

## Abstracts

(in alphabetical order of last names)

**Alvarez Cabezas, Marlene (Aug 2021)**

*Smartphone Use, Smartphone Addiction & Occupational Balance among University Students in Switzerland: An exploratory correlational study about self-reported smartphone use, smartphone addiction and occupational balance among University students in Switzerland*

**Background:** Smartphone use is increasing worldwide. Especially for young people, smartphones have become an important part of daily life. However, there are raising concerns regarding adverse effects of excessive or addictive engagement in smartphone use and relationships to the conduct of daily activities in a balanced way are unclear. Yet, occupational balance is considered to be of importance for health. However, smartphone use and smartphone addiction among students has not been explored from an occupational perspective

**Objective:** The study aimed to describe and explore smartphone use, smartphone addiction and occupational balance among University students in Switzerland.

**Methods:** A sample of n=193 students participated in the study and administered an online survey about smartphone use, smartphone addiction evaluated by the Smartphone Addiction Scale- Short Version (SAS-SA) and occupational balance evaluated by the Occupational Balance Questionnaire (OB-Quest). Data were explored with non-parametric statistics, using a nonexperimental, cross-sectional, explorative correlational design.

**Results:** Smartphone use and smartphone addiction were described. A high risk of smartphone addiction occurred among 16.06% of all participants. Statistical significant correlations with small to moderate effect sizes were found between smartphone use, smartphone addiction, occupational balance items and satisfaction with smartphone use.

**Conclusion:** The findings suggest that smartphone use, smartphone addiction and occupational balance are multifaceted constructs and suggest, that there are different types and qualities of smartphone use. Further studies with objective measures are needed to determine the causality of the identified correlations.

**Keywords:** Smartphone Use, Smartphone Addiction, Occupational Balance, Smartphone-Addiction Scale (SAS-SV), Occupational Balance Questionnaire (OB-Quest)

**Caillet Bastien** (Nov 2021)

*Perceived Occupational Gaps in Individuals With Stroke Undergoing Rehabilitation in Hospital*

*Preliminary Results of an Observational Longitudinal Study*

**Purpose:** In rehabilitation hospitals, stroke inpatients exhibit a particularly high level of sedentary behaviour, express a sense of boredom, and encounter a lack of opportunities for meaningful occupations. This study aimed to describe and compare occupational gaps, defined as the discrepancy between what individuals want to do and what they actually do, in the context of the hospital and after discharge.

**Methods:** In this observational longitudinal study, data was collected by means of the Occupational Gaps Questionnaire – Swiss French version. The questionnaire was completed during the participants' last week in hospital and again four weeks after discharge.

**Results:** This paper displays preliminary results of an ongoing research project, based on a smaller sample ( $n = 26$ ). The overall level of occupational gaps remained similar before and after discharge (respectively,  $Mdn = 7$ ;  $IQR = 3-12.25$  and  $Mdn = 7$ ;  $IQR = 2.75-10$ ), despite a lower level of performance among inpatients (respectively,  $Mdn = 7$ ;  $IQR = 5-10.25$  and  $Mdn = 11.5$ ;  $IQR = 8-17$ ), as fewer occupations were desired while in hospital (respectively,  $Mdn = 15.5$ ;  $IQR = 11.5-19.75$  and  $Mdn = 19$ ;  $IQR = 14.75-23$ ). However, the findings revealed gaps were more frequent among inpatients with regards to participating in activities with immediate family, having a hobby, reading newspapers, news, or magazines, shopping, and transporting oneself.

**Conclusions:** Preliminary results of this study indicate trends in the perception of occupational gaps while in hospital.

**Keywords:** Occupational gaps; occupational performance; hospital; stroke; rehabilitation.

**Caspa Brigida Carolina (Aug 2021)**

*The use of serious games in occupational therapy. A European survey*

**Background:** Serious games (SG) are virtual reality, simulations, tablet or computer games used for educational or therapeutic purposes beyond pure entertainment. Evidence on the use of SG in occupational therapy has been increasing however, it is still limited to specific geographic and practice areas.

