



Article

Psychiatrists' Insights on Integrating Occupational Therapy in Mental Health Care: A Multisite Middle Eastern Study

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Abstract: **Objective:** The purpose of this study was to explore the knowledge, perception, attitude, and self-efficacy of psychiatrists regarding the role of occupational therapy in mental health practice. **Materials and Methods:** This study utilized a cross-sectional design to examine the perspectives of psychiatrists from various Middle Eastern countries on occupational therapy practice. A self-developed tool was mainly used to assess occupational therapy knowledge, autonomy, attitude, and self-efficacy. STATA version 16.0 was employed for all subsequent statistical analyses. The data were analyzed using the Kruskal–Wallis and chi-square tests. **Results:** A total of 117 participants (psychiatrists) from various Middle Eastern countries, including Kuwait, Bahrain, Saudi Arabia, and Jordan, took part in this study. Overall, no significant differences were found between the sites in terms of knowledge and self-perception of occupational therapy autonomy, indicating a lack of understanding about the unique nature of occupational therapy as a distinct health care profession (p -values > 0.05). However, this study's participants demonstrated a positive attitude and self-efficacy towards occupational therapy. **Conclusions:** In order to promote the desired therapeutic outcomes, a referral form for occupational therapy, encompassing the main areas of intervention, was proposed. Such a referral form can help inform psychiatrists about the key components of occupational therapy services in mental health practice, thus facilitating the desired interprofessional collaboration and patient outcomes. This study's implications and future directions are also discussed.

Keywords: interprofessional collaboration; referral; occupational therapy autonomy; Middle East; rehabilitation; mental health; psychiatry; multidisciplinary

1. Introduction

Collaboration and communication between healthcare professionals are pivotal for the comprehensive treatment of patients with mental health issues [1,2]. Among these professionals, psychiatrists and occupational therapists play crucial roles, each bringing unique perspectives and skills to patient care [2,3]. Psychiatrists, with their expertise in diagnosing mental health conditions and prescribing medication, along with occupational therapists, who focus on improving patients' functional abilities through everyday activities, both aim to enhance the quality of life for those with mental health conditions [2–4].

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Table of Contents Psychiatrists Insights A

1. Understanding the eBook Psychiatrists Insights A
 - The Rise of Digital Reading Psychiatrists Insights A
 - Advantages of eBooks Over Traditional Books
2. Identifying Psychiatrists Insights A
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Psychiatrists Insights A
 - User-Friendly Interface
4. Exploring eBook Recommendations from Psychiatrists Insights A
 - Personalized Recommendations
 - Psychiatrists Insights A User Reviews and Ratings
 - Psychiatrists Insights A and Bestseller Lists
5. Accessing Psychiatrists Insights A Free and Paid eBooks
 - Psychiatrists Insights A Public Domain eBooks
 - Psychiatrists Insights A eBook Subscription Services

- Psychiatrists Insights A Budget-Friendly Options
- 6. Navigating Psychiatrists Insights A eBook Formats
 - ePub, PDF, MOBI, and More
 - Psychiatrists Insights A Compatibility with Devices
 - Psychiatrists Insights A Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Psychiatrists Insights A
 - Highlighting and Note-Taking Psychiatrists Insights A
 - Interactive Elements Psychiatrists Insights A
- 8. Staying Engaged with Psychiatrists Insights A
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Psychiatrists Insights A
- 9. Balancing eBooks and Physical Books Psychiatrists Insights A
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Psychiatrists Insights A
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Psychiatrists Insights A
 - Setting Reading Goals Psychiatrists Insights A
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Psychiatrists Insights A
 - Fact-Checking eBook Content of Psychiatrists Insights A
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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