

2023

## Relationship of Resilience Levels: A Survey of Occupational Therapists

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<https://doi.org/10.33015/dominican.edu/2024.OT.RP.10>

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### Recommended Citation

Xiong, Emily; Martinez, Alana; Rubinstein, Makenna; Montoya, Breeana; and Perez, Alexis, "Relationship of Resilience Levels: A Survey of Occupational Therapists" (2023).

*Occupational Therapy | Student Research Posters*. 14.

<https://doi.org/10.33015/dominican.edu/2024.OT.RP.10>

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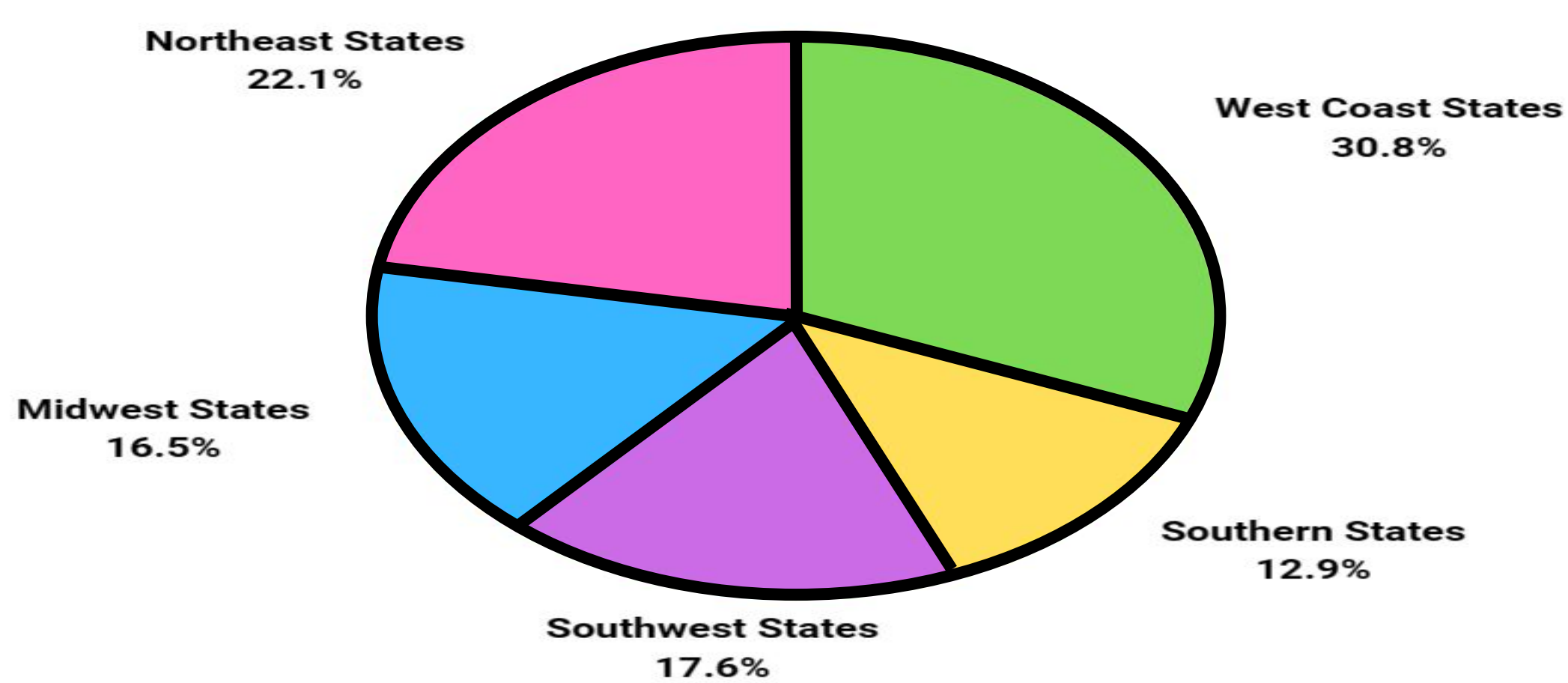