**Aim:** This study proposed to explore the current knowledge, practices and applications of SG by occupational therapists in Europe, and to identify factors that hinder or support their implementation.

**Methods:** Following a cross-sectional study design, an online survey was shared with country associations, research networks, and professional contacts. A total of 135 questionnaires from 26 countries (mostly southern European) were analysed using descriptive statistics, and associations assessed using a chi-square test of independence.

**Results:** Results indicated significant differences between knowledge of SG, technology used and geographic or practice areas. Commercial and custom-made games were used in practice for the purposes of training, developing skills, and increasing motivation. Different areas of occupation were targeted when using gaming technology, and many therapists used SG in the context of individual intervention. Concerns regarding financial cost and age appropriateness of SG were raised. However, responses suggested that formal training and the development of SG for occupational therapy, by occupational therapists, could present key factors in their successful implementation.

**Conclusion:** SG present an emerging technology in occupational therapy practice areas such as paediatrics, neurorehabilitation, and gerontology, however further research and clarification of terminology are required.

**Keywords:** occupational therapy, serious games, digital games, gaming technology

**Favre Magaly (Aug 2021)**

***Perspectives on the Clinical Reasoning of Occupational Therapists Working with Patients Suffering from Complex Regional Pain Syndrome in Switzerland***

**Background:** Complex Regional Pain Syndrome (CRPS) is a painful complication that can affect different parts of the body. Like CRPS symptoms, there are different ways to treat it in occupational therapy. It is therefore of interest to know the clinical reasoning of occupational therapists (OTs) working with this group of patients to find out which techniques and means of treatment are relevant.

**Methods:** The narrative methodology was chosen to carry out the data collection and analysis. Semi-structured interviews were conducted with six occupational therapists.

**Results:** OTs reported that the basis of their reasoning was mainly based on their practical experience, use of guidelines, medical history, and prioritisation. They presented the key elements of interventions and the importance of working as a team with the patient.

**Conclusion:** Occupational therapists' perspectives on clinical reasoning demonstrate practical elements that can be used by or inspire other OTs in the treatment of patients with upper limb CRPS.

**Keywords:** CRPS, Occupational Therapist, Clinical Reasoning, Narratives.

**Gätz Natalie (Aug 2021)**

*The Forbidden Fruit. An exploration of meaning construction of tobacco smoking of people living with Chronic Obstructive Lung Disease in Germany from an occupational science perspective*

**Background:** Smoking is an avoidable risk factor for diseases, impacting socio-economic and health care systems globally. The meanings, purposes, and underlying values related to continued smoking after a COPD diagnosis have not yet been sufficiently explored from an occupational perspective. Meanings related to occupations that are yet underexplored, health-compromising, deviant, or illegal should be investigated to gain an understanding of why people (continue to) engage in them.

**Methods:** An Interpretative phenomenology analysis (IPA) methodology was chosen to enable an in-depth exploration of the lived experience of people living with COPD who continue to smoke. Semi-structured interviews were conducted, transcribed, and analysed.

**Findings:** Three themes emerged from the data: Set in Stone – Impacting Daily Life, The Forbidden Fruit – Vices and Virtues, and To Wear Sackcloth and Ashes – Social Dynamics. The experiences the participants in this study shared illustrate how the smoking habit is part of the individual daily structure. It contributes to the sense of identity and it both influences and is influenced by the social environment.

**Conclusion:** Smoking is a meaningful occupation to the participants of this study, especially valued for structuring the day, the familiar habit, supporting subjective emotional, physical, and cognitive well-being, and being an important part of the identity. The findings of this study contribute to the current discussion of the concept of the dark side of occupations by supporting the claim that occupations do not need to be health-promoting or positive for people to find meaning in them.

