Title: Quality of Life in Depression: Predictive Models
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Major Finding: The significance of the perceived competence variables in the quality of life of patients with depression indicates that occupational therapy is warranted.

Participants:
- 83 patients from the psychosomatic ward of a hospital in northern Taiwan who were diagnosed with depression
  - Mean age: 44 years
  - 22 males; 61 females
  - Educational status: 3% uneducated; 15% preliminary education; 10% junior high; 28% senior high; 36% college and above
  - Marital status: 30% single; 51% married; 12% divorced; 4% widowed
  - Employment status: 28% working; 69% not working

Method: Each patient was interviewed and assessed by a trained research assistant using the Canadian Occupational Performance Measure (COPM), Occupational Self Assessment (OSA), Beck Depression Inventory II (BDI-II), Beck Anxiety Inventory (BAI), Activities of Daily Living Inventory (ADL), World Health Organization-Quality of Life-brief version (WHOQOL-BREF)
Analysis: Rasch analysis using SPSS version 11.5 & stepwise regression

Findings:
- Level of anxiety, satisfaction with occupational performance, and perceived competence in occupational performance were the significant predictors for overall quality of life (QOL) model
- Scores on the depression inventory were the most common predictor for the four domains of quality of life outcome variables.

Conclusion: The different models for the different domains of quality of life indicate that all aspects of quality of life need to be considered in the treatment of depression.

Implications for future research: Longitudinal data examining changes in QOL over time, the addition of more variables to the predictive models of QOL domains, qualitative studies examining the factors related to QOL, and studies examining the causal relationship of the QOL predictors could be directions for future research that could provide beneficial guidance for treatment of patients with depression.

Evidence– based practice implications:
- Occupational therapy can meet the rehabilitation needs of depressed patients who report difficulty with occupational performance.
- Treatment focused on occupational choice, successful occupational engagement, self-care, and environmental supports may help to improve the quality of life of depressed patients.