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| **Full source reference:**  Cahill, S. M., Egan, B. E., & Seber, J. (2020). Activity-and occupation-based interventions to support mental health, positive behavior, and social participation for children and youth: A systematic review. *The American Journal of Occupational Therapy*, *74*(2), 7402180020p1-7402180020p28. |
| **Free access link**:  N/A |
| **Article Overview:**   * This article identifies evidence for occupational therapy interventions for children and youth at risk of mental health concerns. * This review focuses on mental health outcomes, positive behaviours and participation * 62 articles were included in this review and were grouped on the basis of the type of intervention (outdoor camps, video and computer games, productive occupations and life skills, meditation, animal-assisted interventions, creative arts, play, sport and yoga). * There is only **strong evidence for three of these interventions** directly addressing mental health outcomes: (1) yoga, (2) sports interventions and (3) productive occupations and life skills training |
| **Key take home messages:**   1. *Mental health outcomes*:  * **Moderate-strength** evidence for yoga; * **Moderate strength** evidence for productive occupations and life skills training (life skills modules, vocational skills groups, graded occupational engagement); * **Low strength evidence** for use of sport interventions (including martial arts, boxing, basketball).  1. *Positive behaviour outcomes (e.g., decrease in antisocial behaviours)*:  * **Moderate strength evidence** for yoga * **Moderate strength evidence** for sports intervention * **Low strength evidence** for productive occupations and life skills training (e.g., focusing on organisational skills).  1. *Social participation outcomes (e.g., reduction of social/communication deficits, improved cooperativeness):*  * **Strong evidence** for sports intervention * **Low strength evidence** for yoga * **Low strength evidence** for productive occupations and life skills interventions.  1. **Yoga** addressed all three outcomes with moderate strength of evidence; yoga and sports interventions stronger evidence than productive and life skills training interventions (low to moderate evidence). 🡪 Suggesting importance of engagement in physical activities in mental health outcomes. 2. Evidence for the use of animal-assisted interventions, meditation, video and computer games, and productive occupations was of **low strength of evidence**. |