

Occupational Balance Education: A Prerequisite for Healthy Habit Formation

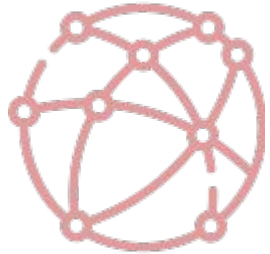
Maggie Hall
Mentored by Dr. Julie Duckart

Occupational Balance

- the pleasant integration of all of areas in one's life

9 Domains of Occupation

An occupation is anything someone has to do, wants to do, needs to do.



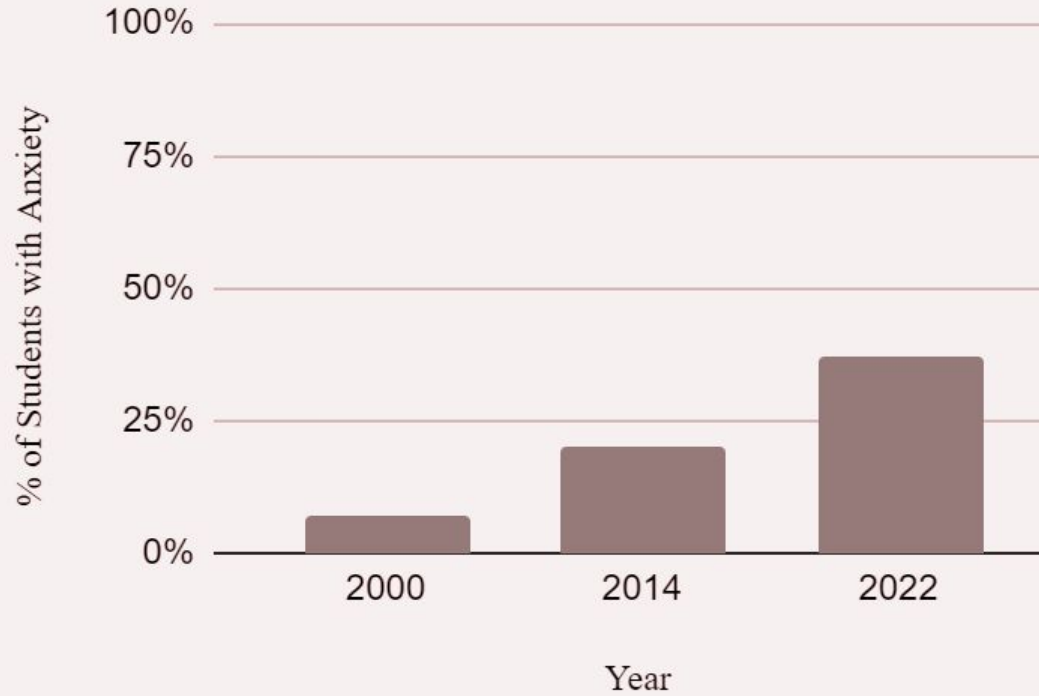
- Work
- Sleep/Rest
- Education
- ADL
- IADL
- Social Participation
- Leisure
- Play
- Health Management

Why is this Necessary?

- College is a the first experience with independence most individuals experience
- College age are more susceptible to sleep problems, poor dietary decisions, reduced physical activity, and weight gain
- Occupational imbalance can present physically, mentally, and academically
- Individual behaviors account for 50% of all premature deaths



College Students and Anxiety Levels



Based on data from the annual Healthy Minds Study

Immediate Transition

- ● Orientation
- ● Welcome Weeks
- ● Freshman Seminars



- The transition to college should focus on new independence and exploring opportunities, rather than just school.