**Key Words:** Meaning Construction, Dark Side of Occupation, Smoking, COPD

Haan Michael (Sept 2021)

*The experience of occupational transitions among Western retiree migrants living in Thailand*

*A Grounded Theory study on co-occurring transitions from an occupational perspective*

**Background:** Retirement is well described as a major occupational transition, as a main long-term occupation has ended. Ageing societies, globalisation and the expectations of retirement, increase retirement migration. Migration has a multidimensional effect on occupation. Little is known how migration affects how people manage a transition from an occupational perspective into a sufficient pattern of retirement. This project aims to add to the knowledge on occupational transitions and how occupational transitions are experienced once they are co-occurring when Western retirees migrate to Thailand.

**Methods:** A qualitative design with grounded theory methodology was used. Data is collected through in-depth interviews in Thailand with 21 Western retiree migrants. The interviews were audio-recorded, transcribed verbatim and analysed according to the grounded theory strategies.

**Findings:** This study presents the experiences of Western retirees who migrated to Thailand for their retirement from an occupational perspective. This co-occurring transition of retirement and migration is a dynamic process where retirees went back and forth between both transitions. The process of the co-occurring transition is described in four phases: 1) an initial period where the transition of migration is dominant, 2) becoming established and connected, 3) establishing a plateau in the transition, 4) and thoughts on the future. In the process, the transition of migration is more dominant. Once this transition reaches a plateau of establishment, the transition of retirement is more dominant.

**Conclusion:** Transitions of migration and retirement are intertwined when co-occurring in a process, where the ascendance alternates until both transitions reached a plateau of establishment over time.

**Keywords:** Occupational Engagement, Retirement, Migration, Occupational Transitions

Habermehl Marion (Aug 2021)

*Cultural Safety in Occupational Therapy: Considerations for Practice with Families in Poverty*

**Background:** Cultural safety originated as a concept in health care practice within indigenous communities and brings attention to the quality of personal interactions in health services. Ensuring equitable partnerships where power disparities have historically existed is a goal of culturally safe practice. The occupational therapist-client relationship is one such partnership. The profession's commitment to occupational justice provides a springboard for extending beyond cultural competency to embrace the more actively anti-oppressive practice of cultural safety.

**Purpose:** The aim of this study is to determine pediatric occupational therapists' considerations to practicing culturally safe occupational therapy with families experiencing persistent poverty in Canada.

**Method:** The nominal group technique was utilized to identify and rank therapists' considerations to practicing cultural safety. Five participants, recruited by purposive sampling, joined the facilitator and the researcher in an online focus group.

**Findings:** Four areas to consider for culturally safe occupational therapy practice with families in poverty are: the family's context, the occupational therapist's context, the occupational therapist - family relationship, and systemic constraints. These broad themes are further unpacked into specific areas.

**Conclusion:** Culturally safe occupational therapy practice with children and families living in poverty involves respecting the family's experience; taking accountability for one's limitations; centering the relationship as a power-sharing setting; and addressing upstream structural causes of oppression.

**Keywords:** cultural safety, families in poverty, occupational therapy, power disparity, nominal group technique

Hollinger Tanja (Nov 2021)

*How occupational therapists in Switzerland experienced their process of professional identity formation and made sense of their professional identity: An interpretative phenomenological analysis*

*“to be an occupational therapist is fantastic”*

**Introduction:** Worldwide, the phenomenon of professional identity among occupational therapists has not been clearly defined. The literature shows a poor understanding of the professional roles of occupational therapists, making it difficult to clarify professional identity, separating it from the existing associations of the professional group. However, the need to establish some cohesion and identity within the profession of occupational therapy has long been recognized. Professional identity is seen as an important cognitive mechanism affecting professionals’ attitudes and behaviour in work settings and beyond. Therefore, the aim of this study is to explore the process and understand the lived experience of professional identity among occupational therapists in Switzerland.

**Method:** The data was collected through six semi-structured interviews with open-ended questions with occupational therapists in Switzerland. An interpretative phenomenological analysis method was used to analyse the gathered data within a hermeneutic circle analysis.

