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Hållbar vardag och hälsa i ett livsperspektiv

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## Forskning

Min forskning som ingår i forskargruppen Hållbar aktivitet och hälsa ur ett livsperspektiv och handlar om att nå ökad kunskap om vardagliga aktiviteter och upplevelse av meningsfullhet samt eventuella samband med hälsa och välbefinnande. Jag fokuserar särskilt på målgruppen med psykisk ohälsa och deras upplevda aktivitetsbalans och vilken mening aktiviteter kan ha. Resultaten av forskningen kan användas inom rehabilitering och för olika stödinsatser inom både regional och kommunal regi. Jag bedriver även forskning och undervisning vid GU om kreativa aktiviteter och dess terapeutiska potential, samt pedagogisk forskning som tillämpas inom programmet.

## Forskningsoutput

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

Leufstadius, C., Nilsson, L. & Hovbrandt, P., 2024 jan. 8, I: Scandinavian Journal of Occupational Therapy. 31, 1, s. 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, I: Occupational Therapy in Mental Health. 38, 4, s. 383-402

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

Hansen, B. W., Erlandsson, L. K. & Leufstadius, C., 2021, I: Scandinavian Journal of Occupational Therapy. 28, 1, s. 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, I: Scandinavian Journal of Occupational Therapy. 26, 1, s. 55-68 13 s.

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

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

### **Adding quality to day centre activities for people with psychiatric disabilities: Staff perceptions of an intervention.**

Eklund, M. & Leufstadius, C., 2015, I: Scandinavian Journal of Occupational Therapy. Jul 24, s. 1-10

### **Empowerment and occupational engagement among people with psychiatric disabilities.**

Eklund, M., Hultqvist, J. & Leufstadius, C., 2015, I: Scandinavian Journal of Occupational Therapy. 22, 1, s. 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, I: Australian Occupational Therapy Journal. 61, 4, s. 268-275

**Health care students' attitudes towards people with schizophrenia- a survey of eight university training programs.**

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**Meaningfulness in day centers for people with psychiatric disabilities- Gender and empowerment aspects.**

Leufstadius, C., Birgitta, G. & Eklund, M., 2014, I: *Occupational Therapy in Mental Health*. 30, 2, s. 178-195

**Perceived Meaningfulness of Music and Participation in a Music Group among Young Adults with Physical Disabilities**

Eidevall, K. & Leufstadius, C., 2014, I: *Journal of Occupational Science*. 21, 2, s. 130-142

**Social interaction among people with psychiatric disabilities - Does attending a day centre matter?**

Argentzell, E., Leufstadius, C. & Eklund, M., 2014, I: *International Journal of Social Psychiatry*. 60, 6, s. 519-527

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

Leufstadius, C. & Eklund, M., 2014, I: *Scandinavian Journal of Occupational Therapy*. 21, s. 53-63

**Factors influencing subjective perceptions of everyday occupations: Comparing day centre attendees with non-attendees.**

Argentzell, E., Leufstadius, C. & Eklund, M., 2012, I: *Scandinavian Journal of Occupational Therapy*. 19, s. 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, I: *The Internet Journal of Allied Health Sciences and Practice*. 9, 3, s. 1-8

**Measuring perceived meaningfulness in day centres for persons with mental illness**

Nilsson, I., Argentzell, E., Sandlund, M., Leufstadius, C. & Eklund, M., 2011, I: *Scandinavian Journal of Occupational Therapy*. 18, 4, s. 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, I: *BMC Psychiatry*. 11, 11.

**Vardagsliv - aktivitetsbalans och meningsfullhet i dagliga aktiviteter hos personer med psykiskt funktionshinder**

Leufstadius, C., 2010 okt. 7, 2010 uppl. Nacka: Förbundet Sveriges Arbetsterapeuter. 39 s. (FoU-rapport; vol. 2010, nr. 1)

**Aktivitet & relation. Mål och medel inom psykosocial rehabilitering**

Eklund, M. (redaktör), Gunnarsson, B. (redaktör) & Leufstadius, C. (redaktör), 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, I: *Scandinavian Journal of Occupational Therapy*. 17, 3, s. 200-208

**Skapande aktivitet**

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**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, I: *Journal of Occupational Science*. 17, 4, s. 231-238

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

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

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

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

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

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

Leufstadius, C., Erlandsson, L.-K., Björkman, T. & Eklund, M., 2008, I: *Journal of Occupational Science*. 15, 1, s. 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 s.

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

Leufstadius, C. & Eklund, M., 2008, I: *Scandinavian Journal of Occupational Therapy*. 15, 1, s. 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, I: *Canadian Journal of Occupational Therapy*. 74, 4, s. 303-313

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

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