Basic Overview of Intervention

- Research on habit formation
- Student's initial thoughts regarding their habits
- Six week intervention, including four weeks of healthy habit education in the areas of sleep, stress management, exercise, and diet
- Comparison between pre and post test regarding overall healthy habits



The Pre & Post Test

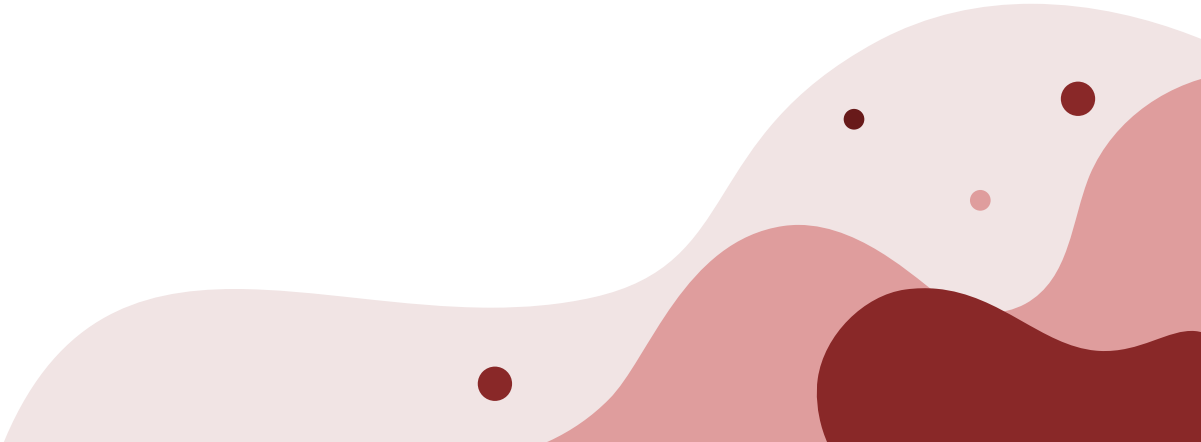
- 18 Likert style questions
- Open response questions
 - Personal habits and routines



Sleep

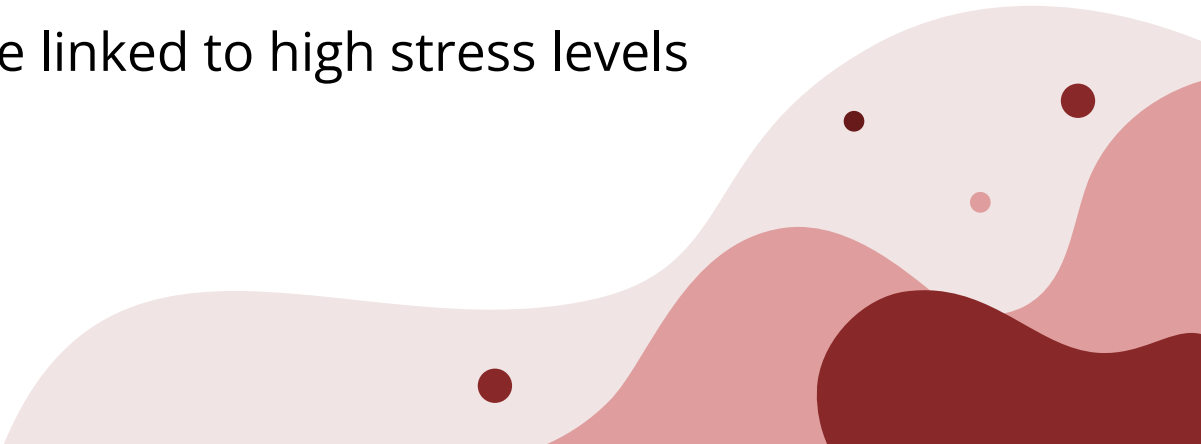


- Cornerstone of health and wellbeing
- Quality > Quantity
- Depression, decreased concentration, irritability, and lower overall life satisfaction

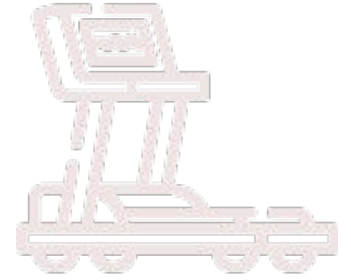


Stress Management

- Stress is a result of how an individual responds to stimuli
- 86% of students have felt overwhelmed in the past year
- Unhealthy habits are linked to high stress levels



