Title: Choice, knowledge, and utilization of a practice theory: A national study of occupational therapists who use the Model of Human Occupation

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Major Finding: Over eighty percent (80.7%) of therapists indicated that they used MOHO in their practice; those therapists actively make a decision to use MOHO in practice and put forth substantial efforts to learn and share their knowledge.

Participants:
- 259 practicing therapists nationwide (90.2% female, 9.8% male)
- Age: 23-77 years; Mean=41.11 years

Method: A systematic random sample of 1000 occupational therapists was surveyed as to whether they used MOHO in their practice. Those who were using MOHO were then sent a detailed questionnaire.

Analysis: Descriptive Statistics analysis using SPSS version 13.0

Findings:
- Over eighty percent (80.7%) of therapists indicated that they used MOHO in their practice.
- A number of factors influenced therapists’ choice to use MOHO; the most frequently cited factors were therapists’ judgment that MOHO fit their own practice philosophy and their clients’ needs.
- Most therapists used multiple means of learning about MOHO and the number of means they used was related to both self-reported levels of knowledge and utilization of this model.
- Many therapists are also actively engaged in sharing their knowledge and utilization of this model.

Conclusion: Multiple factors contribute to therapist’s choice and use of MOHO. Therapists actively make a decision to use MOHO in practice and put forth substantial efforts to learn and share their knowledge of MOHO.

Implications for future research: Further research could provide more information about how therapists learn and use theory in practice. In particular, studies that use interview and observation would allow for a more detailed exploration of the process.

Evidence-based practice implications:
- A substantially large portion (80.7%) of therapists nationwide indicated that they used MOHO in their practice.
- A number of factors influenced therapists’ choice to use MOHO; the most frequently cited factors were therapists’ judgment that MOHO fit their own practice philosophy and their clients’ needs.
- Most therapists used multiple means of learning about MOHO and the number of means they used was related to both self-reported levels of knowledge and utilization of this model.