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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

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A concept analysis of creative activities as intervention in occupational therapy

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

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

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

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

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

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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

Measuring perceived meaningfulness in day centres for persons with mental illness

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

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