Exercise

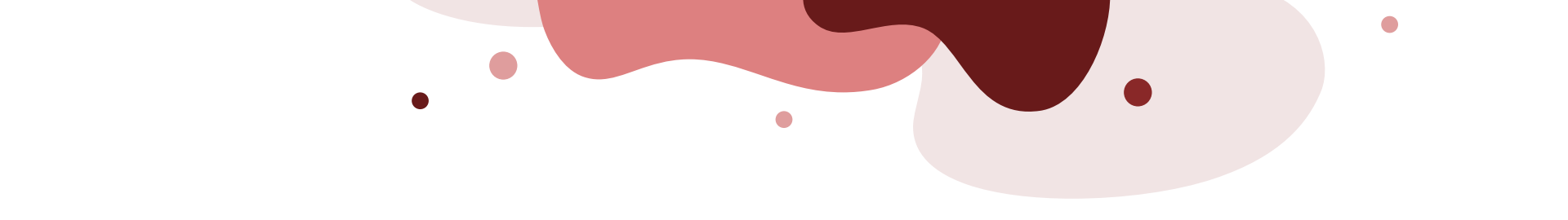


- Five categories of physical activity
- Nearly 50% of students report they decrease their daily physical activity
- Negative mental and physical effects of decreased physical activity.
- Physical activity would be the most valuable “pill” if sold on the market

Diet



- Dining Halls present unique opportunities and challenges
- Breakfast is actually the most important meal of the day
- The choice between water and soda comes down to marketing
- Awareness of drinking habits and limits



“That's the tricky thing about habits. What you're trying to do doesn't matter—what you actually do does”

