

OCCUPATIONS OF A BREAKUP: EXAMINING THE IMPACT OF ROMANTIC
SEPARATION ON FUNCTIONAL WELL-BEING

A Thesis submitted to the faculty at Stanbridge University in partial fulfillment of the
requirements for the degree of Master of Science in Occupational Therapy

by

Jacquelyn Espinosa, Lizbet Soledad, Jennifer Ung, and Madison Vander Broek

Master of Occupational Therapy, Stanbridge University

Thesis Advisor: Kelcie Kadowaki OTD, OTR/L

February 2025

Acknowledgments

We would like to express our deepest gratitude to our thesis advisor, Kelcie Kadowaki, for her invaluable guidance, support, and expertise throughout this research process. Her insightful feedback and encouragement have been instrumental in shaping our study, and we are truly grateful for her dedication and mentorship.

Abstract

Romantic separations can significantly impact an individual's daily occupations, including self-care, work productivity, leisure, and social participation, often leading to decreased overall well-being (Halford & Sweeper, 2012). While previous research has primarily focused on the psychological and emotional consequences of breakups, there is a limited exploration of how these disruptions affect functional performance and daily routines. This study aims to investigate the occupational challenges young adults aged 18-35 experience following a romantic separation, identifying the specific areas most affected and the broader implications for well-being.

Using a quantitative research design, this study employed an online attitudes survey to assess the extent of occupational disruption. Results indicate that a significant portion of participants reported positive functional adaptation post-separation. More female participants (27.6%) than male participants (10.3%) reported feeling very good in their overall functional well-being. Additionally, 31% of female participants strongly agreed that they had taken on new roles that aligned with their personal goals, compared to 6.9% of males. Participants aged 24-29 showed the most significant post-separation growth, with 31% reporting a healthy balance between work, self-care, and leisure. However, challenges were also present as 20.7% of females experienced changes in sleep patterns, and 10.3% strongly agreed that the breakup negatively impacted their ability to maintain a consistent daily schedule. Findings contribute to occupational therapy by highlighting the functional consequences of romantic separations and identifying potential intervention strategies to support individuals in reestablishing routines and roles.

Table of Contents

List of Figures.....	viii
Introduction.....	1
Problem Statement.....	2
Literature Review.....	3
Psychological and Emotional Impact of Romantic Separation.....	3
Role of Self-Identity and Differentiation.....	4
Technological Interventions and Social Media’s Role.....	4
Cultural and Societal Impacts on Adjustment.....	5
Gaps in Literature.....	6
Relevance to Problem Statement, Needs Assessment, and Methodology.....	7
Statement of Purpose.....	7
Theoretical Framework.....	8
Hypothesis and Research Questions.....	10
Methodology.....	11
Design.....	11
Data Analysis.....	13
Ethical and Legal Considerations.....	14
Results.....	15
Discussion.....	17
Limitations.....	19
Conclusion.....	20
References.....	22

Figures.....26

Appendix A: Institutional Review Board Approval.....43

Appendix B: Site Approval Forms.....44

Appendix C: Attitudes Survey.....47

List of Figures

Figure 1: Bar Graph- Gender.....	26
Figure 2: Bar Graph- Gender.....	26
Figure 3: Bar Graph- Gender.....	27
Figure 4: Bar Graph- Gender.....	27
Figure 5: Bar Graph- Gender.....	28
Figure 6: Bar Graph- Gender.....	28
Figure 7: Bar Graph- Gender.....	29
Figure 8: Bar Graph- Gender.....	29
Figure 9: Bar Graph- Gender.....	30
Figure 10: Bar Graph- Gender.....	30
Figure 11: Bar Graph- Gender.....	31
Figure 12: Bar Graph-Gender.....	31
Figure 13: Bar Graph- Gender.....	32
Figure 14: Bar Graph- Gender.....	32
Figure 15: Bar Graph- Gender.....	33
Figure 16: Bar Graph- Gender.....	33
Figure 17: Bar Graph- Age.....	34
Figure 18: Bar Graph- Age.....	34
Figure 19: Bar Graph- Age.....	35
Figure 20: Bar Graph- Age.....	35
Figure 21: Bar Graph- Age.....	36
Figure 22: Bar Graph- Age.....	36

Figure 23: Bar Graph- Age.....	37
Figure 24: Bar Graph- Age.....	37
Figure 25: Bar Graph- Age.....	38
Figure 26: Bar Graph- Age.....	38
Figure 27: Bar Graph- Age.....	39
Figure 28: Bar Graph- Age.....	39
Figure 29: Bar Graph- Age.....	40
Figure 30: Bar Graph- Age.....	40
Figure 31: Bar Graph- Age.....	41
Figure 32: Bar Graph- Age.....	41
Figure 33: Bar Graph- Age.....	42
Figure 34: Bar Graph- Age.....	42

Occupations of a Breakup: Examining the Impact of Romantic Separation on Functional Well-Being

Romantic separations, colloquially referred to as “Breakups”, can significantly disrupt an individual's daily occupations, impacting various areas such as self-care, work, leisure, and social participation (Halford & Sweeper, 2012). Research by Enayati Shabkolaei et al. (2024) highlights that these disruptions can impair cognitive processing, leading to feelings of anxiety, hopelessness, depression, and emptiness. As a result, individuals may struggle to feel in control of future events, which can further impede their academic, social, and occupational functioning. These disruptions often result in a decline in overall functional well-being, as individuals may struggle to maintain routines or engage in activities that once contributed to their sense of purpose and fulfillment. As highlighted in recent research by Watt (2023), romantic separation can lead to feelings of apathy, lethargy, and pining, which are often accompanied by marked social withdrawal, magnifying the emotional toll of the breakup. This emotional toll can lead to challenges in areas such as self-care, where motivation might decrease, or work, where focus and productivity could suffer (Shabkolaei et al., 2024). Additionally, leisure activities and social engagement may be neglected or become less enjoyable, creating a domino effect that further impacts overall well-being (Rezapour et al., 2021). This combined impact on daily functioning is reflected in research by Mirsu-Paun & Oliver (2017), which suggests that these disruptions are not just temporary struggles but may also be associated with more severe emotional difficulties. Mirsu-Paun & Oliver argue that romantic relationship breakups are associated with significant emotional challenges, including a heightened

risk of experiencing a first major depressive episode and suicide attempts by young adults. These emotional difficulties can lead to disengagement from daily life, disrupting performance patterns such as habits, routines, roles, and rituals, essential to meaningful occupations and activities, as outlined in the “Occupational Therapy Practice Framework: Domain and Practice” (American Occupational Therapy Association, 2020).

Research has shown that romantic separations can create a profound and lasting impact on individuals' emotional and functional well-being. For example, Brodbeck et al. (2019) investigated the association between romantic breakups and psychological distress, including increased anxiety, depression, and grief, which may interfere with daily functioning. As a result of this psychological distress, individuals may experience disruptions in daily occupations. Therefore, they may struggle to maintain personal care routines, stay productive at work, and engage in social and leisure activities (Seraj et al., 2021). Considering the significant effect of romantic separations on daily occupations, it is important to examine how these disruptions specifically impact young adults, a population navigating critical life transitions, such as shaping their personal identity, growing their careers, and building relationships (Lampraki et al., 2019).