**Results:** The data revealed five patterns: (1) education as the start of professional growth; (2) interaction of professional and personal identity; (3) strengths and challenging factors for professional identity; (4) noticeable feeling of external pressure; and (5) defining and evaluation the occupational therapy profession.

**Conclusion:** A good formed professional identity, which is influenced by a variety of factors and starts their formation and strengthening during the occupational therapy education, prevents from misleading definitions of the identity itself and is helping to avert an unfulfilled need of occupational therapists in Switzerland by staying in the profession.

**Keywords:** professional identity, Switzerland, occupational therapy



Kemperman Chris (Jan 2022)

*Elements of Occupational Therapy Practice in Supported Housing in the Netherlands*

*A nominal group technique study*

**Background:** Persons with severe mental illness (SMI) are supported by sheltered- and supported housing organisations (SH) to manage activities of daily life. Only few occupational therapists in the Netherlands currently work in this area of practice. There is limited knowledge on what occupational therapists do in SH, which is a barrier to guide evidence-based decision making.

**Aim:** This study aims to obtain consensus from a group of occupational therapists working in mental health on what essential elements are in occupational therapy practice in a SH setting.

**Material and methods:** Nine practitioners participated in a three-hour nominal group technique (NGT) meeting, which is a well established and highly structured consensus method. Four stages were conducted: (1) silent generation of ideas, (2) round robin, (3) discussion and (4) voting and ranking. The meeting was recorded and transcribed verbatim to provide detail on the NGT-process.

**Results:** Out of 55 elements, a total of 12 achieved consensus, of which occupational performance analysis received the highest score. Other elements mostly discussed by the participants were: involve needs of service user and key support worker, compensatory strategy training and recovery oriented approach.

**Conclusions and Significance:** Future research is needed to establish evidence-based occupational therapy practice in supported housing for persons with SMI. Compensatory strategy training principles are used in the Cognitive Adaptation Training intervention (CAT), therefore CAT may be applicable for occupational therapists working in SH. The use of recovery oriented approach in supported housing fits the paradigm of occupational therapy.

**Keywords:** Occupational therapy, supported housing, severe mental illness, nominal group technique

König Simon

(Nov 2021)

*Professional reasoning in forensic occupational therapy: extending the boundaries with creative thinking*

**Background:** Professional reasoning has been acknowledged as main part of occupational therapy. In challenging contexts like forensic care professional reasoning has not been acknowledged with the same importance. The aim of this qualitative study was to explore how occupational therapists reasoning in such a special context and what demands and challenges occupational therapists face while doing so.

**Methods:** Six occupational therapy practitioners working in forensics participated in this study. The sampling method was purposeful and data collection was conducted using mini focus groups. All the focus groups were recorded and transcribed. The data was analyzed by the content structuring content analysis method.

**Results:** Four main themes for the reasoning process could be found.

- 1) building a base for therapy
- 2) intensifying the clients' image by shared occupation
- 3) developing a perspective within boundaries
- 4) Using creativity to expand the boundaries

The themes included all defined forms of professional reasoning. The additional form of situational reasoning was needed in order to apply professional reasoning to the forensic context.

**Conclusion:** In this study challenges and demands to professional reasoning of occupational therapists working in forensics were explored clearly. The reasoning process in forensics was elaborated and brought in relation to situational reasoning. The found challenges are present in other studies regarding occupational therapy in the forensic setting. The connections and interdependencies in the reasoning process and the systematic usage of situational reasoning requires more extensive qualitative and quantitative research.

**Keywords:** Occupational therapy, professional reasoning, Forensics, Qualitative research.

**Linimayr Johanna (Aug 2021)**

*Research circles on enabling peer play between autistic and non-autistic children – A qualitative study exploring teachers’ perspectives on barriers and facilitators in Austrian inclusive kindergarten groups*

**Background:** In early childhood, engagement in peer play is essential for general development and social inclusion but found to be more difficult for autistic children. Their specific needs are hardly met within mainstream education. In Austria, specific practical challenges in early education are not captured yet. A transactional perspective is proposed to explore teachers’ perspectives on the barriers and facilitators of enabling peer play between autistic and non-autistic children in inclusive kindergarten groups.