## PURPOSE

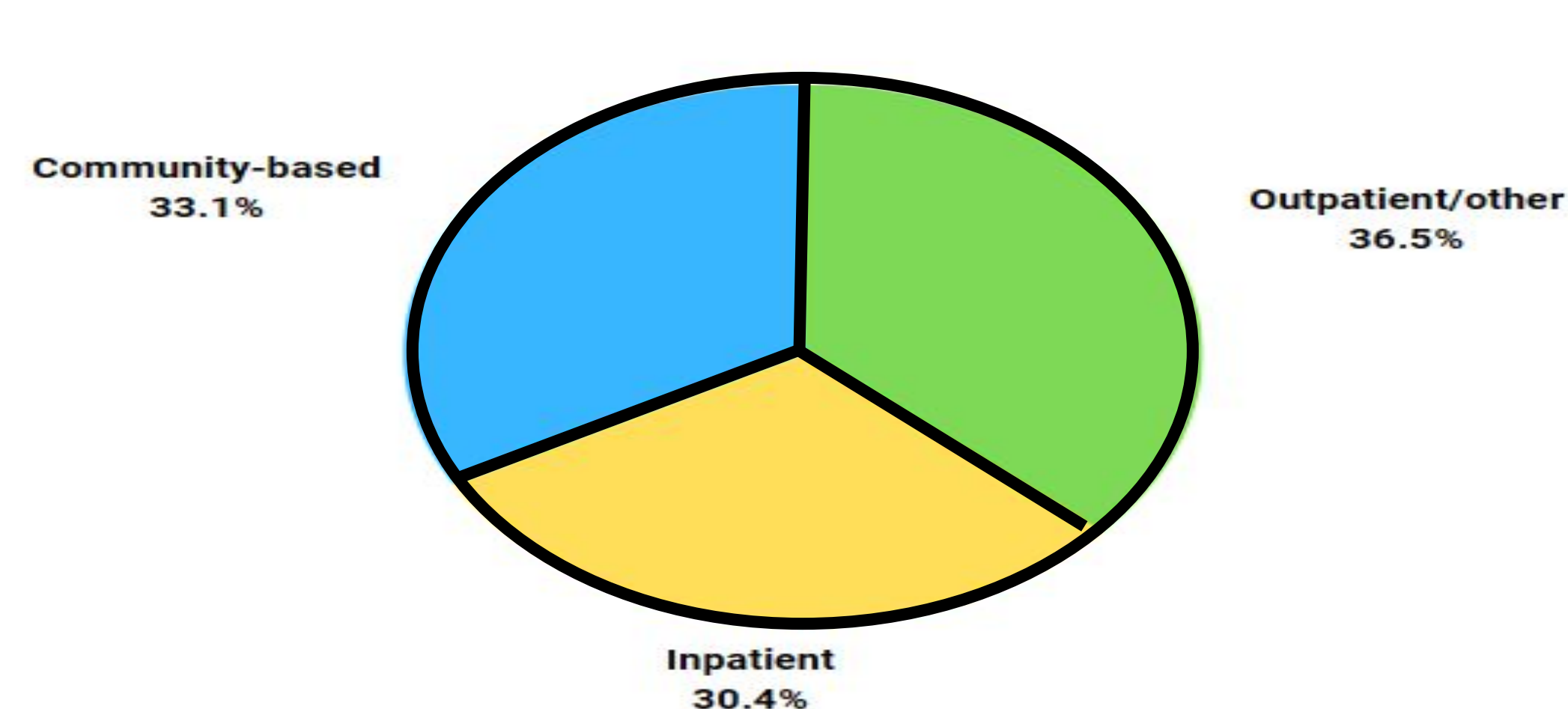
Resilience enables practitioners to handle adversity, endure challenging times, and return to an internal equilibrium.<sup>2</sup> Little is known about the relationship between practicing occupational therapists' (OTs) resilience levels and 1) **professional identity**, 2) **burnout**, 3) **job turnover intention**, 4) **practice settings**, 5) **years of practice**, 6) **age**. Understanding these relationships may ultimately inform solutions for addressing resilience, professional identity, and burnout within the OT profession.<sup>1,2,5,29,40,42,58</sup>

