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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

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A concept analysis of creative activities as intervention in occupational therapy

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

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

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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

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