Statement of Problem

Romantic separations can significantly impact an individual's daily occupations, including self-care, work productivity, leisure, and social participation, often leading to disruptions in functional well-being. While previous research has primarily focused on the emotional and psychological effects of breakups, the occupational consequences

remain largely unexplored. Understanding how young adults (18-35) adapt their routines, roles, and habits post-separation is essential for identifying effective coping strategies and interventions. This study aims to address the gap by examining the occupational disruptions and adaptations following romantic separations, providing insights into factors that support functional recovery and well-being.

Literature Review

Psychological and Emotional Impact of Romantic Separation

Romantic separation is closely associated with significant psychological distress, frequently manifesting as depression, prolonged grief, and challenges to self-identity (Rezapour et al., 2021). Studies by Brodbeck et al. (2019) and Jopp et al. (2021) demonstrate that individuals commonly experience intense grief and emotional turmoil post-separation, underscoring the demand for effective interventions. For example, Brodbeck et al. examined the effects of an internet-based intervention tailored for grieving individuals, finding it effectively reduced grief and depression symptoms, though it did not significantly improve overall life satisfaction. Additionally, Jopp et al. explored help-seeking behaviors and found that individuals who actively sought professional support following separation showed better mental health outcomes than those who did not, highlighting the benefits of proactive intervention.

This research's strength lies in its consistency across demographics, affirming the need for more effective interventions following romantic separation. However, a weakness is its reliance on self-reported data, which can introduce bias and affect objectivity (Jopp et al., 2021). Although these studies effectively document mental health

impacts, they lack a focus on how psychological challenges influence daily occupational functioning, a critical area for occupational therapists.

Role of Self-Identity and Differentiation

Self-identity, specifically self-differentiation, is an essential predictor of resilience in coping with romantic separation. Moral et al. (2021) explored the role of self-differentiation, showing that individuals with higher self-differentiation experienced less anxiety and emotional distress after a separation. Self-differentiation involves maintaining a stable sense of self within emotionally challenging relationships, enabling individuals to navigate separation resiliently. Moral et al. also found that highly self-differentiated individuals could adapt to post-separation more effectively due to their robust personal identity and coping skills.

A strength of this research is its recognition of self-identity as a pivotal element in the recovery process, providing valuable insight into how self-differentiation could potentially enhance participation in occupations following romantic separation. This focus on identity offers a foundation for occupational therapy (OT) to develop strategies that support individuals in redefining their roles and sense of self. However, a weakness is the lack of longitudinal data tracking self-differentiation over time to understand its long-term effects post-separation. Additionally, assessments of self-identity through brief questionnaires may not fully capture the complexity of identity shifts (Moral et al., 2021).

Technological Interventions and Social Media's Role

Digital platforms are increasingly relevant for individuals seeking support after a romantic separation. Seraj et al. (2021) studied how individuals use social media platforms, such as Reddit, for emotional expression during breakups, revealing social

media's dual function as both a coping tool and a research source. Their study analyzed language patterns in online posts and discovered that individuals who posted about their breakup for extended periods experienced poorer adjustment outcomes. Those who limited their engagement with social media during their breakup tended to show better emotional recovery over time.

A strength of this research is its innovative use of real-time social media data, providing a window into natural emotional expressions and behaviors. This approach allows for identifying unfiltered coping patterns, which is valuable for developing interventions that reflect real-world experiences. However, a significant limitation is the lack of demographic data, which restricts the generalization of findings across different populations (Seraj et al., 2021). Additionally, relying solely on digital communities for support may not translate into effective intervention models for individuals who lack access to or prefer alternatives to online support.

Cultural and Societal Impacts on Adjustment

Cultural expectations play a significant role in shaping how individuals cope with romantic separation. Studies by Negussie et al. (2023) on Ethiopian women and Zare et al. (2019) on Iranian women underscore the influence of cultural norms on the psychological challenges associated with separation. Negussie et al. found that in Ethiopia, separated women faced severe distress stemming from societal pressures, which often intensified their emotional burden. Similarly, Zare et al. discovered that Iranian women frequently encountered stigmatization, leading them to adopt coping mechanisms like concealment of their romantic separation and self-restriction to navigate societal expectations.

These studies offer valuable insights into how social and cultural contexts impact psychological stability, which can affect occupational performance. This highlights the need for culturally sensitive OT interventions (Zare et al., 2019). However, a notable weakness is the narrow focus on specific populations, which may limit the generalizability of findings across other cultural groups. Broader cross-cultural research is essential to capturing a more inclusive understanding of how cultural influences affect adjustment after separation (Negussie et al., 2023).

Gaps in Literature

While extensive research documents the psychological effects of romantic separations, limited attention has been given to the functional impact of these events (Halford & Sweeper, 2013). For instance, none of the reviewed studies specifically addressed occupational challenges such as managing self-care routines, meeting work obligations, and engaging in leisure activities. Another significant gap in the literature is the lack of research specifically focused on young adults aged 18-35 (Lampraki et al., 2019). While romantic separation impacts individuals across the lifespan, young adults experience unique developmental and occupational challenges that differ from those of older adults. This age group often faces transitional stages, such as establishing careers, forming independent routines and identities, and developing social networks, which makes them particularly vulnerable to disruptions in daily occupations following a romantic separation (Larson & Sbarra, 2015). Occupational therapists are uniquely equipped to address these gaps and to support individuals in maintaining functional activities, even amid significant life events such as separation.

Relevance to Problem Statement, Needs Assessment, and Methodology

The literature review supports the problem statement by highlighting the need for further investigation into the occupational challenges accompanying romantic separation. Current studies reveal a critical gap in interventions addressing the full scope of issues individuals face after romantic separation, with limited focus on the impact on daily activities and functional roles. This study seeks to address these identified gaps, through the use of a mixed-methods approach. Quantitative measures assess psychological and functional outcomes, while qualitative responses offer deeper insights into individual experiences. This approach aligns with occupational therapy's holistic framework.

Statement of Purpose

This research aims to explore the occupational challenges and disruptions in routines that young adults face after a romantic separation. This study seeks to identify specific occupational impacts on young adults' performance patterns to support the development of interventions that help individuals re-engage in their daily lives beyond just emotional recovery. In OT and mental health, recovery programs increasingly emphasize rehabilitation that extends beyond emotional healing, focusing on readjusting to everyday life. However, ongoing discussion remains on how to best support individuals post-breakup, as traditional programs often overlook the practical challenges of resuming routines and responsibilities. Our research aims to deepen the understanding of how romantic separations impact daily occupations, provide insights into functional recovery, and highlight culturally responsive intervention strategies. While not focused on cultural differences, our findings can inform diverse approaches to restoring routines, self-care, work, and social participation. Ultimately, this research seeks to shape best

practices in OT to help individuals re-establish roles and daily functioning after a relationship separation.

