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Leisure Activity Implementation and Mental Well-being of Children and Adolescents with Prader-Willi Syndrome and Children with Trauma

MaryClaire Attisano

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Outcomes of Participation in Leisure on Mental Well-being of Pediatric Individuals with Trauma or Prader-Willi Syndrome

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Faculty Mentor: Shannon Strate OTD, OTR/L Site Mentor: Monique Williams M.Ed.

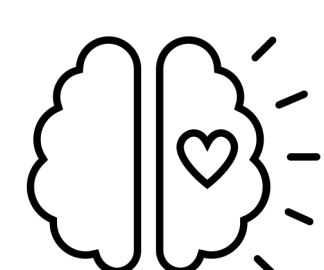


ABSTRACT

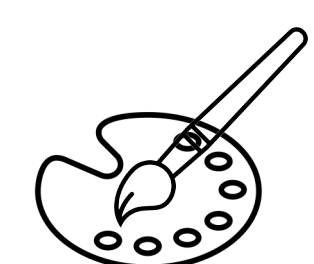
Previous research explored associations of leisure activity engagement for youth who have experienced trauma and individuals with Prader-Willi Syndrome (PWS). The research suggests a positive correlation between leisure activity engagement and increased mental well-being in both populations.



BACKGROUND



The research into leisure-activity engagement for individuals with PWS and trauma aimed to facilitate learning, enhance coping mechanisms and increase mental well-being in both populations. The implementation of leisure activities at Latham Centers used the evidence in the literature to facilitate meaningful leisure activities for both populations to further enhance mental well-being.



GENERAL INFORMATION



Currently, both populations including youth who have experienced trauma and individuals with PWS have a need for leisure-activity engagement. Both populations could benefit from alternative coping mechanisms provided through the facilitation of leisure-activity engagement. Leisure activities could provide both populations with means to deescalate and positively cope.

METHODS

Search Terms:

Academic Search complete

Youth with psychological trauma AND leisure activities or leisure participation AND mental health or well-being

CINHAL

Youth with psychological trauma AND leisure activities AND mental health

Children and adolescents with trauma or Prader-Willi syndrome or adolescents or teenagers or young adults AND therapeutic activities or social engagement or leisure AND Increased mental well-being or mental health or well-being

Google Scholar

Prader-Willi syndrome AND leisure activities AND mental wellbeing

Prader-Willi syndrome AND leisure activities AND mental health

Youth with psychological trauma AND leisure activities or leisure participation AND mental health

Traumatized youth AND leisure activities AND mental health or well-being

Prader-Willi syndrome and leisure activity involvement and mental health

DATA BASES

Academic Search
Complete
CINHAL
Google Scholar

Inclusions Criteria:

- Prader Willi Syndrome or youth who have experienced trauma or like populations
- Leisure or leisure-based activities
- Effects on well-being or mental health
- Written in English
- Pediatric, adolescent, or youth age group

Exclusion Criteria:

- Adult population/age group (except survey data with an extended age group and or included parent population)
- Physical activities (only included or assessed as leisure activities)
- Populations with traumatic brain injuries
- Not published in English
- Effect exclusively on physical well-being
- Articles published prior to 2005

