Title: Theory use in practice: A national survey of therapists who use the Model of Human Occupation

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Major Finding: This study described how occupational therapists who reported using the Model of Human Occupation (MOHO) actually employ the concepts and tools of this model in everyday practice and identified supports and barriers to its utilization.

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 questionnaire on using MOHO.

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.
- Therapists reported that MOHO supports holistic, occupation focused, client-centered, and evidence-based practice.
- Participants reported being comfortable with most MOHO concepts and found them useful for treatment planning and intervention.
- Therapists reported making modest use of the available standardized MOHO assessment tools. While therapists identified some external barriers to using MOHO, most viewed the major barrier as their own lack of knowledge.
- Most therapists used multiple means of learning about MOHO; the number of means they used was related to both self-reported levels of knowledge and utilization of this model.
- Many therapists were also actively engaged in sharing their knowledge and utilization of this model.

Conclusion: Efforts to make knowledge and resources more readily available and accessible to therapists might enhance the extent to which they actively use conceptual models such as MOHO.

Implications for future research: Efforts to make knowledge more readily available to enhance the extent to which therapists use this model need to be further studied.

Evidence-based practice implications:
- A substantially large portion (80.7%) of therapists nationwide indicated that they used MOHO in their practice.
- Although highly valued, the biggest barrier perceived among OT was lack of knowledge.