Theoretical Framework

The cognitive behavioral frame of reference (CB-FOR) is grounded in the interconnectedness of thoughts, feelings, and behaviors (Cole & Tufano, 2020). Because of its fundamental principles, CB-FOR is relevant for examining how romantic separations impact daily occupations as coping strategies aimed at addressing catastrophic thinking, negative self-views, and self-criticism are associated with the effectiveness of an individual's coping during this period (Gozan & Menaldi, 2020). CB-FOR allows for an in-depth exploration of how cognitive patterns influence emotional responses and subsequently affect behavior. The CB-FOR highlights how modifying maladaptive cognitive patterns can improve functional well-being and engagement in daily activities, providing a useful framework for occupational therapists to support individuals experiencing a romantic separation. This approach aligns with findings that cognitive behavioral therapy encourages individuals to engage in positive activities while addressing irrational thoughts, negative self-views, and depressive symptoms, all of which are critical during the recovery process following a breakup (Gozan & Menaldi, 2020). By understanding the connection between these elements, CB-FOR provides a strong framework for identifying and addressing the cognitive distortions and maladaptive thoughts that often arise after a breakup. For instance, a young adult experiencing a romantic relationship separation might develop negative thought patterns, such as self-blame or inadequacy, which in turn lead to feelings of sadness, hopelessness, or frustration. This illustrates how inevitable life events that

trigger negative rumination and discomfort can contribute to the emergence of depressive symptoms (Gozan & Menaldi, 2020). These emotions can significantly hinder engagement in meaningful activities, including self-care, social participation, and work-related tasks.

The CB-FOR approach is particularly valuable in this study because it emphasizes that altering these maladaptive cognitive patterns, such as catastrophic interpretations, negative self-perceptions, low self-esteem, and other negative self-views like self-blame can improve emotional well-being and behavioral engagement, especially in the context of romantic breakups (Gozan & Menaldi, 2020). Techniques such as cognitive restructuring are central to CB-FOR, as they aim to challenge and modify distorted thoughts, enabling individuals to adopt a more adaptive outlook on their experiences (Cole & Tufano, 2020). For example, by reframing thoughts surrounding the breakup, individuals may reduce feelings of despair and regain motivation to participate in daily occupations. This approach aligns directly with the study's goal of understanding the disruptions caused by romantic separations. CB-FOR facilitates the identification of cognitive patterns and offers strategies that support the return to productive and fulfilling routines.

CB-FOR highlights the importance of behavioral activation, which encourages individuals to re-engage in positive activities even when they feel unmotivated or disengaged. Behavioral activation is essential for counteracting withdrawal behaviors often seen in individuals following a breakup, as it promotes a gradual re-engagement with meaningful occupations and helps restore a sense of normalcy. By using CB-FOR, the study can explore the extent to which behavioral activation and other cognitive

behavioral techniques may alleviate disruption in daily occupations, providing insights into potential interventions that occupational therapists can implement to support clients navigating similar life transitions.

This approach enhances post-separation recovery. The intervention strategy closely aligns with OT's holistic focus on supporting mental and functional well-being. This interconnected framework highlights the study's approach. CB-FOR bridges the gap between cognitive theory and functional recovery, emphasizing how OT can support individuals in navigating life transitions and building resilience through targeted cognitive and behavioral strategies. It establishes a clinically relevant foundation for understanding and addressing the functional impacts of romantic separation in a way that supports overall well-being and resilience. Furthermore, CB-FOR allows occupational therapists to focus on behavioral activation, helping individuals gradually re-engage in meaningful activities that may have been disrupted by the functional challenges of separation, thereby promoting a return to routine and a sense of normalcy.

Hypothesis and Research Questions

For this study, we hypothesize that young adults aged 18-35 who have experienced a romantic separation will report significant disruption in their daily occupations, including self-care, work productivity, leisure activities, and social participation, ultimately leading to decreased overall well-being. The primary research questions guiding this study explore how romantic separation impacts the daily occupations and emotional well-being of young adults, which specific occupational areas are most affected, and how disruptions in these daily routines

influence emotional well-being.

The study's PIO framework focused on young adults aged 18-35 who have experienced a romantic separation within the past 12 months. Rather than introducing an intervention, the study aims to observe and understand the effects of romantic separation on daily occupations and emotional well-being. The primary outcomes of interest include disruptions in self-care, work obligations, leisure activities, and social participation, as well as the broader impact these disruptions have on emotional well-being. By examining these factors, the study provides a deeper understanding of how romantic separation affects individuals' daily lives and overall psychological health.

Methodology

This study examined the impact of romantic separations on the daily occupations, activities of daily living, instrumental activities of daily living, and functional well-being of young adults aged 18-35. A quantitative, cross-sectional attitudes survey was used to collect and analyze data on participants' post-breakup occupational engagement, habits, routines, and role changes.

Design

This study utilized a quantitative cross-sectional attitudes survey to assess how romantic separations impact the functional well-being of young adults aged 18-35. Specifically, Likert scale survey questions were used to quantify self-reported changes. The survey was our primary instrument for data collection and was a comprehensive survey explicitly developed for our study. It assessed how romantic separation affects participants' routines, roles, and daily activities, including self-care, work, leisure, and social participation.

Our study did not involve any physical or performance-based assessments. Instead, it employed self-reported measures to capture the impact of relationship separations on functional well-being. Our survey was created on Google Forms and will be anonymous. Additionally, participation is voluntary. Our survey begins by asking about the participants' demographic information: their gender, age, and ethnicity. We divided the questions into sections that focus on different aspects of their romantic separation: the relationship, impact on habits and routines, rituals, and roles.

The online survey format allowed for several advantages, the first being accessibility and convenience. It allowed our participants to complete the survey during their own designated time and place, which is helpful for students' ever-changing schedules. The next advantage was privacy. An online and anonymous platform encouraged the participants to share experiences regarding personal topics like their romantic separation and daily routines more honestly. Conducting an online survey was both time and cost-effective, mitigating any need for time due to travel, making appointments with participants, and reducing material costs if the survey were to be distributed physically. Another advantage of it being online was that Google Forms automatically recorded and organized participants' responses. This reduced the risk of potential errors during data entry.

Participant Inclusion and Exclusion Criteria

Our target population was young adults between 18 and 35 who have experienced a romantic separation within the last 12 months, are currently single, and fluent in English. The survey was sent to all full-time enrolled students at Stanbridge University. The survey and consent form were also made available via social media platforms like

Instagram. Minors (people under 18) and older adults (36-and older) were excluded, as their developmental stages and relationship experiences differ significantly. There were no exclusions based on gender, race, or ethnicity, since the study aimed to reflect a diverse range of experiences related to romantic separations.

For our study, several operational definitions were applied to ensure clarity and consistency in understanding the scope and objectives of the survey. Romantic separation refers to the end of a committed romantic relationship within the past 12 months, resulting in a transition to single status (Field, 2017). Daily occupations encompass activities of daily living and instrumental activities of daily living, including self-care, social participation, work or school tasks, and leisure activities (American Occupational Therapy Association, 2020). Occupational disruption was defined as how romantic separation impacts routines, roles, and engagement in meaningful activities (Gehl et al., 2024).

Participant Recruitment

Our study aimed to recruit 100 participants, but the number depended on participant availability. To maximize participation, we leveraged Stanbridge University students' networks and social media platforms to reach the sample size while ensuring a diverse participant pool.

