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**ORAL ABSTRACT COTEC-ENOTHE2016**  
**Theme 14. Evidence based practice**  
**Theme 3: WHO 2020 health promotion and disease prevention**

**A Critical Review of the Evidence Base for Occupational Therapy Mental Health Practice for Children and Adolescents**

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**Background:** Mental disorders have been identified as the greatest social and economic burden to society; however, resourcing for service provision and research is disproportionately low in Europe (ROAMER, 2015). The World Federation of Occupational Therapists' Master Plan for Mental Health aims to establish and maintain a significant position for occupational therapy in mental health services. This requires accessible, critical summaries of the evidence base underpinning practice.

**Aim:** Conduct a critical review of evidence (published within last 5 years) to explore the role and effectiveness of occupational therapy mental health practice with children and adolescents. This is a 3<sup>rd</sup> year "Students as Co-Researchers" project. This age group is highlighted as a priority for research because early experience and wider social influences affect health across life (ROAMER, 2015).

**Method:** A systemised search and critical appraisal methodology is applied to evaluate literature published in the last five years that relates to occupational therapy and mental health of children and young people.

**Results:** A critical and thematic analysis related to the effectiveness of interventions and role of occupational therapists will be presented.

**Conclusion:** The quality of the evidence base will be considered and any evidence gaps identified.

**Application to Practice:** The findings will contribute to the evidence base underpinning occupation-focused interventions for health promotion and prevention of mental illness with children and adolescents.

**References:**

ROAMER (2015) A roadmap for mental health research: Final Roadmap 2015. Final report of European Commission's Seventh Framework Program FP7/2007-2013/no 282586 Available at: <http://www.roamer-mh.org/files/MaqRoamer-Roadmap2015F%20FINALISSIMA%20030315.pdf>. (accessed 20 October 2015).