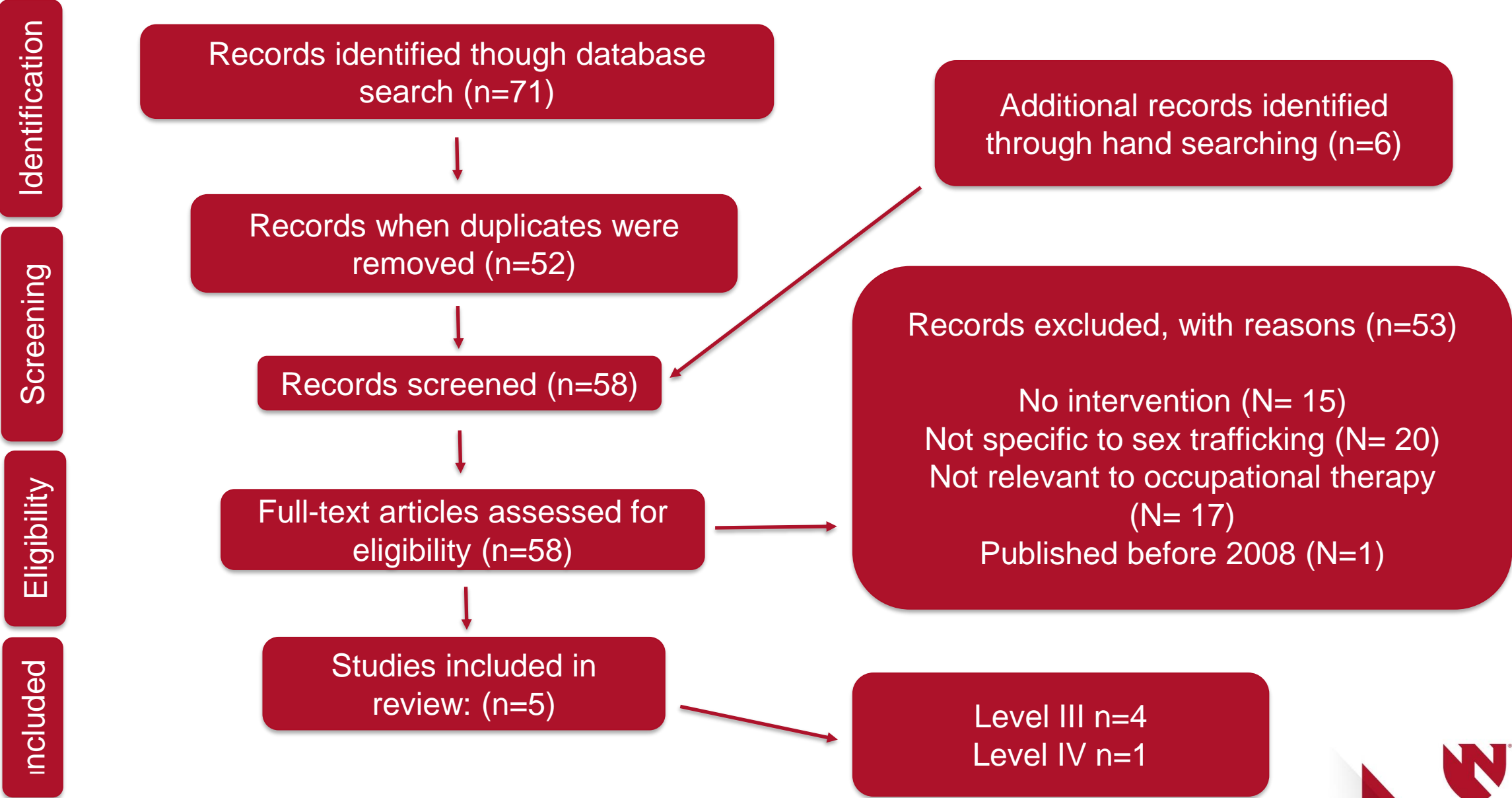
- English
- Occupational therapy interventions
- Survivors of sex trafficking
- Age range: 13-41