Data Analysis

Survey responses were collected using a Likert scale to assess participants' attitudes and experiences following a romantic separation. Given the ordinal nature of the data, Spearman's rank-order correlation was used to analyze relationships between variables, as it is appropriate for non-parametric, ordinal data. This test measured the

strength and direction of associations between factors such as well-being, routine changes, and role adaptation post-separation.

Quantitative survey responses were analyzed using descriptive and inferential statistics to identify trends in occupational disruptions, shifts in social roles, and changes in functional well-being following romantic separation. Given the ordinal nature of Likert scale data, Spearman's rank-order correlation will be used to examine relationships between variables.

Once collected, data will be organized into categories for numerical values for quantitative responses to streamline analysis. Google Forms' organization tools will allow for efficient sorting and initial review, while more detailed analysis will be performed using Jamovi statistical software (www.jamovi.org) for quantitative data. This analysis plan ensures findings that are both statistically strong and meaningful. This approach will help identify patterns relevant to potential OT interventions.

Ethical and Legal Considerations

Each participant needed to agree to an informed consent document before being given access to the survey, which outlined the nature of the survey, their rights as a participant in the study, and their ability to withdraw from the study at any time (see Appendix B and C). The survey was conducted anonymously through Google Forms, and researchers could not access any participant contact information. Our study involved legal adults and did not collect identifying or medically significant information; all procedures and questions were submitted to the Stanbridge University Institutional Review Board for approval. In addition, the survey was conducted with students currently attending the Stanbridge University campuses, and the university has given us permission

through the necessary site agreement forms (see Appendix K). We also created our own survey and did not use any other tools or assessments that would require copyright permissions. There was a concern that participants in this survey would become emotionally upset due to the potentially sensitive nature of our research subject, which we aimed to reduce as much as possible. Our survey questions were carefully considered not to cause undue distress, and we encouraged participants only to share what they were comfortable with, take breaks if needed, and exit the survey if they found themselves having negative emotions related to thinking about their separation.

Additionally, to support participants who need emotional assistance, we provided a list of mental health resources, including SOAR (Survivors of Abuse in Recovery), crisis hotlines, and counseling services. These resources are readily available at the end of the survey to ensure that participants can access professional support if needed. The survey and data collection process are designed with our participants' well-being in mind. The final questions focus on self-reflection toward healing to close their time with something positive.

Results

The total number of participants was 29 individuals, with 21 identifying themselves as female, and 8 identifying themselves as male. Although a wide range of choices for gender selection was given, we did not receive any feedback from participants identifying with any label other than male or female. Age range choices were between 18-23 (# of responses = 5), 24-29 (# of responses = 21), and 30-35 (# of responses = 3). In a multiple choice selection of ethnicities, 16 identified as Hispanic Latino or Spanish, nine identified as Asian, four identified as White (Not Hispanic or Latino), one identified

as Black or African American, and two identified as mixed ethnicity. The impact of these responses on the interpretation of results will be addressed further in the following Limitations section.

Participants aged 24-29 showed the most positive adaptations post-breakup and were more likely to develop new habits (31.0%), feel confident in managing new roles (34.5%), and reported that their routines aligned with personal goals (41.4%). They also maintained meaningful rituals (55.2%) more than other age groups (13.8%). However, some still experienced difficulties, with 10.3% reporting challenges in maintaining work or academic consistency. This may suggest that younger adults may have more adaptability when it comes to separation recovery, and that older adults may need more structured interventions based on their life stage to support their occupational engagement, such as role transitions, goal setting, and coping mechanisms.

Women generally reported more positive post-breakup adjustments across various aspects, including emotional well-being, balance in daily life, and confidence in managing daily roles. More women (51.7%) than men (17.2%) maintained meaningful rituals, suggesting that rituals may play a key role in their adaptation. Women (34.5%) were more likely than men (10.3%) to develop new habits supporting well-being. Men reported fewer changes overall, but disruptions in daily occupations affected both genders equally in terms of physical energy and productivity. A high concentration of participants (37.9%) felt good about their functional well-being post-breakup. Nearly half (44.8%) developed new habits supporting well-being, indicating that breakups can serve as a catalyst for positive change. This suggests that males may benefit from interventions that help them establish new roles and routines after separation, and that gender-sensitive

approaches may be needed to support emotional regulation, social participation, and role-adjustment. Both male and female participants reported some level of disruption in their sleep, school/work performance, and ability to maintain a consistent schedule, indicating that interventions that support maintaining or establishing consistent routines may help individuals recover more effectively.

The general findings of this survey suggest that among all participants, establishing healthy routines, exploring role adaptation, supporting work-life balance, and addressing gender- and age-specific challenges contribute to occupational recovery post-romantic separation. Statistical analysis using Spearman's correlation did not yield significant findings to establish monotonic relationships between measured variables. While factors such as social support were considered, no significant correlations emerged, suggesting that occupational recovery post-separation may be influenced by a combination of variables rather than a single dominant factor.

Discussion

Stanbridge University's Master of Science in Occupational Therapy (MSOT) program mission statement highlights the responsibility of occupational therapists to acknowledge the significance of psychosocial aspects of care, offer psychological support, and apply strong clinical reasoning skills (Stanbridge University, 2021, p. 270). Our research aligns with this mission by exploring how romantic separations impact emotional well-being and daily occupational engagement, including self-care, work productivity, and social participation.

By examining the cognitive and functional disruptions following a breakup, this study emphasizes the need OT interventions that address both mental and functional

recovery. Breakups often lead to cognitive challenges, such as difficulty concentrating or making decisions, which can significantly impact daily routines, work, and social participation. Understanding these disruptions allows occupational therapists, patients, and MSOT students to identify specific areas where support is needed, such as rebuilding routines or re-engaging with meaningful activities. Interventions can focus on practical skills such as time management, social participation, and regaining a sense of control over daily life.

This research contributes to the broader goal of OT by promoting holistic well-being, empowering individuals to rebuild routines, and fostering resilience after significant life transitions. OT can support individuals in developing strategies to rebuild cognitive skills, such as engaging in physical activity or establishing consistent routines. Therapists can also help clients with rebuilding social connections and engaging in meaningful activities, which can help foster resilience and a brighter sense of purpose during unexpected life transitions. Future research can look into how characteristics like coping strategies, personality traits, and social support can affect recovery, as well as the long-term impact of breakups on occupational performance.

For intervention strategies, therapists can help clients rediscover hobbies, promote social interaction, and rebuild their routines. By providing guidance towards time management, self-care, and completing tasks, therapists can help individuals regain control over their lives and build lasting resilience. These interventions encourage individuals to re-engage in meaningful activities, strengthening the connection between cognitive health and functional recovery.

Limitations

This study has several limitations that should be acknowledged. Time constraints limited the depth of data collection and analysis, potentially reducing the ability to capture long-term occupational changes following a relationship separation. Sampling limitations also played a role, as recruitment relied on convenience sampling rather than randomized selection procedures, meaning participants were chosen based on specific criteria rather than randomly, which may have introduced selection bias and affected the generalizability of findings. Another limitation was the unequal gender distribution, as more women participated than men. This imbalance may have influenced the results, making it harder to understand how relationship separations affect different genders equally. Self-reported data also introduced potential bias, as participants may not have remembered details accurately. The criteria of the breakup happening one year or more prior to the survey may also have contributed to this, as well as possibly skewing the data in a more positive direction, since the participants will have had time to readjust and establish their occupational well-being at the time of the survey.