## DEMOGRAPHICS

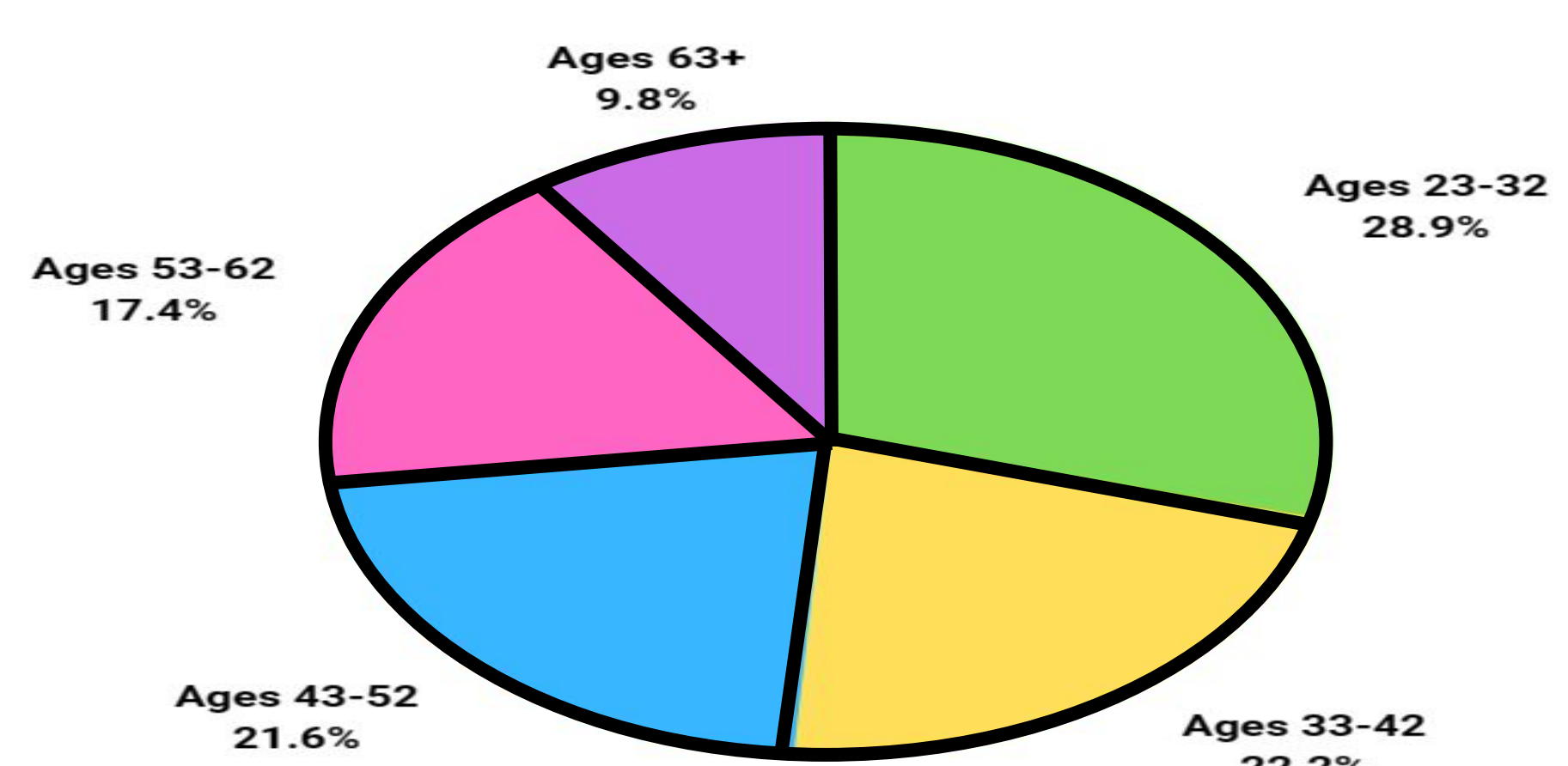
OTs in the U.S



OTs in Practice Settings



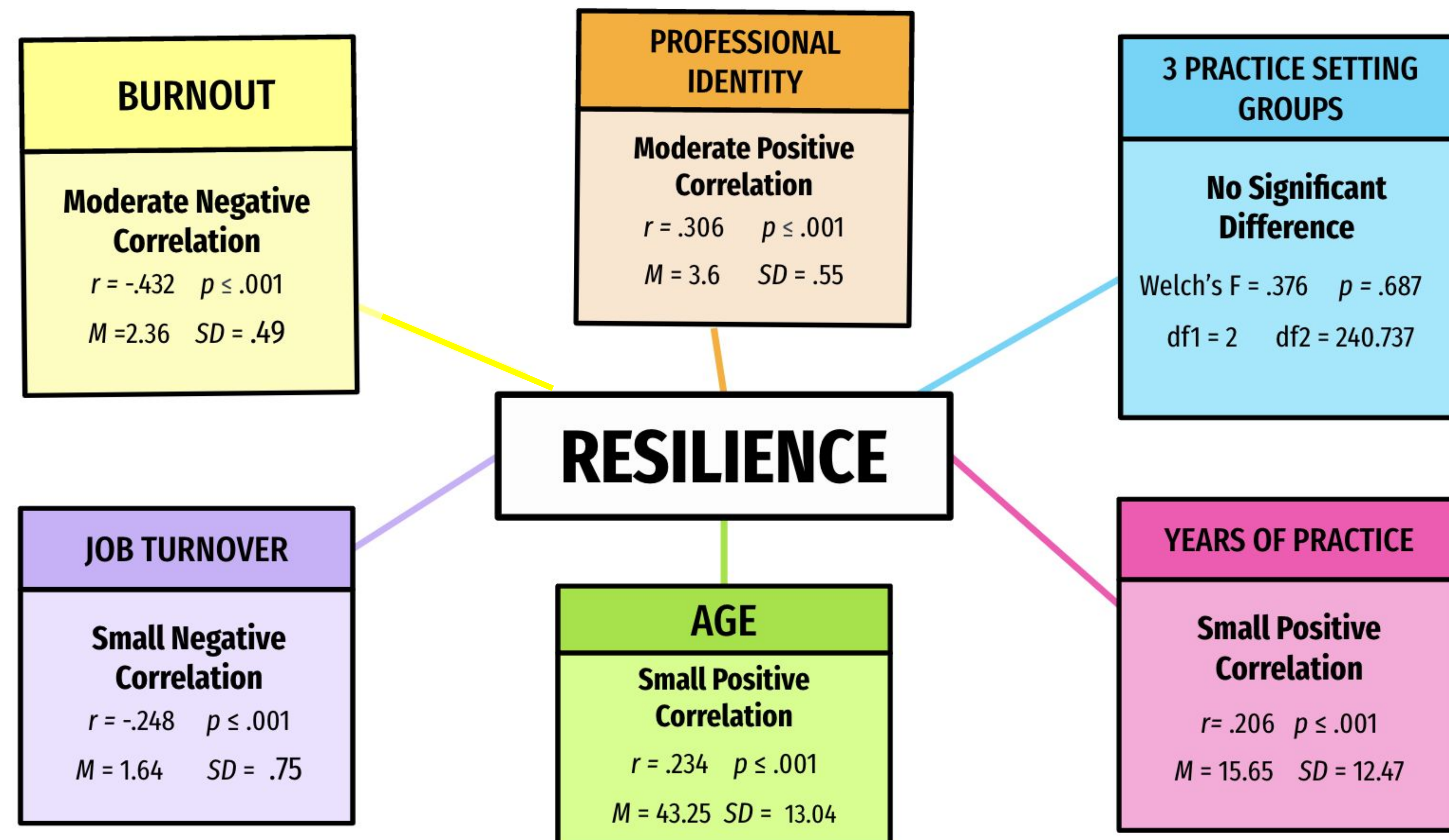
Ages in OT Practice



## RESILIENCE DEFINED

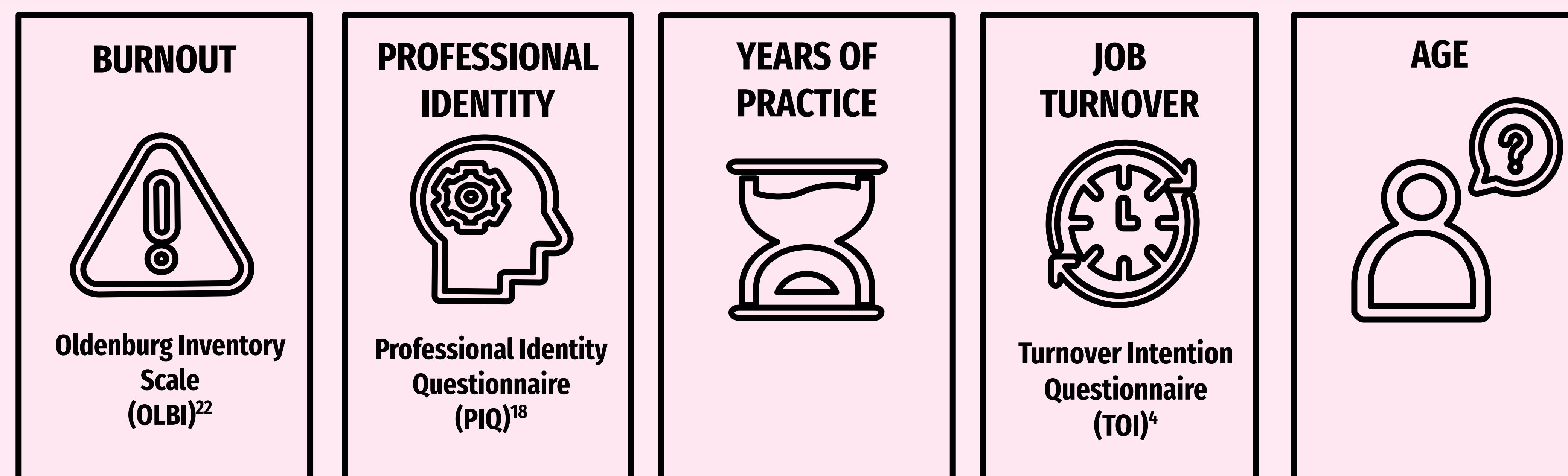
In this study we defined resilience as an individual's ability to adapt to adversity and utilize skills that facilitate positive outcomes, despite exposure to stressful events, which may present risk for decreased wellness.<sup>9,10,13,17,26,42,45,58,59</sup> For this study resilience was measured using the Brief Resilience Scale.<sup>20,52</sup>

## RESULTS



The moderate correlation is a result of a 5 point scale analysis. A correlation of the same survey was completed on a 3 point scale and found a small positive correlation ( $r=.117$ ). This finding is in line with Scanlan et al., (2018) study, who also found that there was a smaller correlation with the revised measure.

