

Model of Human Occupation Screening Tool Self-Assessment

The MOHOST Self-Assessment (MOHOST-SA) was originally designed by an occupational therapist in the UK who was adept at using the MOHOST to provide feedback to her clients regarding their progress. Some of her clients were interested in evaluating their own progress and so she worked with them to adapt the MOHOST Single Observation Form (MOHOST-SOF).

After a while, it was realised that other occupational therapists were starting to offer the MOHOST-SA to their clients, because it provided a useful tool:

- for clients to feedback to occupational therapists about their occupational participation;
- for clients to increase their awareness about how others perceived them;
- for clients and occupational therapists to discuss any differences in perception regarding their occupational participation.

The MOHOST-SA is considered to be particularly useful in secure settings, when occupational therapists are already providing detailed feedback using the MOHOST, and are working with their clients to enhance self-awareness and encourage greater autonomy.

Please note that the MOHO-SA is a non-standardised assessment.

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Name:		Group/Activity/Session:					
Date of birth:		Signature of service user:					
ID code:		Date:					
Rating Scale:	F	Facilitated participation in occupation	I did this well / This was good				
	A	Allowed participation in occupation	I managed this most of the time / This was OK				
	I	Inhibited participation in occupation	I had difficulties / This could have been better				
	R	Restricted participation in occupation	This prevents me from achieving my aims / This was poor				
	N/A	Not applicable					

Please rate your experience according to whether you:		Rating					Comments
Motivation	Learned about your strengths and skills?	N/A	F	A	I	R	
	Felt positive about being able to manage?	N/A	F	A	I	R	
	Were able to maintain your interest in things?	N/A	F	A	I	R	
	Were able to use the session to meet your needs?	N/A	F	A	I	R	
Pattern of occupation	Came prepared having fitted the session in with your daily routine?	N/A	F	A	I	R	
	Coped with any changes to the planned session/activities?	N/A	F	A	I	R	
	Practised behaviours that are necessary for valued roles?	N/A	F	A	I	R	
	Fulfilled everything that was expected of you in the session?	N/A	F	A	I	R	
Comm. & Interaction	Expressed yourself well, using gestures/eye contact/body language?	N/A	F	A	I	R	
	Initiated and carried on conversation with other people?	N/A	F	A	I	R	
	Changed how you spoke according to the needs of the situation?	N/A	F	A	I	R	
	Related to, showed respect and worked with other people?	N/A	F	A	I	R	
Process skills	Knew what needed to be done or asked as necessary?	N/A	F	A	I	R	
	Followed the tasks and concentrated from beginning to end?	N/A	F	A	I	R	
	Planned how to approach tasks, organised workspace & materials?	N/A	F	A	I	R	
	Dealt with problems that arose and adapted if necessary?	N/A	F	A	I	R	
Motor skills	Were able to stand and move (walk, bend and reach) easily?	N/A	F	A	I	R	
	Handled any equipment, tools or objects securely and easily?	N/A	F	A	I	R	
	Used appropriate strength and effort for the task?	N/A	F	A	I	R	
	Maintained your energy levels throughout?	N/A	F	A	I	R	
Environment	Found the environment comfortable?	N/A	F	A	I	R	
	Found the resources/equipment adequate and safe to use?	N/A	F	A	I	R	
	Found the social interaction supportive?	N/A	F	A	I	R	
	Found the demands of the tasks matched your abilities/needs?	N/A	F	A	I	R	