THE BIOPSYCHOSOCIAL MODEL IN APPLICATION TO OCCUPATIONAL THERAPY

Characteristics of the Condition
- Type
- Course
- Severity
- Location
- History

Biological Factors:
- Circulation/cardiovascular
- Hematological
- Musculo-skeletal
- Respiration/respiratory
- Immune function/immunological
- Tissue integrity/skin & related structures
- Neuro-chemistry/neurological +
- Metabolism/metabolic
- Digestive
- Endocrine +
- Sensory system (including vision)
- Voice & speech
- Genitourinary & reproductive
- Sleep +
- Pain +
- Nutrition +
+ (biological, impacting psychological)

Psychological Factors:
- Cognitive skills and abilities
- Cognitive appraisals (beliefs & attributions)
- Personality
- Affect/Mood
- Coping skills
- Behavior
- Motivation
- Goals

Social/Contextual Factors:
- Cultural
- Spiritual
- Social (incl. social support)
- Physical context (part of Biological Factors)
- Personal context (part of Psychological Factors)
- Temporal &/or virtual settings (as contextual)
- Life stress/stressors
- Situational characteristics
- Rehabilitation (environment & process)
- Environment (natural, built, virtual)
- Task characteristics & demands (as contextual)

Intermediate Biopsychosocial Outcomes (examples)
- Subjective &/or objective gains in relevant treatment and goal areas (i.e., ADL [self-care], IADL [medication, financial, and home management tasks], self management behaviors, balance, mobility, transfers, range of motion, strength, coordination, etc.)
- Application of compensatory strategies &/or devices
- Adaptations of tasks or environment
- Knowledge of available resources (including resources to support psychosocial adaptation)
- Education and development of positive coping skills and strategies
- Reduction of negative signs/symptoms (e.g., decreased pain)

Rehabilitation Outcomes (examples)
- Treatment satisfaction
- Improved functional performance
- Perceived improvement of quality of life
- Perceived reduction in disability
- Enhanced participation in valued occupations, tasks, roles, and routines
- Reduction of risk factors &/or comorbidities (relating to self-management behaviors)
- Psychosocial adaptation