

HOT Evidence

Social Participation and Quality of Life of Adults with Serious Mental Illness

Why This Matters

- ▶ More than 5 million adults 18 years and older in the United States have a mental illness and receive services daily. Of these, **almost 3 million have serious mental illness**.
- ▶ **Social participation** and **quality of life** are **intimately related**. Social engagement improves longevity and emotional well-being.

Social Participation & Quality of Life Interventions

Evidence-Based Interventions

Cognitive-based interventions



Metacognitive training



Neuro-cognitive individualized training



Social interventions



Social skills training



Social-activity



Social-mentoring

Find the Evidence

Visit <https://research.aota.org/ajot> to review the Systematic Review on this topic