Future studies should aim to address these limitations by using randomized sampling methods to improve generalizability and reduce selection bias. A more balanced gender and age distribution should also be prioritized to ensure that findings accurately reflect the experiences of all genders and young adult ages. To capture long-term occupational changes, researchers could conduct longitudinal studies that track participants over time rather than relying on a single survey. To minimize bias in self-reported data, future studies should use objective measures where possible.

Conclusion

In conclusion, our study aimed to identify how a romantic separation can disrupt a young adult's functional well-being. We examined the changes in participants' performance patterns, including their habits, roles, rituals, and occupational performance, to better understand how this major event can impact a person's life and guide us toward future interventions. We found that overall, young adults aged 24-29 were able to adjust the best following their romantic separation, as they were able to form new habits, roles, and build routines that aligned with this new version of themselves. Additionally, with gender differences, we found that women more commonly had a better adjustment regarding their overall functional well-being. We discovered that both men and women experience disruptions in sleep, work/school performance, and inconsistencies in their schedules. Based on our findings, we believe interventions that focus on new role exploration and re-establishing healthy routines that support work-life balance may be beneficial for those struggling to adjust to their new lives. This aligns with the Stanbridge University MSOT Mission Statement, emphasizing the significance of psychosocial aspects of care while supporting functional well-being by applying clinical reasoning skills and promoting interventions that support functional and mental recovery (Stanbridge University, 2021, p. 270). Past research focused on divorce or bereavement rather than non-legally recognized relationships. In conducting this survey, we gained insight into a few key areas of a person's functional life that can be addressed using OT principles and frames of reference. Moving forward, this gives occupational therapists greater insight into this understudied population and guides future research in the direction that will yield greater results. For this study, we were only able to look at a very

specific population and had time constraints which impacted our ability to understand our population. Still, future research may be able to build off this one to answer more in-depth questions, conduct in-person studies, and determine other factors affecting a breakup recovery, such as culture, gender, socioeconomic status, and much more.

References

- American Occupational Therapy Association. (2020). Occupational therapy practice framework: Domain and process (4th ed.). *American Journal of Occupational Therapy*, 74(Suppl. 2), Article 7412410010.
<https://doi.org/10.5014/ajot.2020.74S2001>
- Brodbeck, J., Berger, T., Biesold, N., Rockstroh, F., & Znoj, H. J. (2019). Evaluation of a guided internet-based self-help intervention for older adults after spousal bereavement or separation/divorce: A randomized controlled trial. *Journal of Affective Disorders*, 252, 440–449. <https://doi.org/10.1016/j.jad.2019.04.008>
- Cole, M. B. & Tufano, R. (2020). *Applied theories in occupational therapy*. Slack Inc.
- Enayati Shabkolaei, M., Abdi Sarkami, F., & Asadpour, P. (2024). The effectiveness of cognitive-behavioral therapy in alleviating symptoms of love trauma syndrome in female university students. *Journal of Adolescent and Youth Psychological Studies*, 5(5), 79-87. <http://doi.org/10.61838/kman.jayps.5.5.10>
- Field, T. (2017). Romantic breakup distress, betrayal and heartbreak: A review. *International Journal of Behavioral Research & Psychology*, 5(2), 217-225.
<https://doi.org/10.19070/2332-3000-1700038>
- Gehl, K., Brassard, A., Dugal, C., Lefevre, A.-A., Daigneault, I., Francouer, A., & Lecomte, T. (2024). Attachment and breakup distress: The mediating role of coping strategies. *Emerging Adulthood*, 12(1), 41-54.
<https://doi.org/10.1177/21676968231209232>
- Gozan, M. M., & Menaldi, A. (2020). Mending a broken heart: A single case study on cognitive behavioural therapy for depression after romantic relationship break-up.

The Cognitive Behaviour Therapist, 13, Article e55.

<https://doi.org/10.1017/S1754470X20000537>

Halford, W. K., & Sweeper, S. (2012). Trajectories of adjustment to couple relationship separation. *Family Process*, 52(2), 228–243. <https://doi.org/10.1111/famp.12006>

Jopp, D. S., Lampraki, C., Meystre, C., Znoj, H., & Brodbeck, J. (2021). Professional support after partner loss: Likelihood and correlates of help-seeking behavior. *Frontiers in Psychology*, 12, Article 767794.

<https://doi.org/10.3389/fpsyg.2021.767794>

Lampraki, C., Jopp, D. S., Spini, D., & Morselli, D. (2019). Social loneliness after divorce: Time-dependent differential benefits of personality, multiple important group memberships, and self-continuity. *Gerontology*, 65(3), 275–287.

<https://doi.org/10.1159/000494112>

Larson, G. M. & Sbarra, D. A. (2015). Participating in research on romantic breakups promotes emotional recovery via changes in self-concept clarity. *Social Psychological and Personality Science*, 6(4), 399-406.

<https://doi.org/10.1177/1948550614563085>

Mirsu-Paun, A., & Oliver, J. A. (2017). How much does love really hurt? A meta-analysis of the association between romantic relationship quality, breakups and mental health outcomes in adolescents and young adults. *Journal of Relationships Research*, 8, Article e5. <https://doi.org/10.1017/jrr.2017.6>

Moral, M. A., Chimpén-López, C. A., Lyon, T. R., & Adsuar, J. C. (2021). The relationship between differentiation of self and psychological adjustment to

separation. *Healthcare*, 9(6), Article 738.

<https://doi.org/10.3390/healthcare9060738>

Negussie, A., Girma, E., & Kaba, M. (2023). A phenomenological study of the lived experiences of partner relationship breakup during pregnancy: Psychosocial effects, coping mechanisms, and the healthcare providers' role. *Frontiers in Global Women's Health*, 4, Article 1048366.

<https://doi.org/10.3389/fgwh.2023.1048366>

Rezapour, R., Vaziri, S., & Kashani, F. L. (2021). The role of romantic breakup in increasing vulnerability to emotional disorders: A systematic review. *Clinical Schizophrenia & Related Psychoses*, 15(2).

<https://doi.org/10.3371/CSRP.RRSV.091521>

Seraj, S., Blackburn, K. G., & Pennebaker, J. W. (2021). Language left behind on social media exposes the emotional and cognitive costs of a romantic breakup.

Proceedings of the National Academy of Sciences, 118(7), Article e2017154118.

<https://doi.org/10.1073/pnas.2017154118>

Stanbridge University. (2021). *Stanbridge University catalog*.

<https://blog.stanbridge.edu/wp-content/uploads/2021/08/Stanbridge-Converted-Catalog-08-19-21.pdf>

Watt, D. F. (2023). The separation distress hypothesis of depression – An update and systematic review. *Neuropsychanalysis*, 25(2), 103-159.

<https://doi.org/10.1080/15294145.2023.2240340>

Zare, S., Aguilar-Vafaie, M. E., Ahmadi, F., & Mirzaei, Y. (2019). Paving the way for a normal life: A qualitative study of coping strategies among Iranian divorced

women. *Journal of Divorce & Remarriage*, 60(4), 270–282.

