

# HOT Evidence

## ADL/IADL Interventions for Adults With Serious Mental Illness

### Why This Matters

- ▶ Serious mental illness is defined as adults 18 or older who have a diagnosable mental, behavioral, or emotional disorder that has interfered with or limited at least one major life activity within the past year.
- ▶ More than 10 million adults in the United States experience serious mental illness.
- ▶ Occupational therapy practitioners can improve the participation of people with serious mental illness in essential daily activities.

### Interventions to Improve Participation in Daily Activities

#### Strong Strength of Evidence



Occupation-based ADL/IADL interventions using client-centered goals



Occupation-based social participation interventions

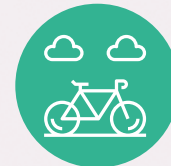


Manualized programs using psychoeducation methods



Cognitive-based interventions

#### Moderate Strength of Evidence



Occupation-based leisure and sleep interventions



Skills training

### Find the Evidence

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