



## Model of Human Occupation

### Archived List Serv Discussion

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#### **COSA and Its Use**

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**April 19, 2009**

Dear Members,

I am Megha Kamani, an advanced masters student in occupational therapy. I am currently working on my thesis titled " Development of leisure occupations in children without disabilities ages 6-16 years". I intend to use the Children's Occupational Self Assessment Scale for the thesis along with another questionnaire called the Children's Assessment of Participation and Enjoyment (CAPE) and the Preferences for Activities of Children (PAC).

However, the age range specified in the COSA manual is 8- 13 years. Has anyone used the COSA for the younger children or does someone is aware of any research conducted using COSA for younger children?

I would also like to know if using COSA for younger children poses any kind of threat to emotional well being or stability of younger children if they are not able to answer the questions on the test.

Shall await and appreciate responses.

Thanks

**April 27, 2009**

Megha-

Your project sounds very exciting! I have been very interested in the relationship between the COSA and the CAPE/PAC (another great children's self report of involvement in only leisure activities). Another great self report of children's involvement in leisure activities is the Pediatric Interest Profiles- available for free download at <http://www.moho.uic.edu/mohorelatedsrcs.html#OtherInstrumentsBasedonMOHO>- this set of age specific self reports has been validated as well.

The COSA is targeted to children ages 8-12, but like any assessment, determining the appropriateness of an assessment is based on the child's context, needs, and goals. The COSA has been used in research with children ages 7-17. Please refer to the following link for information on the most recent

evidence:<http://www.moho.uic.edu/generatingevidence.html> One study based on evidence brief 1 is in press with AJOT.

Other previously published studies on the COSA can be found here:

<http://www.moho.uic.edu/evidencebriefs.html#k>

The COSA should be used when the items are relevant to the child's context and when the child has the ability to use the four point rating scales. IN a recent study, findings suggested that younger children and were more likely to use the rating scales as two-point scales instead of four point scales. However, that does not mean ALL children who are younger and who have intellectual disabilities respond in this manner. With evidence based strategies, such as positioning rating categories vertically from lower to higher, can facilitate the proper use of the rating scale.

If you would like to contact me directly with more questions or with assistance with your thesis, please email me at [kramerj@bu.edu](mailto:kramerj@bu.edu)

Best of luck to you

Jessica