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### Promoting Occupational Therapy Student Well-Being through Scholarship

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# Promoting Occupational Therapy Student Well-Being through Scholarship

Hanna McClain, OTD/S

Faculty & Expert Mentor: Dr. Elena Espiritu OTD, OTR/L, BCPR



## Belmont University School of Occupational Therapy Mission and Vision

**Mission:** to provide comprehensive graduate education within a Christian learning environment to enable students from diverse backgrounds to positively impact the community at large and enhance the human condition through appreciation of diversity, problem-solving, and utility of meaningful, and purposeful occupations.

**Vision:** to offer a comprehensive education to graduate students in a Christian environment, preparing them to become, and continue to be, occupational therapy practitioners who are committed to evidence and occupation-based practice, life-long learning, service, and advocacy.

## Needs of Agency

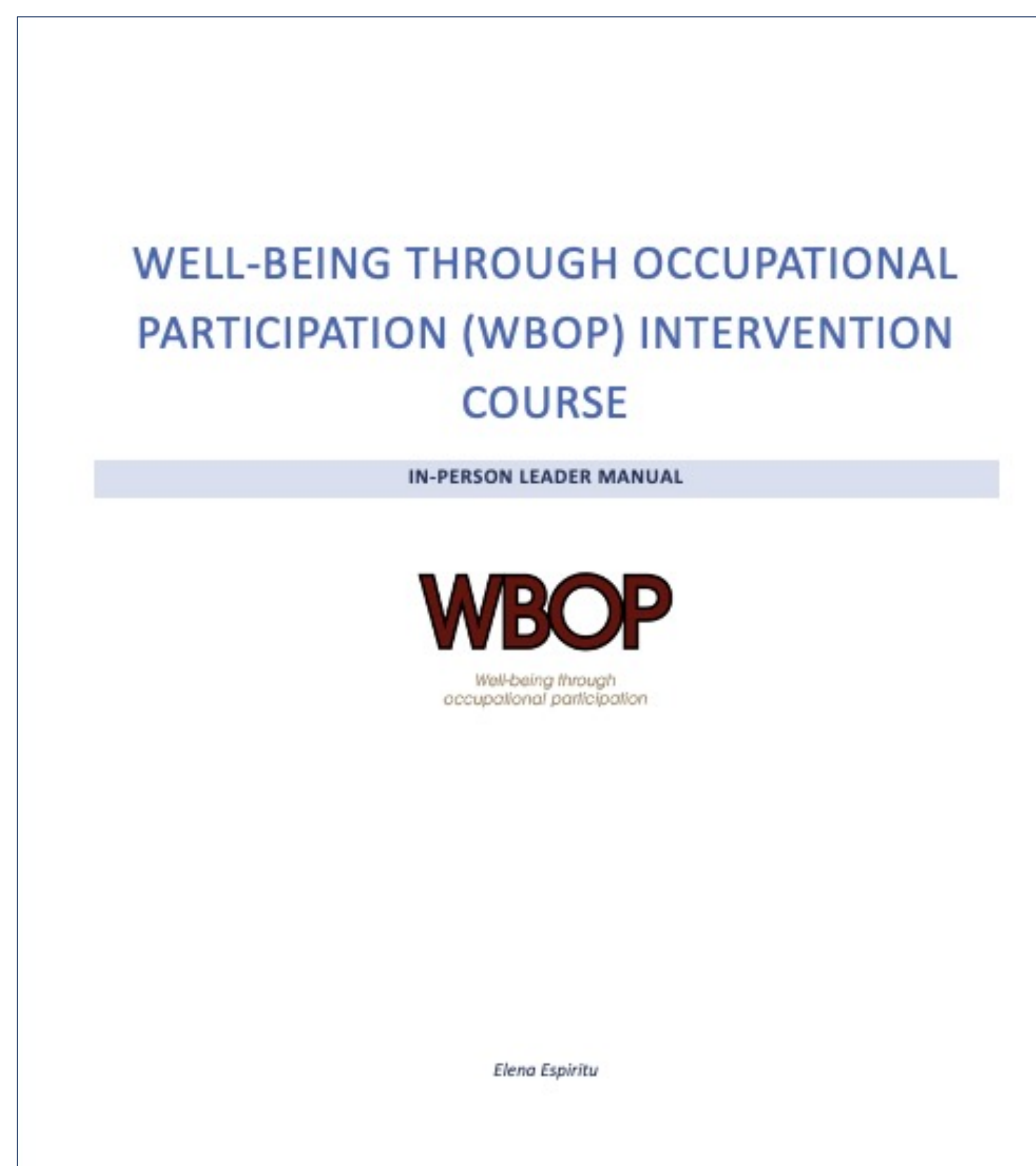
- Occupational therapy student stress has significantly increased over the last 10 years.<sup>1-4</sup>
- As a profession, occupational therapy values the importance in engaging in meaningful occupations.
- The mindset of the importance of engagement in meaningful occupations is not always used by occupational therapy students regarding their personal well-being due to intense academic demands and decreased free time.<sup>2, 5-8</sup>

## References



## Goals of Capstone

- Analyze existing qualitative data gathered in fall 2021 with team using multi-tiered coding process
- Prepare manuscript based on newly analyzed data in anticipation of submission for publication consideration
- Create a comprehensive leader manual for both an in-person and online administration of the WBOP intervention course
- Revise manuscript developed in spring 2022 and submit for publication
- Streamline the PowerPoints used for the WBOP intervention course
- Attend professional meetings to discuss grant applications and the manualizing process
- Teach one WBOP intervention class to trial leader manual
- Disseminate findings via poster presentation at professional conference



## Outcomes

- Submitted one manuscript for publication
- Analyzed qualitative data remaining from fall 2021 with research team
- Completed second manuscript and submitted it for review
- Created an online and in-person manual for WBOP intervention course administration
- Revised and streamlined WBOP intervention course PowerPoints
- Completed teaching of one WBOP intervention class
- Completed grant application



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- Dr. Elena Espiritu for her continued encouragement, guidance, and mentorship throughout this capstone experience.
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