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| **Full source reference:**  Beisbier, S., & Laverdure, P. (2020). Occupation-and activity-based interventions to improve performance of instrumental activities of daily living and rest and sleep for children and youth ages 5–21: A systematic review. *The American Journal of Occupational Therapy*, *74*(2), 7402180040p1-7402180040p32. |
| **Free access link**:  N/A |
| **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**.  1. *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.  1. *For positive change in dietary outcomes*:  * **Moderate strength evidence** supports occupation and activity-based interventions (e.g., skills-based training of interactive role play)  1. *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.  1. *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. |