Exclusion Criteria

- Published before 2008



Flow Diagram



Results

	Community based therapy	Mentorship	Occupation-based	Trauma-informed care	Coping Skills
Level of evidence	One level III ⁵	One level III ³	One level III ²	One level III ¹	One level IV ⁴
Type of Interventions	Group therapy within transitional housing	Individual goal setting based on client-centered care	Occupation based 2x/month for 1 hour to address executive functioning	Interventions consistent with the trauma informed care approach	Online group x 6 sessions
Strength of evidence	Low	Low	Low	Low	Low



Discussion

Limitations

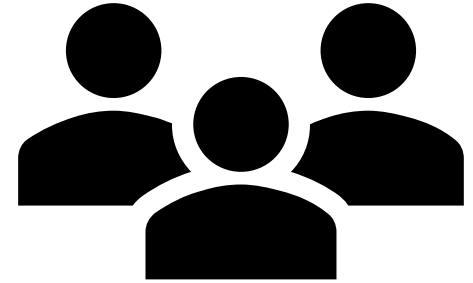
- Small sample sizes
- Low levels of evidence
- Difficulty with recruitment and attrition

Future Research

- Determine most effective interventions for this population
- Development of occupation-based interventions
- Consider larger sample sizes, control groups



Implications



Practice

- Current research supports **case-by-case** use of trauma informed care, coping strategies, mentorship, occupation-based intervention, or community-based group intervention.

Research

- High quality research to further investigate the effectiveness of interventions for survivors of sex trafficking is needed.

Education

- Professional development for occupational therapy practitioners on the importance of implementing client-centered care when working with survivors of sex trafficking.



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Study Review Articles

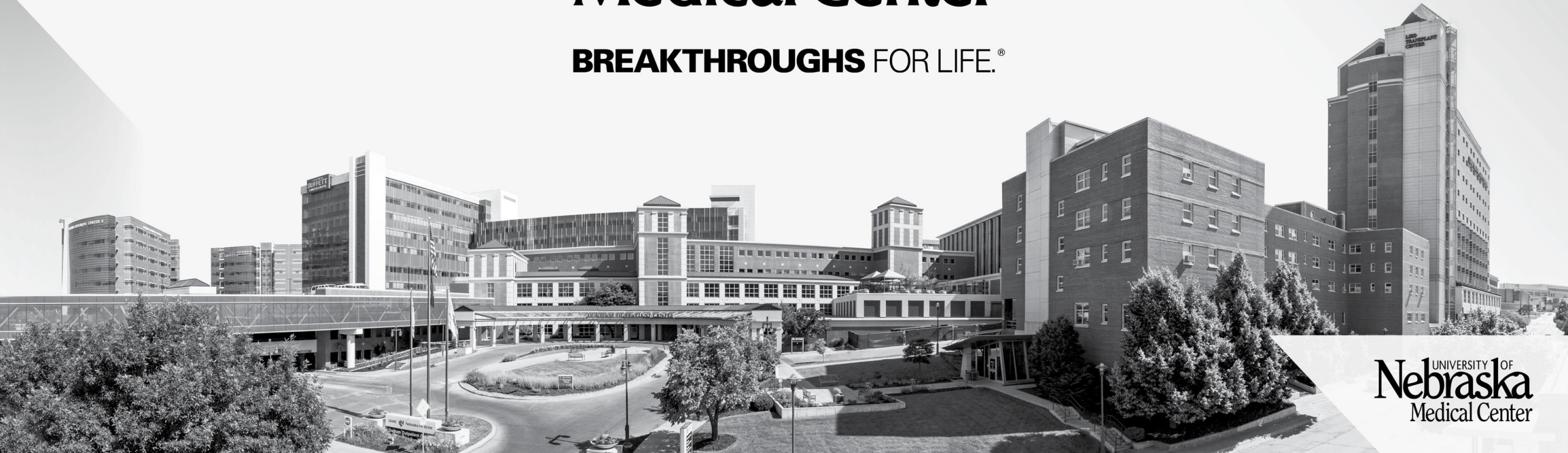
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