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<https://www.hindawi.com/journals/oti/2020/2490519/>

Article Overview:

This is review identifying play instruments relevant to occupational therapy practice and their clinimetric properties.

The analysis comprised of 30 articles, and examined 8 play instruments.

Key take home messages:

1. The Revised Knox Preschool Play Scale is considered the most extensive and comprehensive play instrument for extrinsic aspects → it can be considered the gold standard for OT play assessment, easy to administer and accepted across disciplines. The scale utilizes observations.
2. The Test of Playfulness + Test of Environmental Supportiveness Unifying Measure is a promising play instrument for intrinsic aspect of play, such as motivation. The measure also utilizes observations.
3. In addition to observational instruments, the My Child's Play is a potential questionnaire-based play instrument.
4. The current development of play instruments within OT is immature → occupational therapists should combine findings from the instrument with good clinical reasoning when selecting a play instrument to use in practice.
5. Occupational therapy practitioners should consider both characteristics (i.e., skills) and quality traits (i.e., enjoyment) on play either during the evaluation or intervention.