

Research Project Details	
Title	Effectiveness of self-help interventions to reduce work disability: A rapid mixed methods systematic review of quantitative and qualitative studies
Investigator(s)	Dr. Carol Cancelliere, Ontario Tech University
Funding Period	2023-2025
Budget	\$42,458.00
Issue/Rationale	Musculoskeletal conditions contribute significantly to the global demand for rehabilitation services. Moreover, individuals with musculoskeletal conditions face an elevated likelihood of experiencing mental health conditions, especially anxiety and depression. Self-help interventions and self-management strategies are recognized as important components of comprehensive care for individuals with musculoskeletal, anxiety, and depressive conditions. However, there is currently limited understanding of their effectiveness in reducing work disability and the experiences and perspectives of workers with these conditions who utilize these interventions. This knowledge gap hinders the widespread dissemination and adoption of these interventions.
Objective(s)	<ol style="list-style-type: none"> <li>1) Determine is the effectiveness of self-help interventions for reducing disability and improving health-related outcomes in workers with musculoskeletal, anxiety or depressive conditions?</li> <li>2) Understand workers’ (with musculoskeletal, anxiety or depressive conditions) experiences, perspectives, preferences, expectations, and valued outcomes regarding self-help interventions.</li> <li>3) Explore what can be hypothesized from the integration of the quantitative and qualitative evidence about the effectiveness of self-help interventions for workers with musculoskeletal, anxiety or depressive conditions.</li> </ol>
Anticipated Results/ Impact	This research aims to contribute to the existing body of knowledge on self-help interventions and their impact on reducing disability in workers. The findings can contribute to or help advance theoretical frameworks related to self-help, self-management, and the biopsychosocial model of care. For healthcare practitioners, the findings can inform evidence-based practice and guide the integration of self-help interventions into care pathways for workers with musculoskeletal, anxiety or depressive conditions. Policymakers can use the results to develop guidelines and policies that promote the provision and accessibility of self-help interventions within healthcare systems. Employers and workers' organizations can gain insights into effective strategies for supporting employees' well-being and facilitating their ability to return to work and stay at work. Individuals with these conditions can benefit from self-help interventions that enhance their symptom management, functioning, work life, and quality of life.
Keywords	Self-help interventions, systematic review, musculoskeletal injury, anxiety, depression, work disability