Dr. Wendy Wood Ph.D

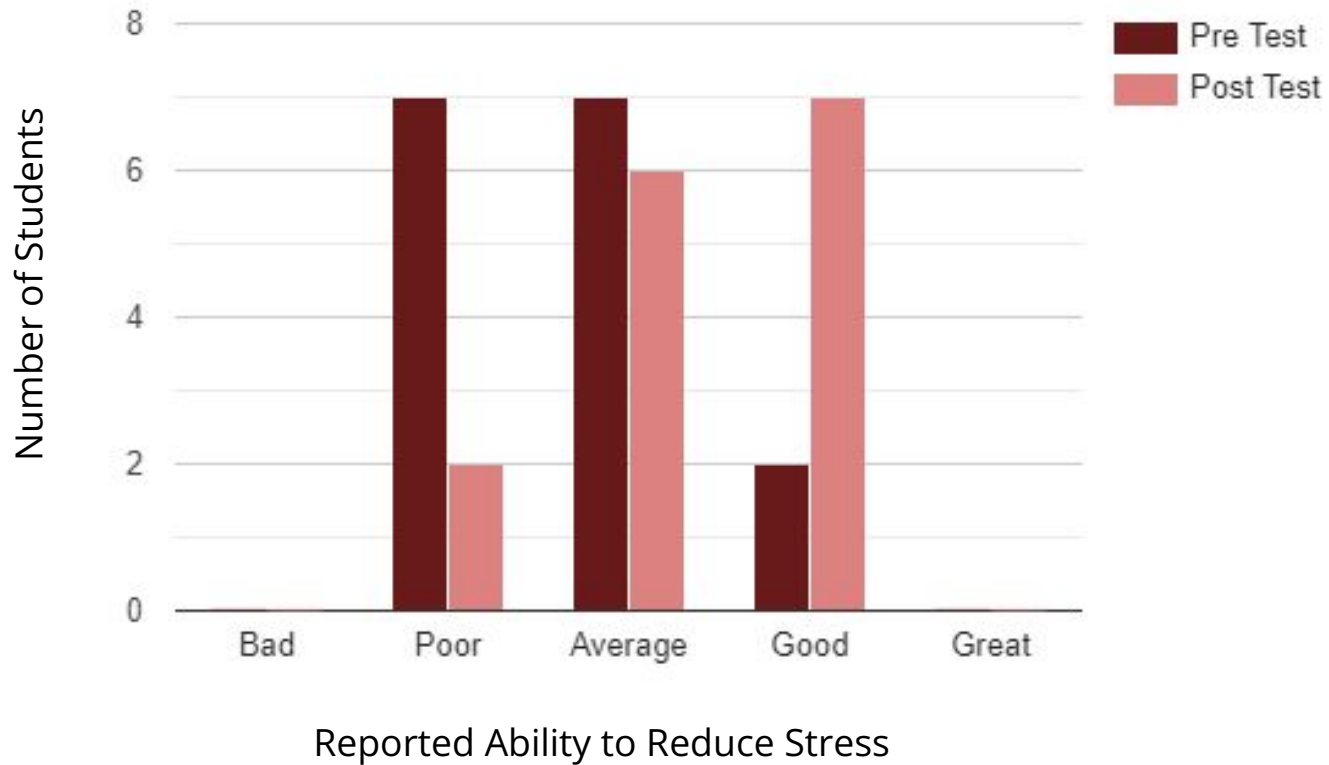


Demographics

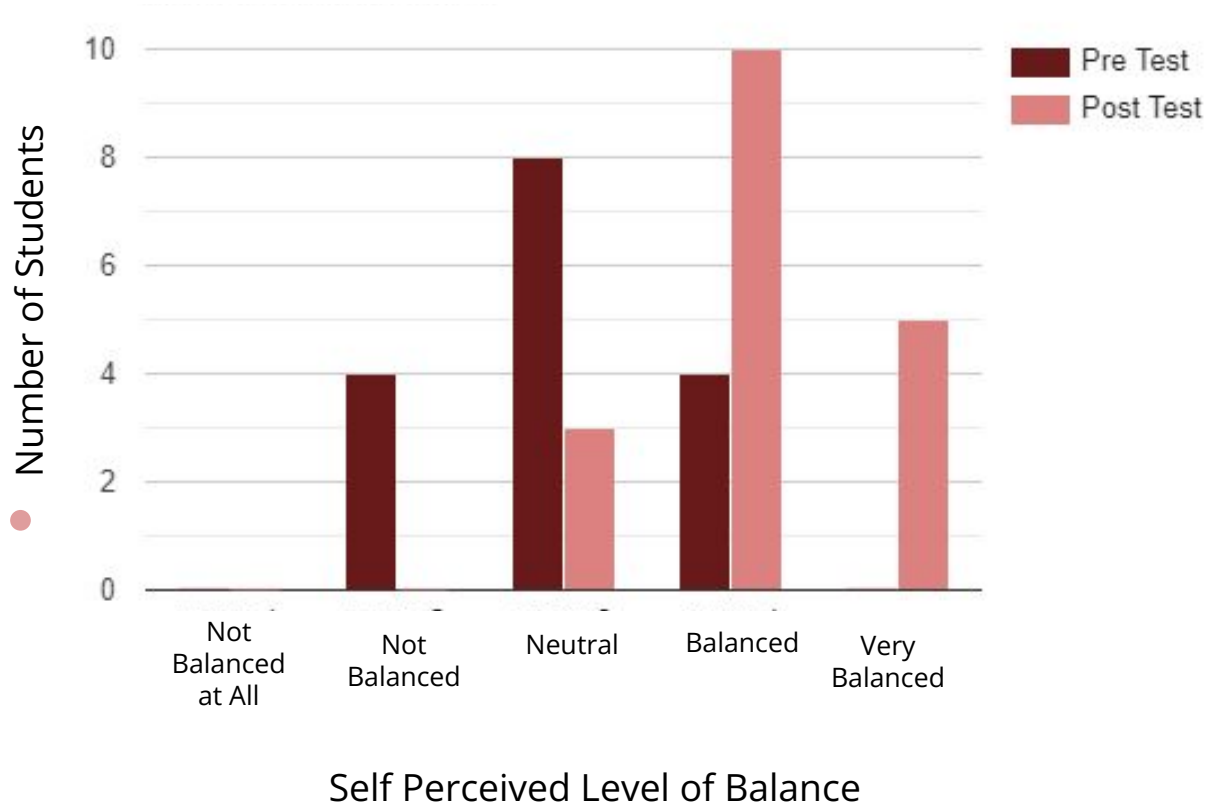
- 16 students in an HSO 100 class
- Average age at start 17 years, 10 months, 16 days
- 15 females, 1 male