<https://doi.org/10.1080/10502556.2018.1528529>

Figure 1

More female participants (n=5, 17.2%) were positive in the general feelings of their separation compared to male participants (n=1, 3.4%).

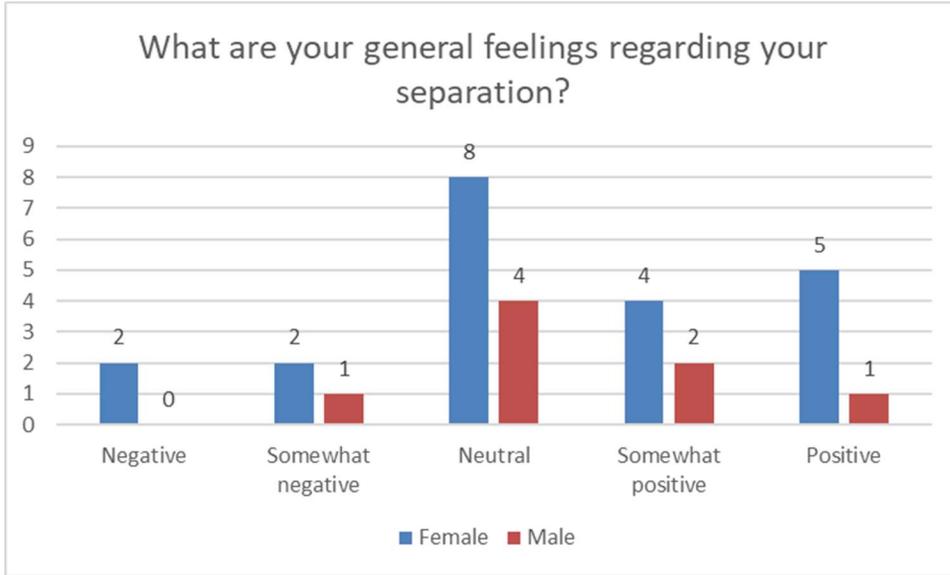


Figure 2

More female participants (n=6, 20.7%) strongly agree they have a healthy balance between work, self-care, and leisure activities since the breakup compared to male participants (n=4, 13.8%).

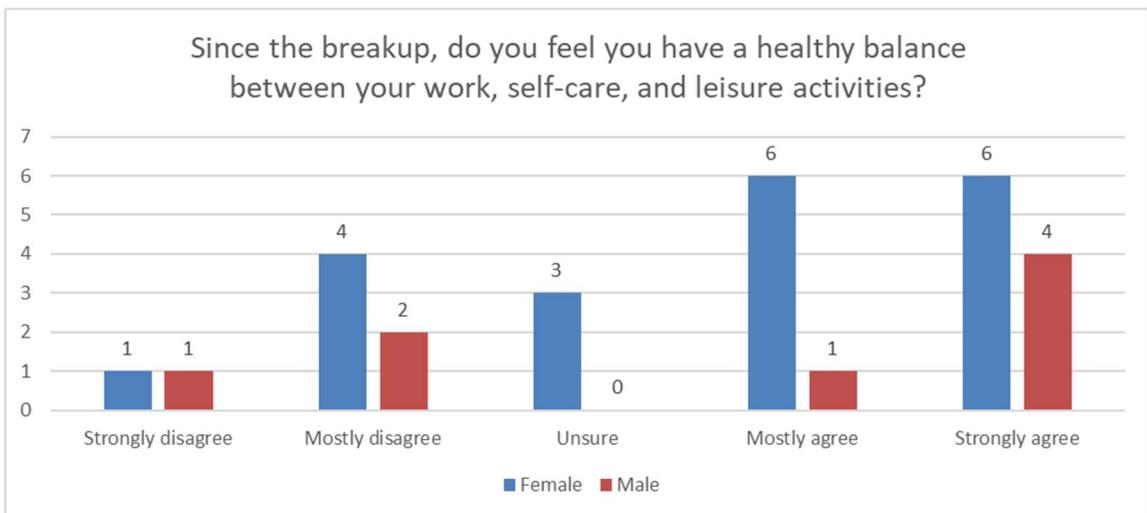


Figure 3

More female participants (n=8, 27.6%) feel very good in their overall functional well-being since the breakup compared to male participants (n=3, 10.3%).

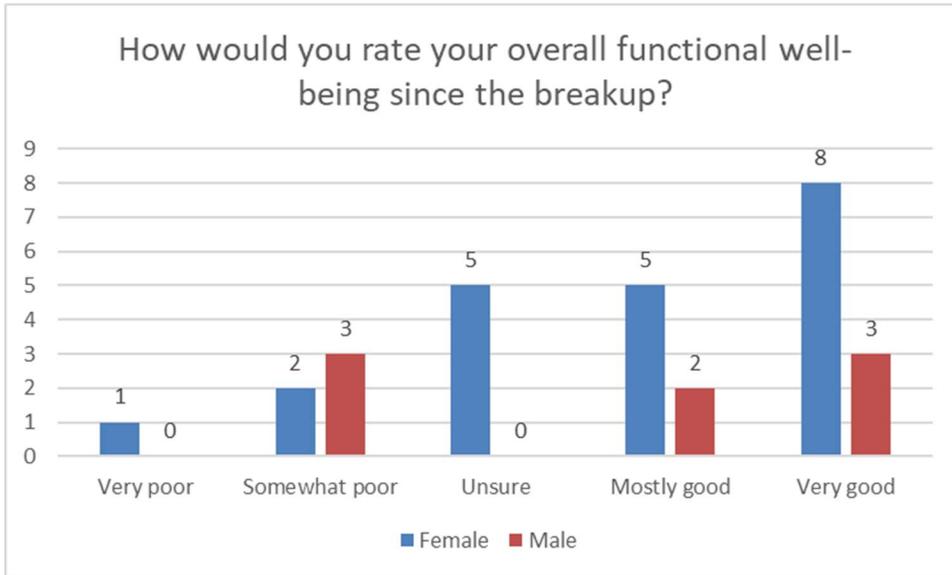


Figure 4

More female participants (n=6, 20.7%) have experienced changes in sleep patterns or quality since the breakup compared to male participants (n=2, 6.9%).

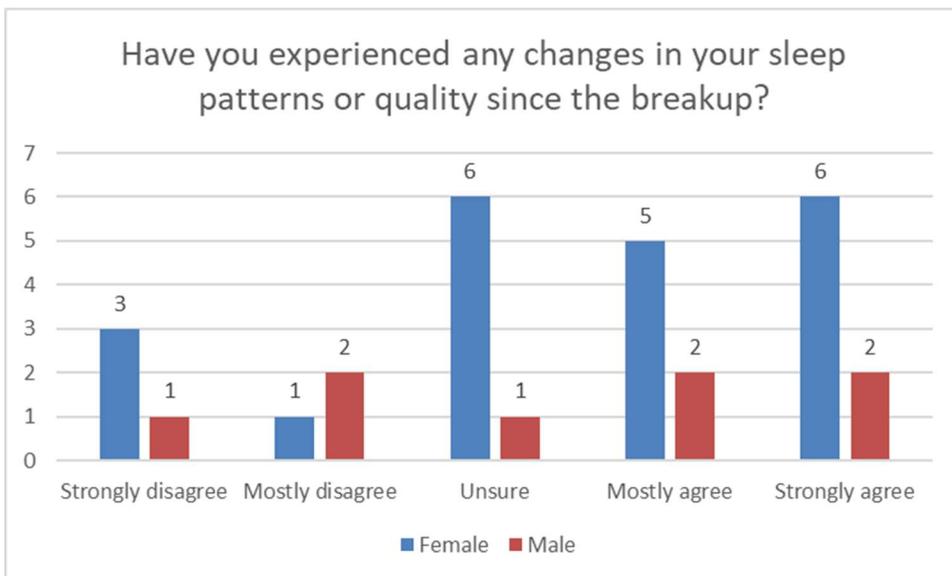


Figure 5

More female participants (n=10, 34.5%) feel that the role of 'friend' is the most significant since separation compared to male participants (n=2, 6.9%).