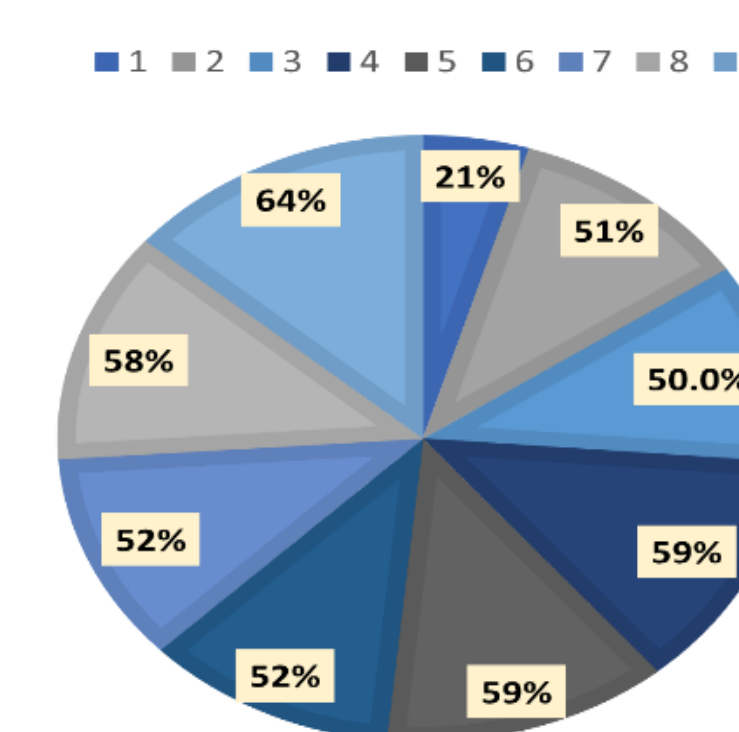


STUDENT RESEARCH,
DESIGN & INNOVATION
SYMPOSIUM

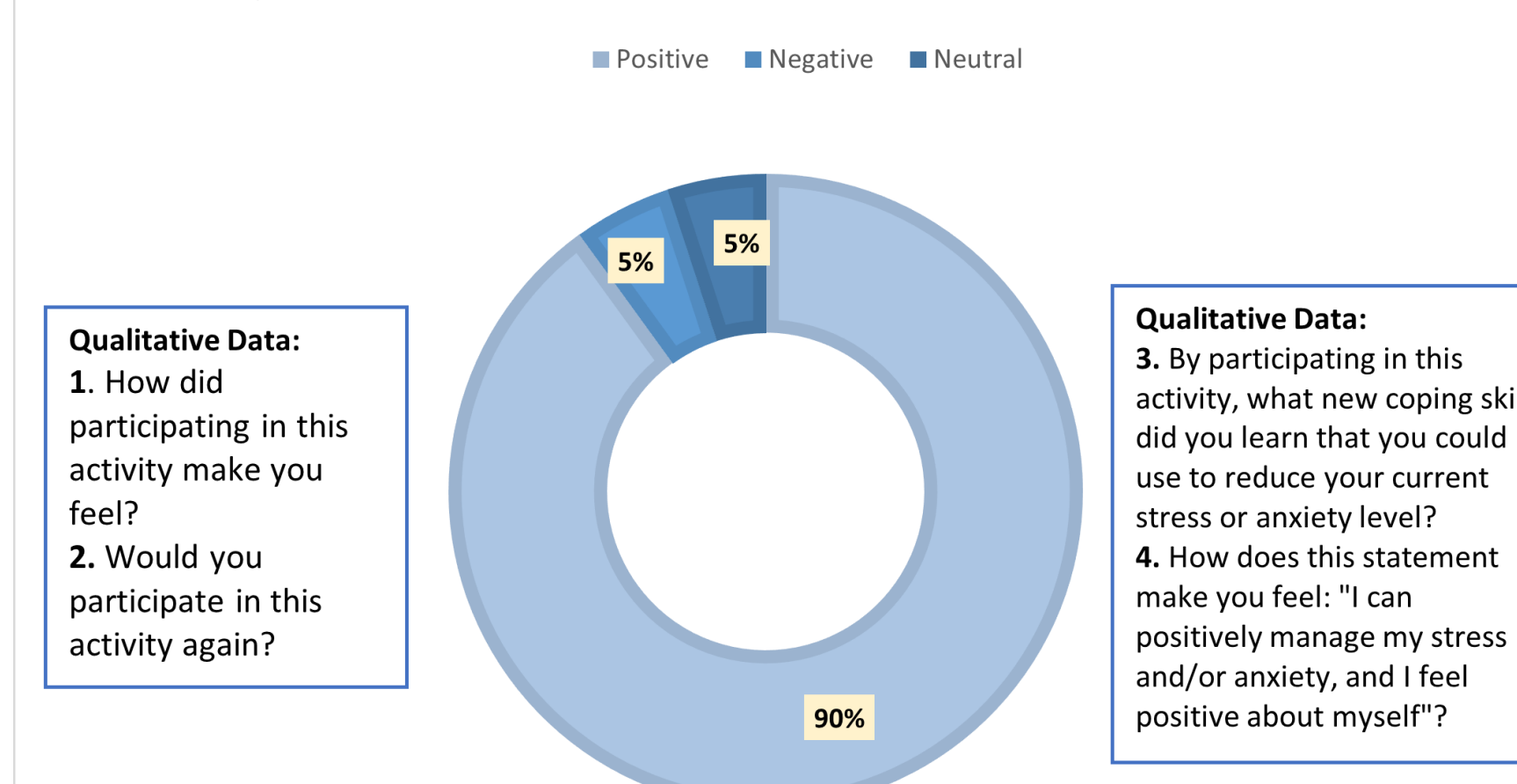
RESULTS

Project Results

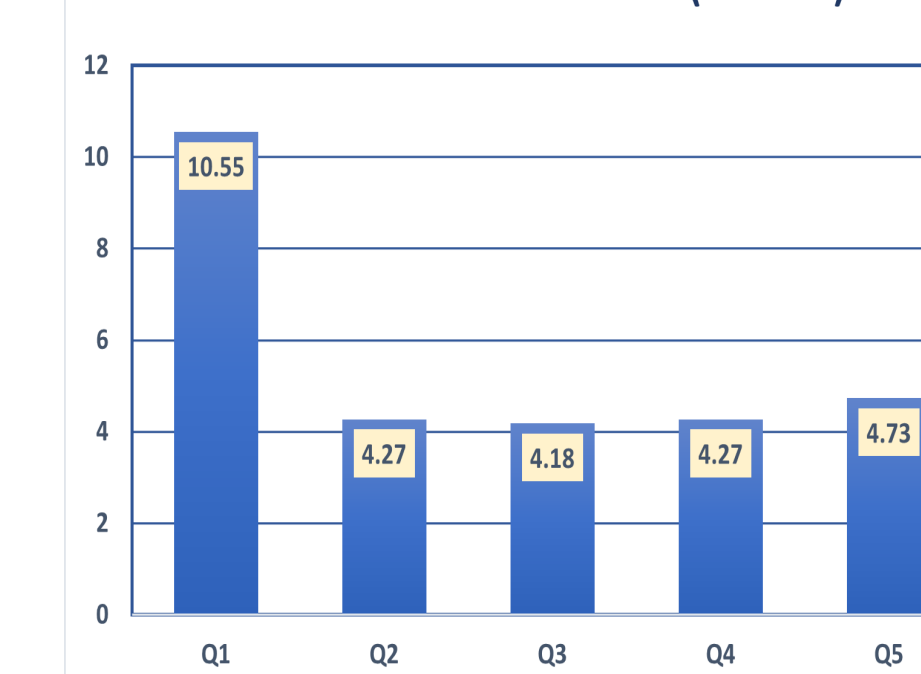