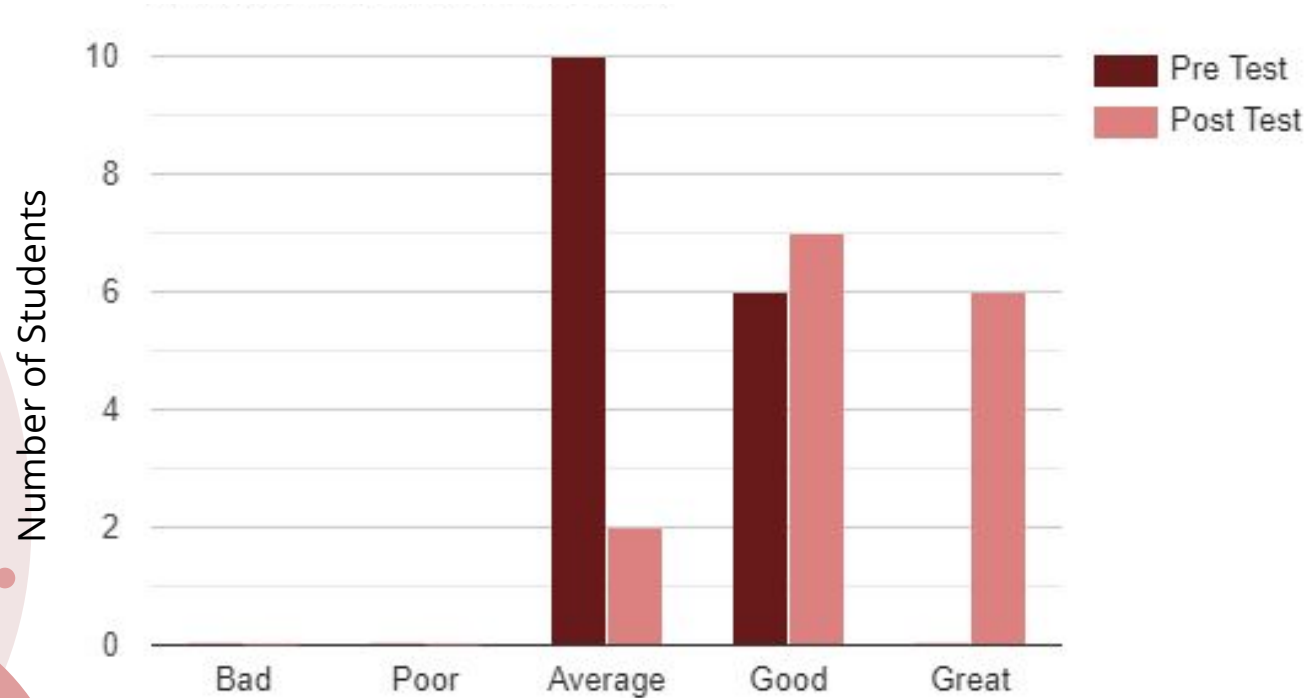
Personal Ability to Reduce Stress



Student Perceived Level of Occupational Balance



Student Feelings About College Transition



Student's Feeling About College Transition

Personal Quotes

“I really liked the lessons and learned a lot about myself in the process. I will continue to use the info learned throughout my daily life.”

“The lessons have been beneficial as to get plenty of sleep, how to stop being stressed, healthy balance, etc. As I am still working on my stress levels, the information gave me ways to help my college experience.”



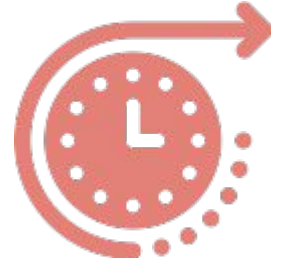
Implications

- OS/OT students have a personal testimony of occupational balance for their clients
- Help students to start a trend of wellness that could lead to a healthy generation
- Transform the current state of the healthcare system



Future Considerations/Implications

- Larger Sample Size
- Longitudinal Study
- Control Group
- Over the six weeks, the students were just naturally getting more comfortable in their new environment



Conclusion

- Occupational Balance Education is helpful in promoting healthy habit formation
- Students feel supported when people are there giving them exact information, especially in a new situation.
- An intervention of this sort would be beneficial to introduce to all freshman students to allow them to be best equipped to succeed in their college career and beyond.





Thank You