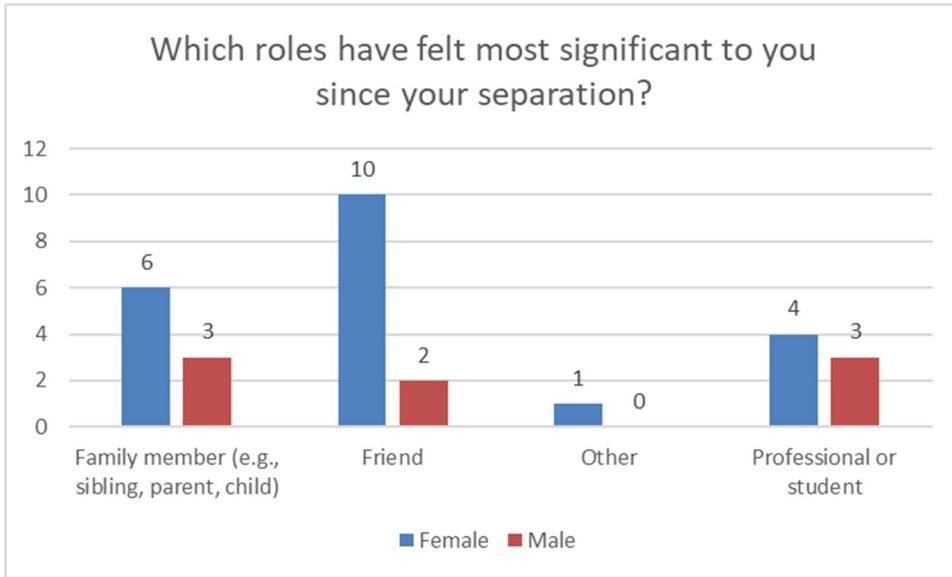


Figure 6

More female participants (n=15, 51.7%) have created or maintained meaningful rituals since separation compared to male participants (n=5, 17.2%).

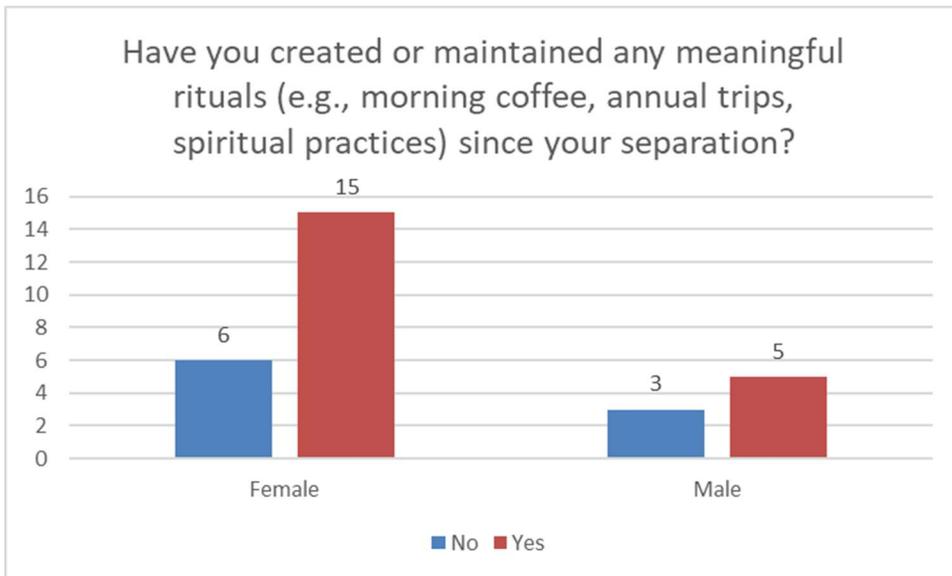


Figure 7

More female participants (n=9, 31.0%) feel very good that their rituals are meaningful to their sense of well-being compared to male participants (n=2, 6.9%).

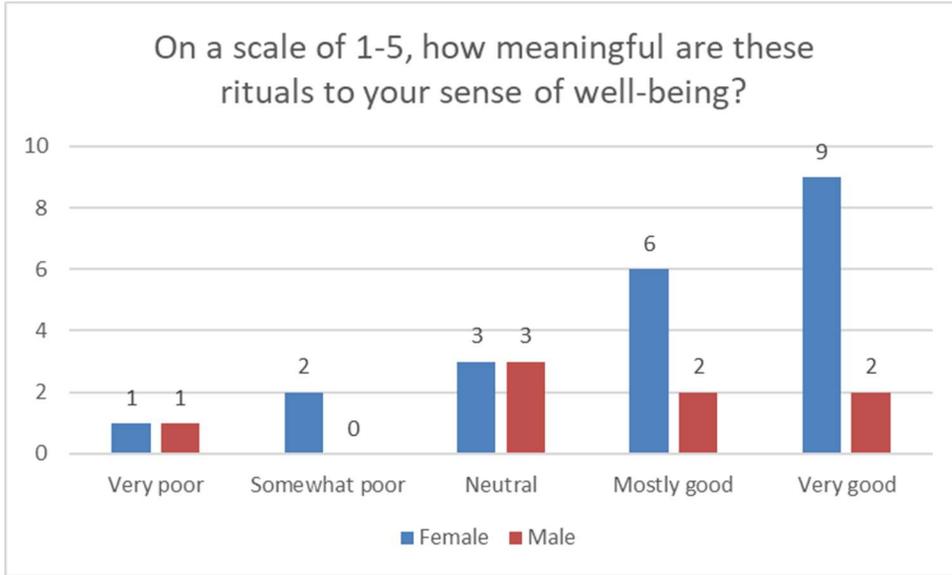


Figure 8

More female participants (n=10, 34.5%) strongly agree that they have developed new habits that support their well-being since separation compared to male participants (n=3, 10.3%).