LATHAM STUDENT PARTICIPATION IN LEISURE ACTIVITIES
WEEK 1 - WEEK 9



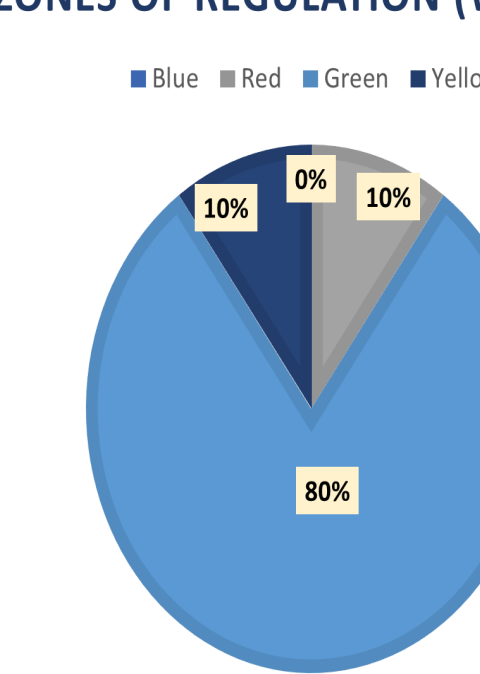
QUALITATIVE STUDENT FEEDBACK - LATHAM CENTERS