**Method:** This qualitative study used research circles methodology. Data were collected at four research circle meetings involving 8 kindergarten teachers from an urban area in Austria. Discussions were audio-taped, transcribed verbatim and analysed following qualitative content analysis strategies.

**Findings:** Participants described peer play between autistic and non-autistic children as complex, influenced by several hindering and facilitating factors. Analysis of the data led to five categories: (1) Teacher involvement & attitudes, (2) Peer behaviours & abilities, (3) Specific autistic needs & behaviour management, (4) Contextual influences, and (5) Parent involvement & collaboration.

**Conclusion:** This is the first study that explored teachers’ perspectives on enabling peer play between autistic and non-autistic children in Austrian inclusive kindergarten groups. Barriers and facilitators could be identified in five different areas incorporating teachers’ practical strategies. Kindergarten-based occupational therapy could support teachers and inclusive kindergarten institutions in enabling and improving peer play situations between children with diverse abilities

**Keywords:** peer play, autism, teacher perspective, research circles, transactional perspective, kindergarten-based occupational therapy

Mellerick Niamh (Sept 2021)

*How autistic children with SLD are taught to write in the UK. A Cross-Sectional Survey Design Study*

**Purpose:** Occupational therapists are both commonly referred to for handwriting concerns, and commonly working with autistic children. However, there is a dearth of knowledge on how autistic children with severe learning difficulty (SLD) in the United Kingdom are taught to write, and how this evolves as the child ages. This study aimed to describe how this population is taught how to write, and how this differs across age groups.

**Methods:** In this quantitative descriptive study, data was collected from teachers (n=93) of autistic children with SLD, by means of an online survey. Responses were analysed through descriptive statistics and content analysis. Inferential statistics were used to describe differences between age groups.

**Results:** Autistic children with SLD were reported as being taught to write using similar methods to those used to teach typically developing children. Nearly all teachers reported collaborating with an occupational therapist regarding handwriting. Teachers reported similar focus, methods, and desired outcomes of instruction across all age groups. Learning to write for autistic children with SLD appeared to be a passive experience that is primarily teacher-led.

**Conclusions:** There is a need for occupational therapists and teachers to reflect on this population's experience of learning to write, and its purpose and meaning. Caution must be taken in generalising handwriting interventions that are established as effective for populations with different communication and cognition needs to autistic children with SLD.

**Keywords:** Autism; severe learning difficulty; handwriting; teacher; occupational therapy.

Müllenmeister Christina

(Aug 2021)

*Doing Activism. An occupational perspective on activism as a means for political expression and social transformation among civilians living in Germany*

**Background:** As a global and situated phenomenon in Europe, activism as an individual and collective activity has been used to address power structures proactively. The doing behind activism and its shaping of everyday life have scarcely been explored from an occupational perspective. Understanding activism as a product of individuals' doing contributes to recent debates about the political nature of occupation and occupation-based social transformation processes.

**Methods:** This study adopted a phenomenological approach to better understand the meaning of day-to-day activities related to 'doing activism' of six German activists. Data was collected through in-depth semi-structured interviews. An interpretative phenomenological analysis was used to uncover and understand the meaning of the phenomenon of 'doing activism'.

**Findings:** The findings illustrate how 'doing' activism influence participants' everyday life in diverse ways that creates tensions with other people's priorities while promoting collective occupations for social transformation.

**Conclusion:** The findings reveal the importance of further exploration of non-traditional occupations related to political expression. They illuminate the potential of occupation for individual and society's social transformation and the situated nature of occupation within diverse socio-political contexts. The study argues that occupations can be a site for resistance, increasing collective awareness, and social responsibility.

