

MOHO Institute 2019: Revised Swedish Interest Checklist

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September 2019



Interest is:

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



INTEREST CHECKLIST

Activity	What has been your level of interest						Do you currently participate in this activity?		Would you like to pursue this in the future?	
	In the past ten years			In the past year			Yes	No	Yes	No
	Strong	Some	No	Strong	Some	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 Interest Checklist (original)

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

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The British Mod. Interest Checklist

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

Name: Date of Birth:

INTEREST CHECKLIST (UK)							
Category	Activity	Degree of Interest			Participation?		
		Strong	Some	None	Past	Present	Future
1 Health & Fitness	Aerobics / Gym						
	Cycling						
	Running / Jogging						
	Roller blading / Ice Skating						
	Swimming						
	Yoga / Tai Chi.....						
Other Health and fitness							
2 Sports	Athletics						
	Basketball / Netball						
	Bowling						
	Cricket / Baseball / Rounders						
	Darts						
	Football / Rugby / Hockey						
	Golf						
	Martial Arts / Boxing / Fencing						
	Pool / Snooker						
	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						
Other Productivity at home							

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

INTEREST SUMMARY

Name: Date of Birth:

Strong Interests

ACTION PLAN

	SHORTLIST	ACTION PLAN
1		
2		
3		

Occupational Therapist: Signed: Date:

V6.1. David Heasman / Paul Brewer. 2008

The British Mod. Interest Checklist

74 activities 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



SWEDISH ASSOCIATION OF
OCCUPATIONAL THERAPISTS

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 current today			Totalt
	Younger	Middle-age	Elderly	
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 web-questionnaire, 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 editing
- 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



SWEDISH ASSOCIATION OF
OCCUPATIONAL THERAPISTS

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