

Title: Using the Spanish Child Occupational Self-Assessment (COSA) with children with ADHD

Authors: Romero Ayuso & Kramer

Major Finding: The Spanish COSA was found to have acceptable psychometric characteristics when used with children with ADHD in Spain.

Participants:

- 30 children from Spain ages 7 to 11; mean age=8.7
 - 27 children had ADHD; 3 had different disorders
 - All children had attention difficulties
 - None had received occupational therapy prior to the study

Method: The COSA was translated into Spanish and the assessment administered individually to each child by one of three occupational therapists trained in the COSA and MOHO.

Analysis: Analysis using SPSS software version 12.0. Cronbach's alpha was calculated for each rating scale to measure internal consistency. The Spearman correlation coefficient between items was used to explore construct validity.

Findings:

- The Spanish COSA was found to have excellent internal consistency and acceptable construct validity.
- Children reported that gross motor activities, doing things with family and friends, and personal care were the easiest categories of items and that items presenting greater cognitive demands were more difficult.
- For most items, the level of competence reported by children was not significantly related to the level of importance reported.

Conclusion: The Spanish COSA may be used as an assessment measure for children with ADHD to access information about children's perceptions of their competence for activities as well as how much they value particular activities.

Implications for future research: Future research should update the Spanish translation of the COSA so that it aligns with the most current items on the COSA; future studies could also explore use of the COSA with children with different disabilities and use larger sample sizes.

Evidence- based practice implications:

- **Practitioners may examine the items for which there is a gap between reported competence and level of importance to pinpoint activities that children may be motivated to work on in therapy.**
- **Since children in the sample were less likely to use the lower rating categories on both scales (indicating that activities were difficult or unimportant), therapists using the COSA should consider a variety of explanations for why few low ratings may occur.**