**Keywords:** Activism, social transformation, occupational consciousness, collective occupation

Poget Noémie (Nov 2021)

*Supporting school inclusion with interprofessionalism*

*The collaboration between occupational therapists and teachers during the implementation of technology as an assistive device.*

**Background:** Children experiencing handwriting or reading difficulties, in Switzerland, might be suggested to use technology as an assistive device to facilitate school tasks. The implementation of such devices has been addressed to occupational therapists for many years. However, indications are, that collaboration with teachers is necessary for implementing the device in school.

**Purpose:** This explorative study addresses the research question how occupational therapists and teachers collaborate to support the implementation of computers as an assistive device in Swiss mainstream schools? This research aims to identify facets that surrounds the collaboration of those professionals during this project.

**Methods:** This research applied a qualitative method. Focus group interviews of teachers and occupational therapists were conducted. There was no ethical approval needed as the participants are professionals and all sensitive information was coded. The analysis and theme were coded with the software Atlas, where 4 themes and 7 sub-themes emerged from the results.

**Findings** demonstrates great disparities within the state participants. Lack of harmonization creates gaps in the learning equality for children in need of technology as an assistive device in Swiss mainstream class.

In **conclusion**, analysis identify a tentative theory that the participants, with experience with technology as assistive devices, saw a collaboration, specified from a regional viewpoint, as important to enable equal opportunity.

**Keywords:** Interprofessionalism, pediatrics occupational therapy, assistive technology, education.

Röck Vanessa (Aug 2021)

*Meaning-Making whilst Engaging in Everyday Occupations during Settlement as a Refugee in Austria*

**Background:** Displaced people encounter difficulties and changes in their everyday occupations. Engaging in occupations serves as source for meaning, and previous research lacks focus on this process when settling down in a new country as a refugee. A multi-layered and in-depth understanding of how meaning is negotiated through this engagement is the object of this study.

**Methods:** This study applied a narrative-in-action approach to access the meaning-making process from three individuals through participatory observations and interviews. Narrative analysis was applied by identifying significant events, testing, and interpreting plots, as well as linking them to theoretical resources.

**Findings:** An overarching narrative of the transactional process of connectedness and freedom through occupation was identified based on three individual stories.

**Conclusion:** A transactional perspective assists in the further understanding of meaning-making processes when engaging in everyday occupation. Implications for occupational therapy and policy making should be based on the potential of engagement in occupation to make meaning through experiencing agency and connectedness.

**Keywords:** Narrative-in-action, occupational engagement, forced displacement, transactional perspective

Schulz Nadine (Aug 2021)

*Occupational performance and health-related quality of life in people with chronic musculoskeletal pain*

*A quantitative analysis of the relationship between self-rated and observed occupational performance and health-related quality of life among people living with chronic musculoskeletal pain*

**Background:** Around the world, people with chronic musculoskeletal pain experience limitations in all areas of activities of daily living and have a poor health-related quality of Life. Although literature states the impact of chronic musculoskeletal pain on occupational performance and health-related quality of life, there is no evidence that the variables relate to each other. This is therefore the first study investigating the underlying relationship between occupational performance and health-related quality of life.

**Methods:** This secondary analysis was a cross-sectional, correlational design, using data from the chronic pain registry of registry of the Department of Rheumatology and Immunology of the University Hospital of Bern. 399 participants were included in the study and analysed by performing eight Spearman's rank correlation. In order to measure occupational performance, the Assessment of Motor and Process Skills (observed occupational performance) and the Canadian Occupational Performance Measure (self-rated occupational performance) were used. To assess health-related quality of life, the German version of the generic measurement EQ-5D-5L was chosen.

**Results:** In all eight correlations coefficients, occupational performance positively correlated with health-related quality of life and were found to be significant, representing a small to medium effect.

**Conclusion:** The study shows the evidence that occupational performance positively relates to health-related quality of life in people living with CMP and therefore adds new knowledge to occupational therapy theory. However, further research is needed in order to get deeper insights into the relationship, for example, to investigate the relationship longitudinally.

