

ABSTRACT

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Title: INVESTIGATION OF THE RELATIONSHIP BETWEEN REGULAR PHYSICAL ACTIVITY AND THE PRESENCE AND SEVERITY OF MAJOR DEPRESSIVE SYMPTOMS SPECIAL PROJECT (DUE TO COVID-19 QUARANTINE): OCCUPATIONAL THERAPY ASSISTIVE EQUIPMENT PRESCRIPTION

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Introduction: More than 3.1 million adolescents living in the United States (US) have experienced at least one major depressive episode (ADAA, 2010; American Psychiatric Association, 2018; CDC, 2019; NIH, 2017). Major depressive disorder is the psychiatric diagnosis most strongly correlated with suicide, the second leading cause of death for American citizens between the ages of five and twenty-four years old (ADAA, 2010). Research has correlated participation in regular physical activity (in alignment with NEACSM guidelines) with reduced severity of major depressive disorder symptoms (Helgadóttir, 2016; Riebe, 2018; Stein, 1992).

Methods: This study was designed to investigate the significance of the relationship between participation in physical activity and the severity of major depressive disorder symptoms experienced in eighteen-year-old high school seniors as indicated by participants' responses to the 2019 National Youth Risk Behavior Questionnaire. Research and results collected from this study were intended to further support the relationship between regular physical activity and decreased severity of major depressive disorder symptoms experienced, particularly within the eighteen-year-old high school senior population residing in the Connecticut shoreline.

Special Circumstances: Due to the COVID-19 quarantine, and the related statewide shutdown of schools, this investigation could no longer proceed. It was no longer possible to safely and confidentially administer and collect the questionnaire while maintaining contact with necessary resources, such as the schools' guidance counselors, making it impossible to ethically move forward.

Results/Conclusion Replacement: In place of the original project, and to fulfill the Honor's College capstone, a project on occupational therapy assistive equipment prescription was conducted based on research and participation in treatments in the clinical acute care setting of occupational therapy. The special project (due to COVID-19 quarantine) outlines the process of assistive equipment prescription in the acute care setting and provides an example of prescription for a hypothetical patient who has received a total knee replacement surgery.