# **MOHO Institute 2019:** Revised Swedish Interest Checklist

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#### Interest is:

- a volitional component.
- what one finds enjoyable or satisfying to do.
- a preference for doing.



#### INTEREST CHECKLIST

	What has been your level of interest In the past ten years In the past year				Do you currently participate in this activity?		Would you like to pursue this in the future?			
Activity	Strong	Some	No	Strong	Some	No	Yes	No	Yes	No
Gardening Yardwork										
Sewing/needle work										
Playing card										
Foreign languages										
Church activities										
Radio										
Walking										
Car repair										
Writing										
Dancing										
Golf										
Football										
Listening to popular music										
Puzzles										



Modified Interest Checklist, Kielhofner & Nevel 1983.

#### **The Interest Checklist (original)**

- Includes 68 interests.
- No headings.
- Formulated both as verbs and nouns.

#### INTEREST CHECKLIST

						Do you currently participate in this activity?		Would you like to pursue this in the future?		
Activity	In the past ten years		In the past year							
, county	Strong	Some	No	Strong	Some	No	Yes	No	Yes	No
Gardening Yardwork			-							
Sewing/needle work										
Playing card										
Foreign languages										
Church activities										
Radio										
Walking										
Car repair										
Writing										
Dancing										
Golf										
Football										
Listening to popular music										
Puzzles										



#### **The British Mod. Interest Checklist**

#### South West London and St.George's NHS Trust - Occupational Therapy Service

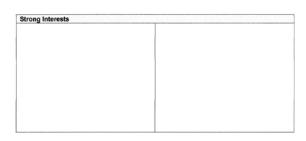
Name: Date of Birth:

Category		Activity	Degr	ree of Inte	erest	Participation?		
			Strong	Some	None	Past	Present	Future
1	Health & Fitness	Aerobics / Gym						
		Cycling						
		Running / Jogging						
		Roller blading / Ice Skating						
		Swimming						
		Yoga / Tai Chi						
C	Other Health and fitness	-						
2	Sports	Athletics						
-		Basketball / Netball						
		Bowling						
		Cricket / Baseball / Rounders						
-		Darts						
		Football / Rugby / Hockey						
		Golf						
		Martial Arts / Boxing / Fencing						
		Pool / Snocker						
		Spectator Sports						
		Table Tennis						
		Tennis / Squash / Badminton						
	Other Sports:							
3.	Creative	Amateur Dramatics						
		Crafts / Needlework						
		Fashion: incl Clothes / Hair / Cosmetics						
		Making music - incl. instrument, DJ'ing						
		Model Building						
		Painting / Drawing (Art)						
		Photography						
_		Pottery						
		Singing						
		Writing: letters / poems / stories						
		Woodworking - incl. Picture Framing,						
		Furniture Restoration						
	Other Creative:							
4.	Productivity - at home	Car Repair						
		Cooking / Baking						
		Gardening - incl Indoor Plants						
		Mending / DIY						
		Pet ownership						

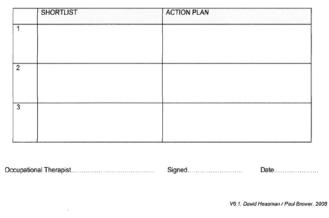
South West London and St.George's NHS Trust - Occupational Therapy Service

#### INTEREST SUMMARY

Name:..... Date of Birth.....



#### ACTION PLAN





V6.1. David Heasman / Paul Brewer. 2008

#### **The British Mod. Interest Checklist**

#### 74 activites divided in nine headings

- Health & Fitness
- Sports
- Creative
- Productivity at home
- Leisure- at home
- Social
- Outdoor Pursuits
- Out and About / Entertainment
- Educational



#### **The Swedish Interest Checklist**

- Version 1.0 (1987) by Haglund, Kjellberg and Hyatt/Carlsson.
- Need for an updated version
   initiated by the Swedish OT Association.
- Survey in 2018



#### Questionnaire

	Is not current today (if Yes check with X)	Comments
Gardening/Yardwork		
Sewing/Needle work		
Playing card		
Foreign languages		
Church activities		
Radio		

#### • New interests



#### Convenience sampling + Snowball sampling method

#### **Participations**

- Younger (18 39 years old), n= 24 (9 OT stud).
- Middle-aged (40 65 years old), n= 23 (2 OT's).
- Elderly people (66 -), n= 22 (6 previa OT).
- Occupational therapists, n= 7.

#### In total 76 questionnaires were received.



### **Distribution of gender**

	Men	Women	Total
Younger	7	17 + 7 OT's	24 + 7 OT's (31)
Middle-aged	9	14	23
Elderly	7	15	22
Total	23	53	76



#### Highest amount of "Not current today"

Interests	Not curre			
	Younger	Middle-age	Elderly	Totalt
Writing	21	14	9	44
Leatherwork	20	9	10	39
Bingo	17	10	7	34
Scouting	14	8	8	30
Model building	12	5	5	22
Sewing/Needle work	10	7	4	21
Laundry/Ironing	9	6	6	21
Church activities	11	5	4	20
Woodwork	11	4	5	20
Children care	13	5	2	20



	Number of selections "Not current today"
Younger	319
Middle-age	148
Elderly	155

	Number of suggested new interests
Younger	135
Middle-age	59
Elderly1	62



#### 76 different interests were added

"Social media" 75 %

"Watching a screen such as TV, computer, mobile" 33 %



#### **First step**

All interests should be stated in active verb form.

