



Occupational Therapy in Mental Health: Participation and Meaning in Daily Life

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Message from the Guest Editors

Dear Colleagues,

The latest mental health report from the World Health Organization, “World mental health report: Transforming mental health for all” (2022), indicates that more than one billion people have a mental disorder. This figure has worsened in recent years due to the COVID-19 pandemic, with the increase in depression and anxiety in the general population being especially important. However, in the same way that health is not defined solely in terms of the absence of disease, mental health should not be viewed from a reductionist perspective, cataloging it only as the absence of a mental disorder, but as “a state of well-being in which an individual can realize his or her own potential, cope with the normal stresses of life, work productively and make a contribution to the community” (World Health Organization, 2001). Occupational therapy, as a health and social discipline, helps people to build a meaningful life by promoting personal autonomy in their occupations and daily routines, in line with participation within their social and community context.





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Message from the Editor-in-Chief

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