

3<sup>rd</sup> International Conference on

# Mental Health and Human Resilience

June 21-23, 2017 London, UK

## Central human functional capabilities as a framework for health and well-being

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**Statement of the Problem:** One approach related to addressing patients' rights that may provide a meaningful basis for conceptualizing the rights of people with disabilities is the capability or capabilities approach. People with mental illness typically experience challenges which can be related to Nussbaum's Central Human Functional Capabilities (CHFCs).

**Purpose:** The purpose of the study is to explore the views of Canadian occupational therapists related to the CHFCs and their understanding and perceived relevance, with respect to their professional practice.

**Methods:** An exploratory sequential mixed methods design was used. Phase one of the study consisted of a qualitative exploration of the views of occupational therapists about the CHFCs based on interviews. Findings generated from the qualitative study informed the development of a questionnaire survey that was used to collect data from a larger population of Canadian OTs.

**Conclusion:** Results indicated that CHFCs are related to mental health practice. CHFCs can be considered as a client-centered approach and a framework for health and well-being when working with clients with mental health issues.

### Biography

Tahmineh Mousavi completed her PhD from the University of British Columbia in Rehabilitation Sciences in Vancouver, Canada. She currently is an Assistant Professor in the Department of Occupational Therapy in the School of Rehabilitation Sciences at Tehran University of Medical Sciences (TUMS). Her research has concentrated on the Capabilities Approach as an approach may provide a meaningful basis for conceptualizing the needs and rights of people with disabilities. Her study provides insights in terms of what the basic capabilities are and how health professionals can enhance their clients' capabilities. It provides a new conceptual framework for practitioners and researchers to pay more attention to their clients' urgent needs and rights, rather than simply focusing on their medical ones. Her researches also provide insights in terms of the applicability of central human functional capabilities in both health sciences' theories and practices.

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