MOHO and Chronic Fatigue Syndrome

Date: Wed, February 14, 2007 10:22 am

We are interested in hearing from anyone who has used MOHO within Chronic Fatigue Syndrome/ME. We are looking to pilot an assessment possibly OSA or OCAIRS and would value any feedback or advice on the appropriateness or success of these assessments or any other ideas that may help inform our practice.

Thank you

Jo-Anne Mount & Helen Albon

Date: Sun, February 18, 2007 9:21 am

Jo-Anne,
Certainly we have done a lot of thinking about this and have put some of it into practice and applied it to research. We are just at the beginning, however. MOHO theory has influenced my private psychotherapy practice with individuals with ME/CFS. Additionally, in collaboration with Gary Kielhofner and Jessica Keller, I am using the OSA in a longitudinal study of adolescents with post-infectious fatigue but results are not yet ready for release. Also, Gary and I have published two articles on this topic and there is also a chapter in my book. There is also a chapter coming out in Dumont and Kielhofner's book that touches upon this. Citations are below. I hope you find this helpful.

Renee Taylor

Dear Helen,

I work in a CMHT in north wales, and have used the OCAIRS on 2 people to date who have CFS as well as moderate / severe depression. I found the OCAIRS to be very useful in highlighting for the client the specific areas they need to work on as well as having a nice easy way of showing change. I did use it in conjunction with a number of other assessments and tools.

1. The volitional questionnaire
2. Social functioning scale
3. DAS - dysfunctional attitude scale?
4. As well as using negative / rational though response diaries.

A part of the treatment has been looking into causation, and looking at 'with these 2 clients', the perfectionalist traits that they have, coping skills enhancement, and problem solving has been high.

With a systematic approach to graded activity / exposure both of these people are back to high levels of functioning. I also worked closely with the GP and both clients were put on high doses of EPA oils.

Hope that's some help

Neil

Date: Mon, February 19, 2007 9:19 am

Helen-
There have been several position papers on MOHO and CFS. The OSA was an assessment that was used.
There has also been some qualitative research done on chronic pain using MOHO as a framing theory.
Here are some references you may find useful:


Jessica Kramer, MS, OTR/L