**Keywords:** chronic musculoskeletal pain, occupational performance, health-related quality of life, relationship



Siqueira Layara (Sept 2021)

*“We aim for social transformation”: Experiences of social occupational therapists in Brazil*

**Background:** Recently, a call to embrace a critical and transformative approach in occupational therapy and occupational science has been raised. In Brazil, social occupational therapy professionals, grounded in critical and ethical-political standpoints have been working with groups and populations to enable justice and rights.

**Purpose:** In order to contribute to the recent discussions about transformative practices in occupational science and occupational therapy, this study aims to better understand critical and key aspects of social occupational therapy through professional experiences of social occupational therapists in Brazil.

**Methods:** This study utilized Polkinghorne's interpretive, narrative approach to interview 5 social occupational therapists from different regions and working settings in Brazil.

**Findings:** The narratives of the participants revealed how social occupational therapists have their focus centered on the social dimension, while embracing a critical perspective towards dominant epistemologies as well as social structures, and the socio-political context of the communities and groups in situation of vulnerability. These findings can facilitate an intercultural dialogue with other frameworks that also advocate for a social transformative work and collective action.

**Keywords:** social occupational therapy, social transformation, Southern, critical

**Van der Veen, Robert (Aug 2021)**

***The Experience of Sleep: A Descriptive Phenomenological Study Among Dutch Adults***

**Purpose:** Sleep is a frequent topic in current occupational therapy and science literature, indicating an increasing interest in this occupation. However, the literature demonstrates a lack of understanding of the experience of sleep. In this study, the researcher sought to explore the lived experience of the phenomenon of sleep among a sample of adults living in the Netherlands.

**Methods:** The researcher used a qualitative research design following descriptive phenomenology methodology. He collected data via semi-structured interviews with 13 adults. He transcribed interviews verbatim and analyzed them following descriptive phenomenology.

**Findings:** The researcher identified five themes describing the experience of sleep as an occupation: 1) sleep as an intertwined experience, 2) dreaming: a party or a total nightmare?, 3) feeling safe and secure, and 4) sleep as a sense of transition.

**Conclusion:** In this study, sleep is described as a personal experience on physical, mental, and emotional levels under unique temporal, spatial, and sociocultural conditions. A core element of sleep is making a transition between 2 days, during which recovery and processing occur. Fundamental to this occupation are the feelings of safety and security.

**Keywords:** Sleep, descriptive phenomenology, lived experience, occupational therapy, occupational science

Waldby Lucy (Nov 2021)

*The parent experience of occupational balance and neuroprotective developmental care during their child's infancy: An interpretive description study*

**Introduction:** This study explores how Australian parents experience occupational balance during their child's infancy when using neuroprotective developmental care (NDC).

**Methods:** A qualitative, interpretive description methodology was employed for the study. Data was collected using one-to-one, semi-structured interviews with ten caregivers who had accessed NDC resources (book or online resources) or services (appointment with clinician or shared medical appointment with clinician and other caregivers) in Australia within the first year of their child's life. Combined inductive and deductive thematic analysis was used to analyse the data with a theoretical focus on occupational balance, supported by NVIVO 12 software for data management.

**Findings:** Thematic analysis of the data revealed three primary themes outlining the experience of parents using neuroprotective developmental care and how they developed occupational balance as new parents: (1) Managing initial experiences of occupational disruption - 'I think my baby is broken', (2) Finding new patterns of daily occupation - 'Experiment with what works for your family', (3) Supporting occupational variation and meaningful engagement - 'I am not just a mum'.

**Conclusion:** Findings contribute to occupational therapy and occupational science knowledge as the first study outlining occupational balance for parents of infants. Results indicate that occupational balance is supported through engagement in care practices that align with the mothers' values and provide autonomy in the pattern of engagement. NDC care practices appear to support this experience through enabling mothers to orchestrate theirs and their family's day based on practices that align with their values.

**Keywords:** interpretive description, occupational balance, infant, neuroprotective developmental care