

That's a WRAP! Effects of the Wellness Recovery Action Plan on Occupational Performance of Allied Health Graduate Students

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PURPOSE: OT and allied health graduate students experience moderate-to-severe depressive and anxiety symptoms at an increased rate across the United States, which may interfere in academic performance and learning (Hoying et al., 2020). The Wellness Recovery Action Plan (WRAP) app is an evidenced-based tool for mental health self-management (Copeland, 2002). Research question: Does use of WRAP app impact occupational performance of allied health graduate students?

DESIGN: Randomized controlled trial design over a six-week time period. Inclusion criteria: first year allied health graduate students (OT, PT, SLP, AT), smartphone compatible with WRAP app, and able to communicate in English language. Exclusion criteria: prior participation in the WRAP.

METHOD: The Canadian Occupational Performance Measure (COPM) assessed self-perceived occupational performance and satisfaction, and was administered in a pre- and post-test format for all participants. The intervention group completed specified modules in the WRAP app. The control group maintained typical routines.

RESULTS: Sixteen female participants completed the study (intervention n=7, control n=9, OT n=7, PT n=3, SLP n=5, AT n=1). The intervention group showed improvements in performance and satisfaction for the areas of self-care, leisure, and productivity on the COPM. The majority of the intervention group found that the app was beneficial and prompted self-reflection.

CONCLUSION: Mental health issues including anxiety and depression impact the learning environment, especially in demanding allied health graduate programs such as OT. This study highlights the use of the WRAP app as a tool for students to manage their own mental health and improve their occupational performance.

References

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