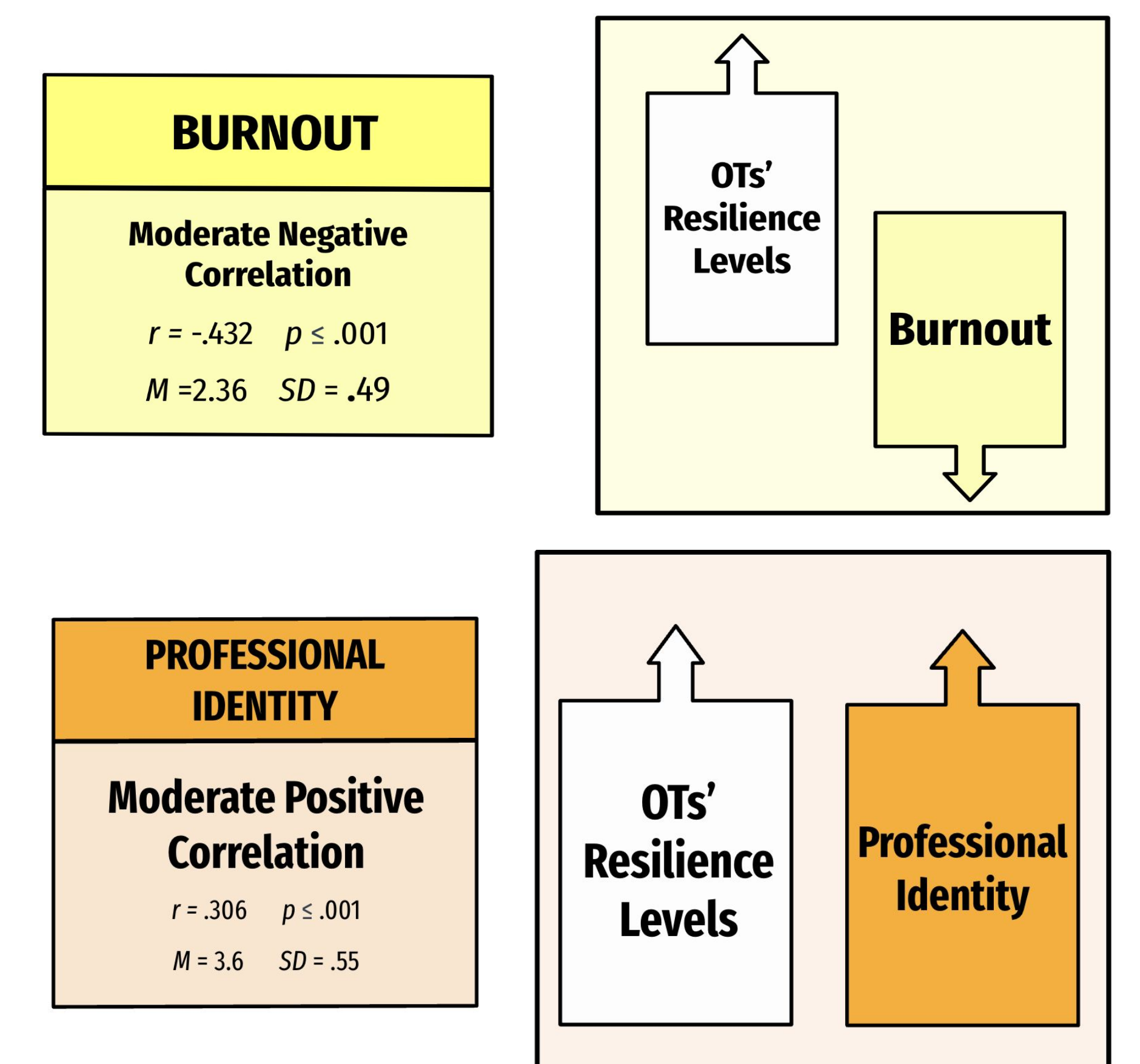
## VARIABLES



## METHODS

Participants ( $n = 367$ ) were recruited through convenience and snowball sampling. Data was collected through surveys posted on CommunOT and social media platforms. This study was approved by the Texas Woman's University and Dominican's University of California IRBs.

## NOTABLE FINDINGS



## IMPLICATIONS

- Findings demonstrate the association between resilience and professional identity for occupational therapists.
- Professional identity differentiates the profession of OT and is rooted in our identity as occupation-based therapists.
- Findings can inform development of resilience initiatives for the OT profession.