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Article Overview:

- This systematic review examined the effectiveness of occupational and activity-based interventions to improve instrumental activities of daily living and sleep outcomes for children and youth aged 5-21 years.
- The outcome focus was on health outcomes of physical activity, dietary outcomes, driving and communication management and sleep
- 28 studies were included in this review

Key take home messages:

1. *For health and physical activity outcomes:*
 - **Strong evidence** supports occupation and activity-based interventions in the school setting, in particular structured programmes embedded in physical education
 - **Low strength** of evidence supports these in non-school setting
 - Interventions recommended interventions occur in the context of **natural environments**.
2. *For sleep outcomes:*
 - **Strong evidence** for sleep preparation activities, including sleep education, coaching and cognitive strategies for skills in relaxation and sleep
 - Knowledge of **rest and sleep** should be integrated in occupational therapy.
3. *For positive change in dietary outcomes:*
 - **Moderate strength evidence** supports occupation and activity-based interventions (e.g., skills-based training of interactive role play)
4. *For health routines and wellness:*
 - For 9- to 18- years old youth, there is **moderate strength** evidence for education and skills training interventions using small-group activities and activity-based cognitive-behavioural strategies
 - Evidence supports the **inclusion of family** in interventions.
5. *For driving, community mobility and communication management:*
 - **Moderate strength evidence** for occupation and activity-based interventions involving interactive training and coaching
 - **Low strength evidence** supports technology-based intervention → web-based interventions are mostly effective when highly individualised.