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| **Title** | **Design of the study** | **Author, year** | **Country** | **Setting** | **Methodology** | **Results** |
| **Occupation-focused interventions for in-patient mental health settings: Pilot study of effectiveness** | Experimental, pre-post design | (Lipskaya-Velikovsky et al., 2020 ) | Israel | Hospital Inpatients | **Participants**: Inpatients with schizophrenia **Sample size**: 33 **Instrument used**: Impact on Participation and Autonomy, Intention for Participation Scale and Recovery Self- Assessment. | Improvements were found in the study group in the following measurements: intention to participate in daily activities participation diversity experience the recovery, orientation of the service, functional capacity, cognitive abilities of language understanding, memory and shifting, and schizophrenia symptoms (positive and negative). |
| **Activity groups for people with schizophrenia: a randomized control trial** | Randomized Control Design | (Dean et al., 2014) | England | secondary care settings including rehabilitation services, supported  accommodation and day centres. | **Participants:** Diagnosed with Schizophrenia from a secondary care setting **Sample size:** 140 **Instrument used:** PANSS, Global Assessment of Functioining | Study result found that mental health improved significantly among those offered activity groups. |
| **Community involvement, planning and coping skills: pilot outcomes of a recreational-therapy intervention for adults with schizophrenia** | Pilot Intervention | (Snethen et al., 2012) | Philadelphia | Community | **Participants:** adults with schizophrenia spectrum disorders (SSD) **Sample size:**  8 | Thematic analyses of seven exit interviews suggested the primary perceived outcomes of the intervention included: increased community involvement; development of planning skills; and the development of coping skills. These were facilitated by the therapeutic relationship between the client and therapist. |
| **Going Beyond: An Adventure- and Recreation-Based Group Intervention Promotes Well-Being and Weight Loss in Schizophrenia** | case–control study | (Voruganti et al., 2006) | France | Hospital Inpatients | **Participants**: clinically stabilized schizophrenia patients **Sample size:** 23 **Instrument used:** PANSS, Global Assessment of Functioning (GAF), The Subjective Scale to Investigate Cognition in Schizophrenia (SSTICS), Sickness Impact Profile (SIP) | Patients in the study group showed marginal improvement in perceived cognitive abilities and on domain-specific functioning measures but experienced a significant improvement in their self-esteem and global functioning as well as a weight loss of over 12 lb. Improvement was sustained over 1 year with further occupational and social gains. |
| **Painting a path to wellness’: correlations between participating in a creative activity group and improved measured mental health outcome** | A retrospective study | (Caddy et al., 2011) | Australia | Hospital Inpatients | **Participants:** group sample comprised individual inpatients admitted to the hospital over a 5-year period (2004–2009) **Sample size**: 403 **Instrument used:** DASS-21; Q-LES-Q ; Medical Outcomes Short Form Questionnaire;  Health of the Nation Outcome Scale (HoNOS) | Research findings suggest that participation in creative activity has potential benefits for people experiencing mental health problems including reductions in self-reported and clinician-rated symptoms. |
| **Active Leisure in the Emotional Experience of People With Schizophrenia** | cross sectional study | (McCormick et al., 2012) | United States of America | Psychiatric day-treatment | **Participants: -** Forty-five adults with SSD were recruited.  Experience sampling method (ESM) was used to collect data on self-reported activities that were subsequently coded into active/sedentary and leisure/non-leisure. ESM was also used to collect self-reported positive and negative emotional experience occurring simultaneously with activities. Hierarchical linear modelling was used as analysis. | Results- Findings indicated that most of the activity were sedentary, and a large majority of leisure activity was sedentary. Physically active leisure was significantly associated with lower negative emotion; however, no association was found with activity and positive emotion. |