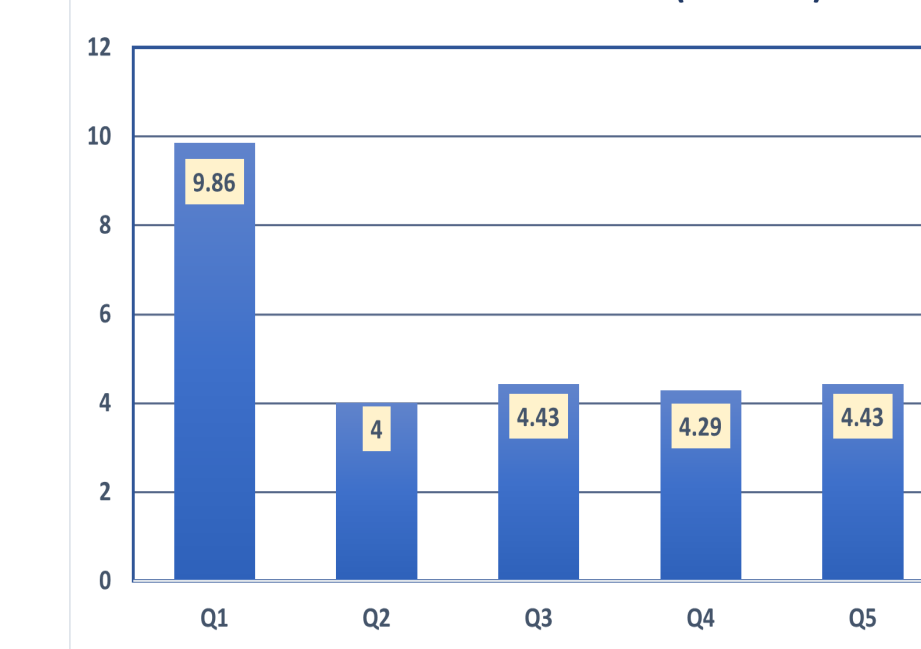
WHO-5 WELL-BEING SCALE (WEEK 3)



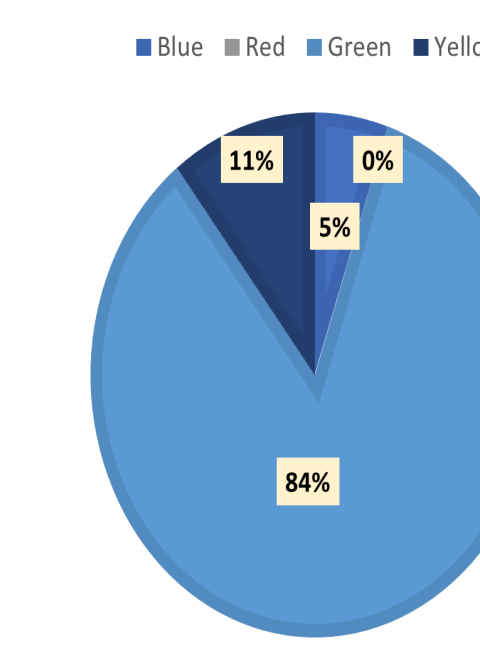
ZONES OF REGULATION (WEEK 3)



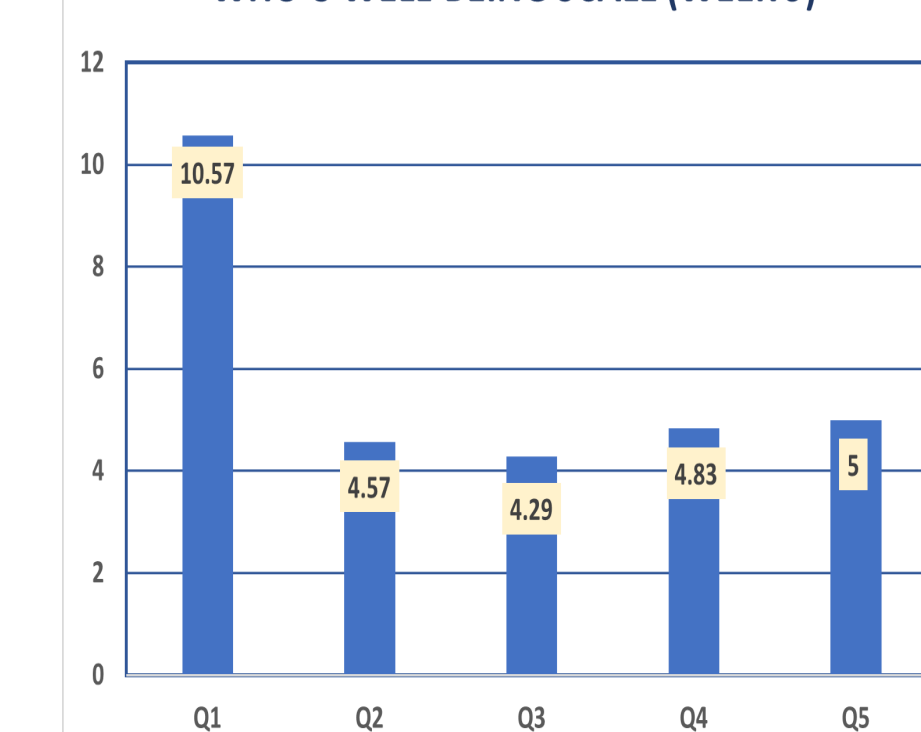
WHO-5 WELL-BEING SCALE (WEEK 6)



