# **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**



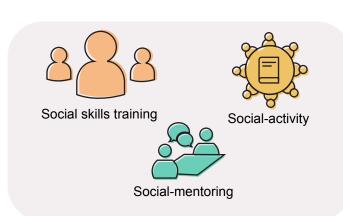
training



Neuro-cognitive individualized training



#### Social interventions



### **Find the Evidence**

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