| **Role of Leisure in Recovery From Mental Illness** | Quantitative study | (Iwasaki et al., 2014) | Philadelphia | community | One-on-one survey interviews were conducted with mental illness (N = 101). A variety of mental health diagnoses were represented in the sample (e.g., bipolar disorder, major depression; schizophrenia. The Recovery Assessment Scale (RAS), The SF-12 Health Survey, The Colorado Symptom Index (CSI), The Leisure Meanings Gained Scale (LMGS), The Leisure Coping Scale, The Leisure Satisfaction Scale, The Leisure Boredom Scale, The Perceived Active Living Scale were used as outcome measures. | Results- The findings emphasize the importance of: (a) meanings that persons with mental illness gain from leisure (e.g., connection/belonging, identity, freedom/autonomy) (i.e., meaning making via leisure) and (b) leisure opportunities to fight against or reduce perceptions of boredom (i.e., boredom reduction in leisure) as both of these were significant predictors of recovery. Also, a greater perception of being actively engaged/involved was a significant predictor of recovery and overall physical and mental health and less frequent psychiatric symptoms, whereby leisure potentially provides a key context for the pursuit of active living. Furthermore, the use of leisure both for coping with stress and reducing boredom significantly predicted fewer psychiatric symptoms. |
| **The participation in leisure activities and the quality of life of people with psychosis in England: A multi-site cross-sectional study** | cross sectional study | (Ngamaba et al., 2021) | England | Outpatients | A cross-sectional survey was conducted in 6 NHS community mental health trusts. (N = 533) with a diagnosis of psychosis-related condition were recruited from outpatient secondary mental health services. Several measures were used: Time Use Survey (TUS), Manchester Short Assessment of Quality of Life (MANSA). Descriptive statistics and multiple regression analyses were conducted. | Results found that people with psychosis who attend more leisure activities have a higher quality of life. Quality of life was higher amongst males who attended leisure activities. |
| **Time Use of Unemployed and Employed Single Male Schizophrenia Subjects** | Qualitative | (Hayes & Halford, 1996) | Australia | Psychiatric day hospital,  a psychiatry outpatient department,  or a community psychiatry clinic. | The subjects were three matched groups each of 16 Caucasian subjects (total n = 48) ; a group with a diagnosis of schizophrenia, an unemployed group with no reported history of mental illness, and a group in full-time employment with no reported history of mental illness. Measures. The three measures used were the Time-Use Diary (TUD) the Adapted Pleasant Events Schedule (APES), and the social situations Questionnaire) were used. Diary entries were coded using three dimensions: (1) where the subjects spent their time; (2) who they were with; and (3) the activity they were engaged in. | The schizophrenia and unemployed groups spent significantly more time at home than the employed group during the week, the schizophrenia group  spent more time sleeping than both groups on weekdays and more time sleeping than the employed group on the weekends, the schizophrenia  group also spent more time with family than the unemployed group on weekdays and more time than both groups on weekends. The schizophrenia group spent less time in social life and active leisure than the other two groups on weekends and more time in passive leisure.  The schizophrenia group and the unemployed group spent more time in passive leisure than the employed group during the week but spent less time than the unemployed group in social life and active leisure across the whole week. |
| **Time Use of People Living with Schizophrenia in a North London Catchment Area** | Qualitative | (Shimitras et al., 2003) | London, England | Day care centres and hospital inpatients | This study examines the time use of 229 adults diagnosed with schizophrenia from an epidemiological survey in London, England. Twenty-four-hour time budgets were collected, and time use was calculated for 10 major categories of occupations. | Few of the participants were engaged in work, active leisure, education or volunteer occupations, their predominant occupations being sleeping, personal care and passive leisure. The women spent significantly more time in domestic occupations and less time in passive leisure occupations than the men. The younger participants spent significantly more time in social occupations than the other age-groups. The older participants, and those attending day centres, spent most time in passive leisure. |
| **A question of time: A study of time use in people with schizophrenia** | cross-sectional and longitudinal | (Cella et al., 2016) | England | Hospital inpatients | Participant: One hundred and seventy people with a diagnosis of schizophrenia and 1124 people from the general population were assessed and compared on the "Time Use Survey". This estimates the time spent in everyday activities in ten domains. The influence of symptom severity and clinical variables on time-use was examined in people with schizophrenia. | The study result found that people with schizophrenia spent less time in functional but also in social and leisure activities and more time resting and “doing nothing” compared to the general population. When compared with unemployed individuals and people with a physical disability, people with schizophrenia spent comparable time in functional activities but significantly less in leisure, socialising activities and travelling. Negative symptom severity was associated with time spent in passive activities and negatively influenced time in social and leisure activities. |