

Impact of Occupational Therapy Intervention on Mental Health

In today's scenario, work forms a major part of everyone's life. Obviously, it is the place where we spend most of our time, we earn, and we make friends. Today, many people wrongly perceive that having a reputed job can do good for their general well-being and mental health. In contrast, work pressure is the primary concern that affects the mental health of many employees. A good mental health and good management go hand in hand. When efficiently managed results in tremendous productivity at the workplace. Workplace stress is most common nowadays, but it may lead to adverse consequences such as anxiety, depression, phobia, behavioral and emotional disorders when left unaddressed. Especially the current scenario, where many people work with the trauma of losing their job due to pandemics.

To effectively address these concerns, this special issue aims to bring out advances in occupational therapy interventions to improve the employees' mental health at the workplace. In general, occupational therapy intervention enhances employee's mental health and quality of life in numerous ways. It effectively helps individuals to develop and maintain participation and engagement at work through meaningful activities. It is a client-centered process, if efficiently implemented, offers positive outcomes in a cost-efficient manner. Occupational therapy interventions are most effective, and it is used across the employees to assist them in achieving their needs by enabling them to participate in daily work routines with utmost interest and dedication. Here the plans are designed to improve individual action and behavior through which they energetically perform their daily activities and easily obtain short and long-term goals.

To get started with occupational therapy, interventions on the mental health of the employee from a real-world perspective may require greater advancements. Exploring more reasonable research contributions in this domain will typically add value to what it currently does. In this context, this special issue offers a technical forum for the researchers to present their novel and innovative research contributions against this background. The major objective of the special issue is to improve the mental well-being of the employees with various methods of occupational therapy interventions. List of potential topics for the special issue include, but not limited to, the following:

- Advances in occupation therapy interventions to promote employee performance
- Effective ways of creating self-awareness among the employees in work with occupational intervention strategies
- Occupational therapy interventions to promote sensory and motor development in employees
- Effective ways of identifying barriers that limit performance and participation of employees at work through occupational therapy interventions
- Occupational therapy interventions to maximize participation in daily living activities of the employees
- Occupational therapy interventions for stress, anxiety, and anger management
- Attention training to employees using occupational therapy interventions
- Effective ways facilitating employee work engagement using occupational therapy interventions
- Life and work skills training to employees using occupational therapy interventions

- Effective ways of improving cognitive and behavioral modality for occupational performance

Tentative SI Timeline:

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Guest Editor Details:

Lead Guest Editor:

Dr. Tu Nguyen

Assistant Professor

Department of Computer Science

Purdue University Fort Wayne, Fort Wayne, USA

Email: nguyent@pfw.edu

URL: <https://users.pfw.edu/nguyent/>

Dr. Tu Nguyen is currently an Assistant Professor in the Department of Computer Science, Purdue University Fort Wayne. He earned the Ph.D. degree in electronic engineering from the National Kaohsiung University of Science and Technology (formerly, National Kaohsiung University of Applied Sciences) in 2016. He was a Postdoctoral Associate in the Department of Computer Science & Engineering, University of Minnesota - Twin Cities in 2017. Prior to joining the University of Minnesota, he joined the Missouri University of Science and Technology as a Postdoctoral Researcher in the Intelligent Systems Center in 2016. His research interests include design and analysis of algorithms, network science, cyber-physical systems, and cybersecurity. He currently serves as an Associate Editor for IEEE Access (2019-) and EURASIP Journal on Wireless Communications and Networking (2017-). He is also on the Editorial Board of the Cybersecurity journal, Internet Technology Letters (2017-), International Journal of Vehicle Information and Communication Systems (2017-), International Journal of Intelligent Systems Design and Computing (2017-), and IET Wireless Sensor Systems (2017-), and has served as a TPC Chair for the NICS 2019, SoftCOM (25th), and ICCASA 2017, a Publicity Chair for iCAST 2017 and Big Data Security 2017, and a Track Chair for ACT 2017. He has also served as a technical program committee member for over 100 premium conferences in the areas of network and communication such as INFOCOM, Globecom, ICC, and RFID. He is a senior member of the IEEE.

