

Christel Leufstadius

Sustainable occupations and health in a life course perspective

**Type of address: Visiting address.**

Sölvegatan 19

Rm BMC

Lund

Sweden

**Type of address: Postal address.**

Box 117

22100

Lund

Sweden

**Email:** christel.leufstadius@med.lu.se

**Phone:** +46462221814



## Research

### Research

My research focuses on meaningful occupation and everyday life in relation to health. The aims to gain more knowledge about daily occupations among people with persistent mental illness, among others, and the possible relationships between daily occupations and health and wellbeing. The results will hopefully lead to development of strategies for support and intervention in several areas with the purpose to increase the possibilities for people with illness to perceive a sense of wellbeing and a meaningful life. One intervention project, aiming to increase perceived meaningfulness in daily occupations at daily activity centres in the community among people with psychiatric disability is recently published in several articles. Within occupational therapy and occupational science, I am interested in several research areas such as occupational balance, time use, occupational patterns, change in daily lifestyles and creative activities as a therapeutic tool as well as pedagogical research.

### Pedagogical research

Since 2016 I'm project leader for an implementation program. The group focus on evaluating and implementing better rubrics and assessment criteria within the occupational therapy program in order to increase transparency, reliable assessments, stimulate learning and engagement for students at the program. The project will continue for 3 years and be reported in reviewed pedagogical scientific journals.

I am working as a lecturer in some of the courses in the educational programme for occupational therapists, mainly about psychosocial occupational therapy, creative activities and as a supervisor and teaching research methodology.

## Research outputs

### Experiences of meaningful occupation among diverse populations – A qualitative meta-ethnography

Leufstadius, C., Nilsson, L. & Hovbrandt, P., 2024 Jan 8, In: Scandinavian Journal of Occupational Therapy. 31, 1, p. 1-26

### Experiences of Occupational Value When Doing Creative Activities in a Mental Health Context

Hansen, B. W., Leufstadius, C., Pedersen, H. A., Berring, L. L. & Erlandsson, L. K., 2022, In: Occupational Therapy in Mental Health. 38, 4, p. 383-402

### A concept analysis of creative activities as intervention in occupational therapy

Hansen, B. W., Erlandsson, L. K. & Leufstadius, C., 2021, In: Scandinavian Journal of Occupational Therapy. 28, 1, p. 63-77

### Joining, belonging, and re-valuing: a process of meaning-making through group participation in a mental health lifestyle intervention

Lund, K., Argentzell, E., Leufstadius, C., Tjörnstrand, C. & Eklund, M., 2019, In: Scandinavian Journal of Occupational Therapy. 26, 1, p. 55-68 13 p.

### Experience of meaning of occupation at day centers among people with psychiatric disability

Leufstadius, C., 2018, In: Scandinavian Journal of Occupational Therapy. 25, 3, p. 180-189

**Adding quality to day centre activities for people with psychiatric disabilities: Staff perceptions of an intervention.**  
Eklund, M. & Leufstadius, C., 2015, In: Scandinavian Journal of Occupational Therapy. Jul 24, p. 1-10

**Empowerment and occupational engagement among people with psychiatric disabilities.**  
Eklund, M., Hultqvist, J. & Leufstadius, C., 2015, In: Scandinavian Journal of Occupational Therapy. 22, 1, p. 54-61

**Effectiveness of an intervention to improve day centre services for people with psychiatric disabilities.**  
Eklund, M., Gunnarsson, B., Sandlund, M. & Leufstadius, C., 2014, In: Australian Occupational Therapy Journal. 61, 4, p. 268-275

**Health care students' attitudes towards people with schizophrenia- a survey of eight university training programs.**  
Svensson, B., Brunt, D., Bejerholm, U., Eklund, M., Lundvik Gyllensten, A., Leufstadius, C., Markström, U., Sandlund, M., Östman, M. & Hansson, L., 2014, In: Open Journal of Psychiatry. 4, p. 309-316 8 p.

**Meaningfulness in day centers for people with psychiatric disabilities- Gender and empowerment aspects.**  
Leufstadius, C., Birgitta, G. & Eklund, M., 2014, In: Occupational Therapy in Mental Health. 30, 2, p. 178-195

**Perceived Meaningfulness of Music and Participation in a Music Group among Young Adults with Physical Disabilities**  
Eidevall, K. & Leufstadius, C., 2014, In: Journal of Occupational Science. 21, 2, p. 130-142

**Social interaction among people with psychiatric disabilities - Does attending a day centre matter?**  
Argentzell, E., Leufstadius, C. & Eklund, M., 2014, In: International Journal of Social Psychiatry. 60, 6, p. 519-527

**Time use among individuals with persistent mental illness: identifying risk factors for imbalance in daily activities.**  
Leufstadius, C. & Eklund, M., 2014, In: Scandinavian Journal of Occupational Therapy. 21, p. 53-63

