Dear All,

I am an occupational Therapist working in adolescent psychiatry on an inpatient unit. I am compiling a piece of work on an expended case study on someone with eating disorder. I used the MOHOST and OSA with them. Firstly, I would like to find out if anyone is using these tools with this client group? And to what effect? And if there is any evidence base around to show that MOHO is affective with eating disorder clients.

Samantha Jaques-Newton

Dear Samantha-

A wonderful therapist here in the states is using the OSA with young women with eating disorders as well. She recently published a piece in OT Practice, our professional magazine. Check out our evidence based practice search, and other archived list serv discussions on this topic at www.moho.uic.edu under the tab "Evidence based practice"

Jessica

Dear Samantha,

My department is using the OSA and the MOHOST with inpatient adolescent eating disordered clients. The OSA is definitely useful for adolescents, especially as it has a helpful goal-setting component. However, as it is targeted at an adult population, some aspects of the measure are a little age inappropriate. The COSA is also age inappropriate.

The MOHOST is useful as many adolescents do not yet view their condition as problematic and often offer unreliable information at initial assessment. The observational aspects of the MOHOST are therefore very useful. With the few more
motivated clients the OCAIRS or ideally (if time allows) the OPHI could be used.

The OSA (and OCAIRS) is cited as efficacious for eating disordered clients (although not specifically for adolescents) in:

Abeydeera K, Willis S, & Forsyth K (2006), Occupational focussed assessment and intervention for clients with anorexia,

International Journal of Therapy and Rehabilitation, 13 (7) p296.

Barris et al (1988) investigated the empirical validity of MOHO using eating disordered clients as a comparison group in:


Henderson (1999) states that MOHO was frequently used by OTs in a review of the literature on frames of reference used by OTs treating ED clients. Lim & Agnew, (1994) discovered that 66.7% of OTs in major Australian centres were using MOHO alongside CBT, Other authors cite MOHO as efficacious for eating disordered clients (Stoffel, 1993; Martin, 1998 p183; Barris, 1986; Giles, 1985. Lock, 2000 p76-77).

Incidentally, on Monday 12th November, 2007, the College of Occupational Therapists Specialist Section-Mental Health, Special Interest group for Eating Disorders (UK) (formerly known as National Occupational Therapists working in Eating Disorders) is hosting its 6th annual study day on the topic of 'Understanding eating disorders using the Model of Human Occupation'.

Dr Genevieve Pepin, a Canadian Occupational Therapist with a PhD in MOHO-based family interventions for eating disordered clients is the primary speaker. Details will shortly be posted on the COT website. If anyone is interested to attend, please can they contact me directly.

Laura Lock

Date: Sat, March 24, 2007 10:37 am

Samantha,

I completely agree with Laura's comments and ideas. I have to say that I espacially like the OPHI-II version 2.1 even if it takes more time to administer. I like that the assesment gives information about where the client wants to take her (or his) life. I realized that using client's own narrative is a great opportunity for the client and the OT to explore the volitional structure by understanding the person's
occupational choices.
I think the keyforms of the new version are certainly an asset for the therapist
helping our clinical understanding of a complicated multifactorial disorder and its
numerous functional impacts.
Plus, if you consider families, using their narrative slopes gives you incredible
information about the course of the disorder. It also help identify patterns of
behaviours that can exacerbate ED symtoms and it will help you understand the
parents and relatives occupational choices in such a context.

To Laura's references I would add the work of Barris (1986) in which she explains
anorexia via the MOHO. It is a bit old but I think it is worth mentioning. There are
a few papers in Occupational Therapy in Mental Health, 6(1).

Lastly, if you read french, I would be more than happy to send you a few things from
my dissertation. Also, a paper has been submitted to AJOT so fingers crossed, it
will be out eventually.

Good luck!
Genevieve