All interests should be stated as leisure activities.

Build group of interest/headings



The interests (in the original) were sorted into different groups.

Each interest on the checklist was considered;

Ex, Does it need any changes and if yes in how? Reformulation? Expanded? Removed?



New interests;

- sorted into the preliminary headings.

Each interest was considered;

Ex, Does the interest expand the heading? If yes, in which way? Was the heading still adequate? Should the suggested interest be a new interest on the checklist or is it a partial explanation to another interest? Or shall the interest not be included at all on the new interest checklist?



#### Account

- the The British Modified Interest Checklist
- "Living conditions, Leisure 2014-2015", Statistics Sweden a survey in 2017
- "Interest Compass", Swedish webquestionnaire, Survey company from 2015



# Final version: 68 interests divided into 6 headings

- Outdoor activities (life)
- Handicrafts and creativity
- Home based activities
- Physical exercise
- Social activities
- Other activities

Arranged in alphabetical order within each group (in the Swedish words).



### **Outdoor activities (life) (4)**

- Camping (tent, caravan, home etc.)
- Hunting / Angling / Sport fishing
- Sailing / Boating / Paddling
- Hiking / Being in countryside (Scouting)



# Handicrafts and creativity (10)

- Woodworking / Metalworking
- Photographing and editoring
- Solving crossword / puzzles/sudoku
- Painting / Drawing
- Collecting (stamps, porcelain figures, toys etc.)
- Scrapbooking
- Creating movies/music/podcasts
- Writing (letters, texts etc.)
- Knitting / Crocheting
- Sewing / Embroidering (Needle work)



# Home based activities (8)

- Following fashion (clothes, makeup etc.) (Hairstyling)
- Home furnishing/decorating
- Cooking / Baking
- Vehicle maintenance/repairs (car, boat, motorcycle etc.)
- Gardening / Taking care of indoor plants
- Home repairs/alterations (home/holiday home)
- Taking care of pets
- Watching TV / Using screen devices (to access Youtube/videos etc.)



# Physical exercise (21)

- Bowling
- Cycling (incl. electric and exercise bike)
- Dancing
- Going to gym classes (aerobics etc.)
- Driving / Motorcycling (track, cross, rally etc.) (Auto-racing)
- Jogging / Running
- Walking
- Horse riding
- Swimming
- Playing boule
- Playing football
- Playing golf/minigolf
- Playing handball/basketball



# Physical exercise (21), cont.

- Playing icehockey/bandy/floorball
- Playing racket sports (tennis, badminton, table tennis, squash, padel etc.)
- Working out at gym
- Training martial arts (Wrestling)
- Practising yoga/meditation/mindfulness
- Skiing cross-country/slalom
- Ice-skating
- Trick cycling / Skateboarding / Inline skating etc.



# Social activities (14)

- Participating in club/association activities / Volunteering (own or children's) (Politics)
- Participating in religious meetings (Church activities)
- Going to museums/exhibitions
- Spectating: sports events (Attending place)
- Going to theatres/concerts/cultural events
- Going to cinema (Movies)
- Eating out: restaurants, cafes



# Social activities (14), cont.

- Attending public lectures (Speeches/ Lectures)
- Networking and being active on social media (Facebook, Instagram, blogs etc.)
- Tasting food and beverages
- Choir singing
- Playing board games (Playing Card, Checkers/Chess, Table game, Pool)
- Spending time with family (Visiting)
- Spending time with friends (Visiting)



# Other activities (11)

- Investing (making financial investments etc.)
- Leading activities/groups
- Listening to music (a/Popular, b/Classics)
- Listening to radio/podcasts
- Reading books / Listening to audiobooks
- Travel planning and travelling (Holiday Activities)
- Shopping (not groceries)
- Researching genealogy
- Playing a musical instrument/ instruments
- Betting (lotteries, bingo, football pools, horse/greyhound racing etc.)
- Gaming (media, computer, mobile etc.)



### **Removed interests n=14**

- Foreign languages
- Mending
- Barbecues
- Parties
- Housecleaning
- Model building
- Pottery

- Laundry/Ironing
- Bird watching
- Dating
- Child care
- History
- Science
- Leatherwork



# **New Swedish Manual**

- Introduction
- The development of the Interest checklist
- Conceptual base of the Interest checklist
- Aim and content of the Interest checklist
- Administration of the Interest checklist also incl.
   Summary form: Identifications of interest that support participation, Plan for changing of interests and Follow up
- Interpretation and using of MOHO-concepts to conceptualize problems
- Case-report
- References
- ICF Chap 9: d920.



#### Swedish Interest Checklist



#### For sale at self-cost price from April 2019

#### www.arbetsterapeuterna.se/interestchecklist



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