First Co-Guest Editor:

Dr. Nam P. Nguyen

Associate Professor

Department of Computer & Information Sciences

Towson University, Maryland, United States

Email: npnguyen@towson.edu

Google Scholar: <https://scholar.google.com/citations?user=aJcBWkgAAAAJ&hl=en>

Dr. Nam Nguyen is currently an Associate Professor in the Information and Computer Sciences Department, Towson University, USA. Dr. Nguyen received his PhD in Computer Engineering from the University of Florida, USA. His research interests include Social network analysis & Big Data mining, Cyber Security and Mobile-aware computing. Dr. Nguyen currently serves in the Editorial board of the Computational Social Networks journal, the Mathematical Foundations of Computing journal, and Frontiers in Big Data journal. Dr. Nguyen has been serving as organization and TPC member for several conferences including IEEE Infocom, ACM Hypertext, IJCAI, etc. Dr. Nguyen has also been a panelist serving several National Science Foundation panels.

Second Co-Guest Editor:

Dr. Claudio Savaglio

Department of Computer Science, Modeling,
Electronics and Systems Engineering (DIMES)
University of Calabria, Italy

Email: csavaglio@dimes.unical.it

Google Scholar: <https://scholar.google.it/citations?user=VR5qJdIAAAAJ&hl=en>

Dr. Claudio Savaglio is a Researcher at ICAR-CNR Institute, Italy. He received the Ph.D. degree in ICT from the University of Calabria (Unical), Italy, in 2018. Dr. Savaglio was a Visiting Researcher at the University of Texas at Dallas (TX, USA) in 2013, at the New Jersey Institute of Technology (NJ, USA) in 2016, and at the Universitat Politècnica de València (Spain) in 2017. He was also Temporary Research Fellow at the University of Calabria (Unical), where he was Teacher Assistant and Adjunct Professor (2018-2020). He currently serves as Guest Editor for the Journal of Computers & Electrical Engineering (CAEE), Sensors and IET journal. He has also served as a technical program committee member for many premium conferences in the areas of IoT, computer communications and networks such as GIOTS, ICC, and ICCCN. He has published more than 40 prestigious conference and journal papers. His research interests include the Internet of Things (IoT), network simulation, edge computing, and agent-oriented development methodologies.

Third Co-Guest Editor:

Dr. Yin Zhang

School of Information and Communication Engineering
University of Electronic Science and Technology of China

Email: yin.zhang.cn@ieee.org

Google Scholar: <https://scholar.google.com.sg/citations?user=MwnsRL8AAAAJ&hl=en>

Dr. Yin Zhang is a Full Professor of the School of Information and Communication Engineering, University of Electronic Science and Technology of China. He is a Distinguished Scholar of Hubei Province, China. He is Co-chair of IEEE Computer Society Big Data STC. He serves as editor or associate editor for IEEE Network, Information Fusion, IEEE Access, etc. He is a Guest Editor for IEEE Transactions on Network Science and Engineering, Future Generation Computer Systems, IEEE IoT Journal, ACM/Springer Mobile Networks & Applications, Sensors, Neural Computing and Applications, Multimedia Tools and Applications, Wireless Communications and Mobile Computing, Electronic Markets, Journal of Medical Systems, New Review of Hypermedia and Multimedia, etc. He also served as Track

Chair of IEEE CSCN 2017, TPC Co-Chair of CloudComp 2015 and TRIDENTCOM 2017, etc. He has published more than 100 prestigious conference and journal papers, including 14 ESI Highly Cited Papers. He is an IEEE Senior Member since 2016. He got the Systems Journal Best Paper Award of the IEEE Systems Council in 2018. He was named in Clarivate Analytics Highly Cited Researchers List in 2019. His research interests include mobile computing, edge intelligence, cognitive wireless communications, etc.

Fourth Co-Guest Editor:

Dr. Braulio Dumba

IBM Thomas J. Watson Research Center

Yorktown Heights, USA

Email: Braulio.Dumba@ibm.com

Dr. Braulio Dumba is a Research Scientist at IBM T.J Watson Research Center in Yorktown Heights, NY under the Hybrid Cloud organization. His current research is in Multi-Cloud and Hybrid Cloud Services with focus on security and compliance for hybrid cloud applications and resources. Braulio earned the International Baccalaureate from the United World College of the Adriatic (UWCad) in 2007. He has also earned a BSc in Physics and Computer Science with a minor in Mathematics from Luther College where he received the distinct "John G. and Mildred Breiland Endowed Scholarship Fund" and was selected to be a member of "Pi Mu Epsilon, National Honorary Mathematics Society". He earned a Ph.D. in Computer Science from University of Minnesota, Twin Cities, with a concentration in Computer Networks in 2018. His research interests lie in the area of network science, cloud computing, computer networks and distributed systems
