

## **DEVELOPMENT OF AN OCCUPATIONAL THERAPY BASED CORPORATE WELLNESS PROGRAM**

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### **ABSTRACT**

High-pressure corporate environments contribute to employee stress, reduced productivity, and burnout, highlighting the need for effective workplace wellness programs. While Occupational Therapy (OT) principles are recognized for addressing physical, cognitive, and psychosocial health, they are underutilized in corporate wellness, particularly in the Middle East. This study aimed to develop and evaluate an Occupational Therapy-Based Corporate Wellness Program (OT-CWP) integrating mental, physical, and ergonomic interventions for employees in Doha, Qatar. Using a descriptive-developmental design, 30 experienced Occupational Therapists in Doha were surveyed via a validated questionnaire. Findings showed current programs were often only "somewhat effective" (60%), facing challenges like scheduling conflicts (100%) and low participation (93.3%). Key wellness priorities included work-life balance (96.7%), ergonomics, stress management (93.3%), and injury prevention (83.3%). The proposed OT-CWP was highly accepted for its relevance (3.57), completeness (3.56), and applicability (3.56). The study confirms OT's value in corporate wellness, offering a viable, evidence-based model addressing employee needs and program gaps. Integration of OT services into corporate wellness policies is recommended.

**Keywords:** Occupational Therapy, Corporate Wellness Program, Employee Well-Being, Workplace Productivity, Program Evaluation.