**Factors influencing subjective perceptions of everyday occupations: Comparing day centre attendees with non-attendees.**  
Argentzell, E., Leufstadius, C. & Eklund, M., 2012, In: Scandinavian Journal of Occupational Therapy. 19, p. 68-77

**Attitudes in healthcare students toward mental illness- A pre- and postmulticenteruniversity program survey.**  
Lundvik Gyllensten, A., Svensson, B., Björkman, T., Hansson, L., Leufstadius, C., Bejerholm, U., Markström, U., Östman, M., Eklund, M., Brunt, D. & Sandlund, M., 2011, In: The Internet Journal of Allied Health Sciences and Practice. 9, 3, p. 1-8

**Measuring perceived meaningfulness in day centres for persons with mental illness**  
Nilsson, I., Argentzell, E., Sandlund, M., Leufstadius, C. & Eklund, M., 2011, In: Scandinavian Journal of Occupational Therapy. 18, 4, p. 312-320

**Test - retest reliability of two instruments for measuring public attitudes towards persons with mental illness.**  
Svensson, B., Markström, U., Bejerholm, U., Björkman, T., Brunt, D., Eklund, M., Hansson, L., Leufstadius, C., Lundvik Gyllensten, A., Sandlund, M. & Östman, M., 2011, In: BMC Psychiatry. 11, 11.

**Vardagsliv - aktivitetsbalans och meningsfullhet i dagliga aktiviteter hos personer med psykiskt funktionshinder**  
Leufstadius, C., 2010 Oct 7, 2010 ed. Nacka: Förbundet Sveriges Arbetsterapeuter. 39 p. (FoU-rapport; vol. 2010, no. 1)

**Aktivitet & relation. Mål och medel inom psykosocial rehabilitering**  
Eklund, M. (Editor), Gunnarsson, B. (Editor) & Leufstadius, C. (Editor), 2010, Studentlitteratur AB.

**Client perceptions of the Tree Theme Method: a structured intervention based on storytelling and creative activities.**  
Gunnarsson, B., Peterson, K., Leufstadius, C., Jansson, J.-Å. & Eklund, M., 2010, In: Scandinavian Journal of Occupational Therapy. 17, 3, p. 200-208

### **Skapande aktivitet**

Leufstadius, C., Gunnarsson, B. & Tjörnstrand, C., 2010, *Aktivitet & relation. Mål och medel inom psykosocial rehabilitering*. Mona, E., Birgitta, G. & Christel, L. (eds.). Studentlitteratur AB, p. 217-244

### **Time use in relation to valued and satisfying occupations among people with persistent mental illness – exploring occupational balance**

Eklund, M., Erlandsson, L.-K. & Leufstadius, C., 2010, In: *Journal of Occupational Science*. 17, 4, p. 231-238

### **Attitudes towards mental illness among health care students at Swedish universities - A follow-up study after completed clinical placement**

Markstroem, U., Lundvik Gyllensten, A., Bejerholm, U., Björkman, T., Brunt, D., Hansson, L., Leufstadius, C., Sandlund, M., Svensson, B., Östman, M. & Eklund, M., 2009, In: *Nurse Education Today*. 29, 6, p. 660-665

### **Meaningfulness in work: experiences among individuals with persistent mental illness**

Leufstadius, C., Eklund, M. & Erlandsson, L.-K., 2009, In: *Work: A Journal of Prevention, Assessment & Rehabilitation*. 34, 1, p. 21-32

### **Time Use among People with Psychiatric Disabilities: Implications for Practice.**

Eklund, M., Leufstadius, C. & Bejerholm, U., 2009, In: *Psychiatric Rehabilitation Journal*. 32, 3, p. 177-191

### **Meaningfulness in daily occupations among individuals with persistent mental illness**

Leufstadius, C., Erlandsson, L.-K., Björkman, T. & Eklund, M., 2008, In: *Journal of Occupational Science*. 15, 1, p. 27-35

### **Spending my time- Time use and meaningfulness in daily occupations as perceived by people with persistent mental illness**

Leufstadius, C., 2008, Lund University, Division of Occupational Therapy and gerontology. 152 p.

### **Time use among individuals with persistent mental illness: Identifying risk factors for imbalance in daily activities**

Leufstadius, C. & Eklund, M., 2008, In: *Scandinavian Journal of Occupational Therapy*. 15, 1, p. 23-33

### **Relationships between occupational factors and health and well-being in individuals with persistent mental illness living in the community**

Eklund, M. & Leufstadius, C., 2007, In: *Canadian Journal of Occupational Therapy*. 74, 4, p. 303-313

### **Time use and daily activities in people with persistent mental illness**

Leufstadius, C., Erlandsson, L.-K. & Eklund, M., 2006, In: *Occupational Therapy International*. 13, 3, p. 123-141