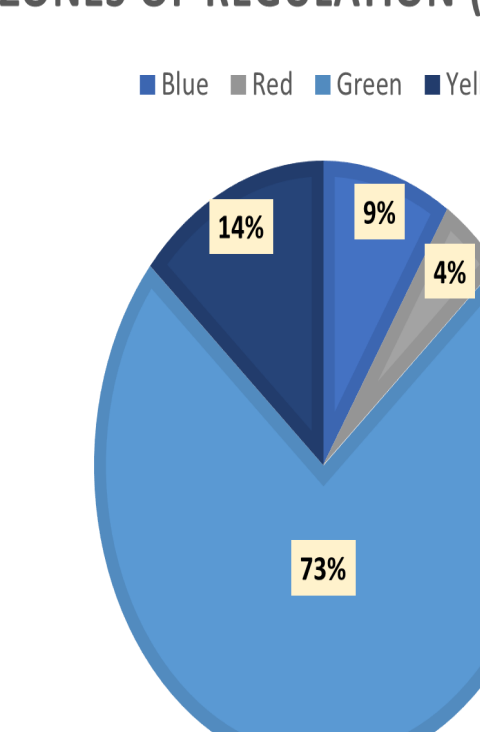
ZONES OF REGULATION SCALE (WEEK 6)



WHO-5 WELL-BEING SCALE (WEEK 9)



ZONES OF REGULATION (WEEK 9)

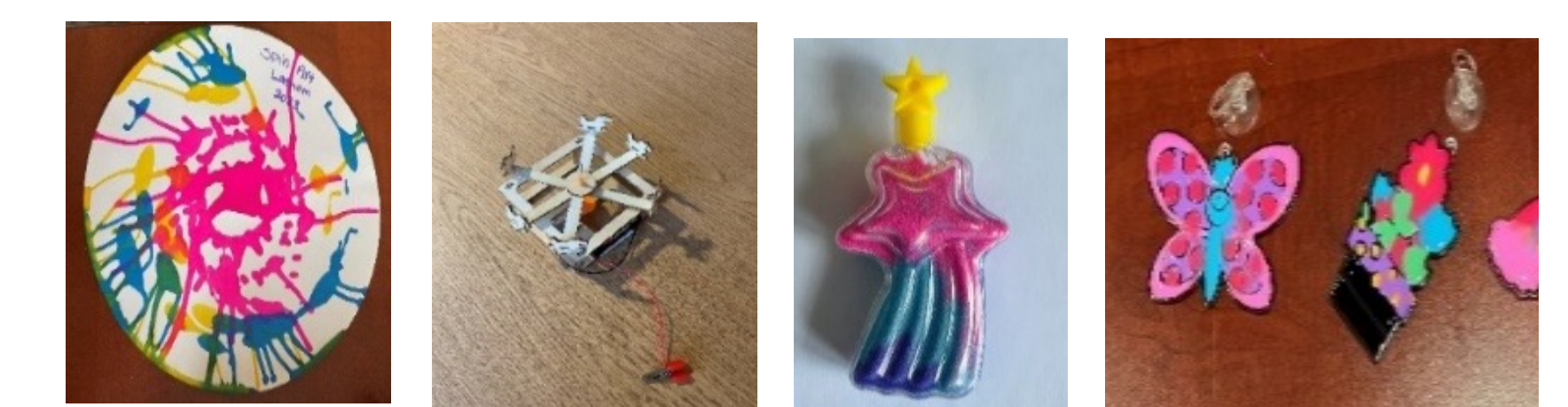


CONCLUSIONS & DISCUSSION FUTURE RESEARCH & NEXT STEPS

The current research supports evidence to enhance the mental well-being of children and adolescents with trauma or PWS achieved through active participation in leisure activities. Findings in the literature helped in the selection of the types of leisure activities to best enhance mental health of both populations.

Project Implementation

All project findings support participation in leisure activities at Latham Centers as evidenced by enhancements in both population's mental well-being.



Application to Occupational Therapy:

This research can be applied to mental health-focused occupational therapy practitioners to impact mental well-being by creating meaningful leisure engagement for PWS-like populations and youth who have experienced trauma.

PLEASE SEE PRINTED HANDOUT FOR REFERENCES

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