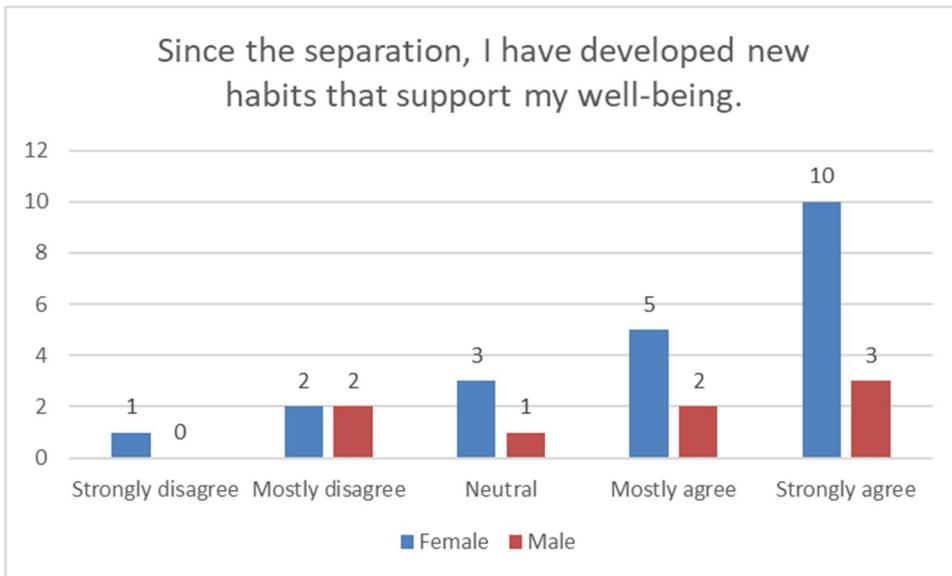


Figure 9

More female participants (n=6, 20.7%) strongly agree that their daily routines feel more balanced and fulfilling than before separation compared to male participants (n=3, 10.3%).

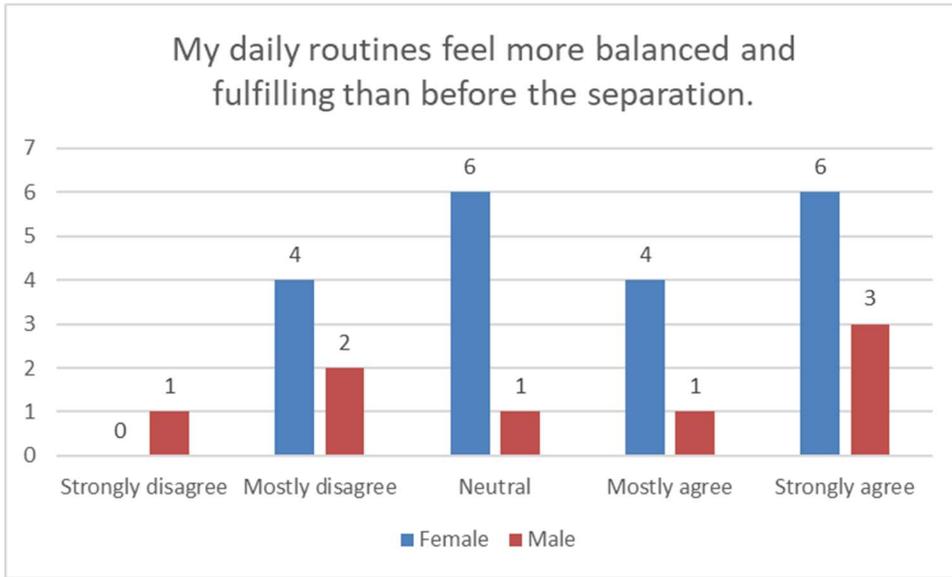


Figure 10

More female participants (n=8, 27.6%) strongly agree that they feel confident in their ability to manage the roles they have taken since separation compared to male participants (n=5, 17.2%).

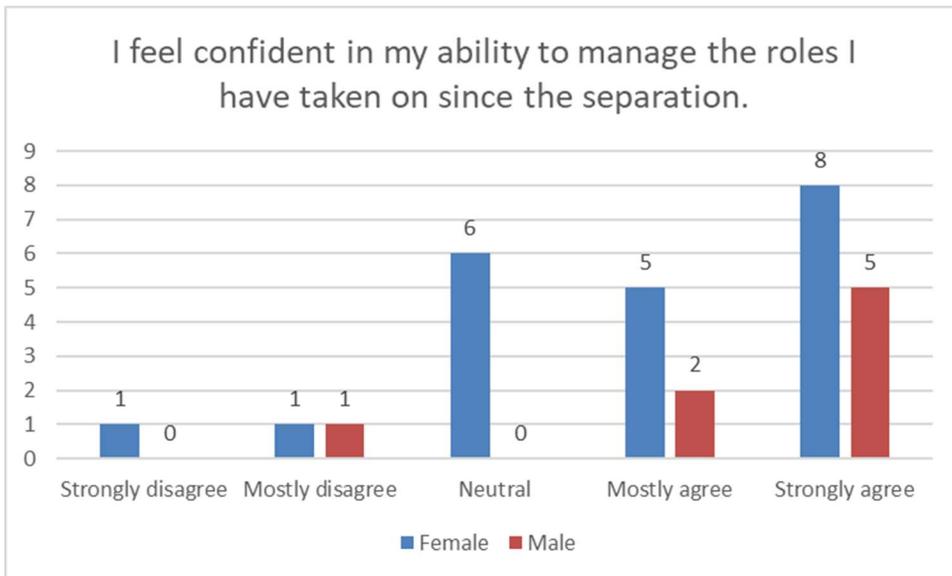


Figure 11

More female participants (n=9, 31.0%) strongly agree that they have taken on new roles that align with their personal goals or values compared to male participants (n=2, 6.9%).

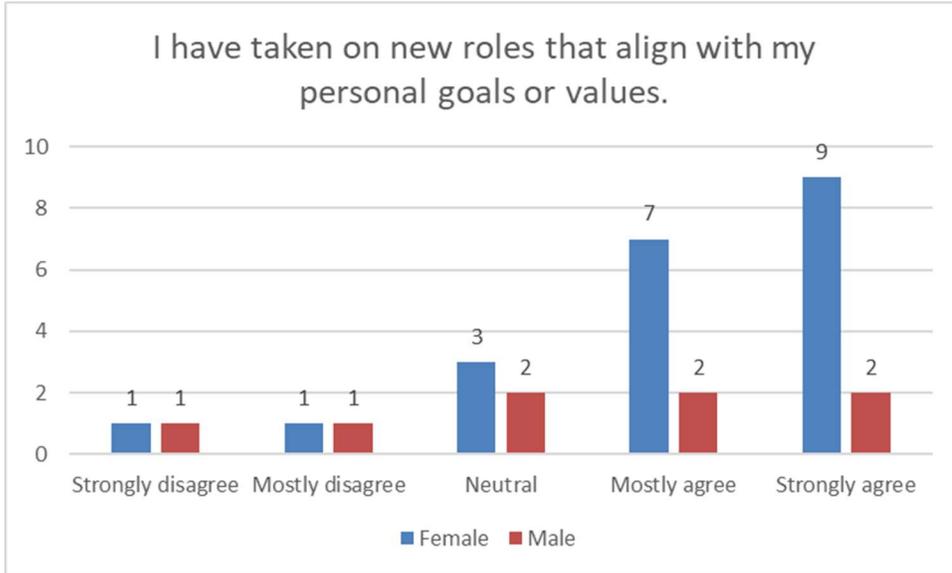


Figure 12

More female participants (n=8, 27.6%) strongly agree that letting go of roles tied to past relationships was challenging but necessary compared to male participants (n=1, 3.4%).

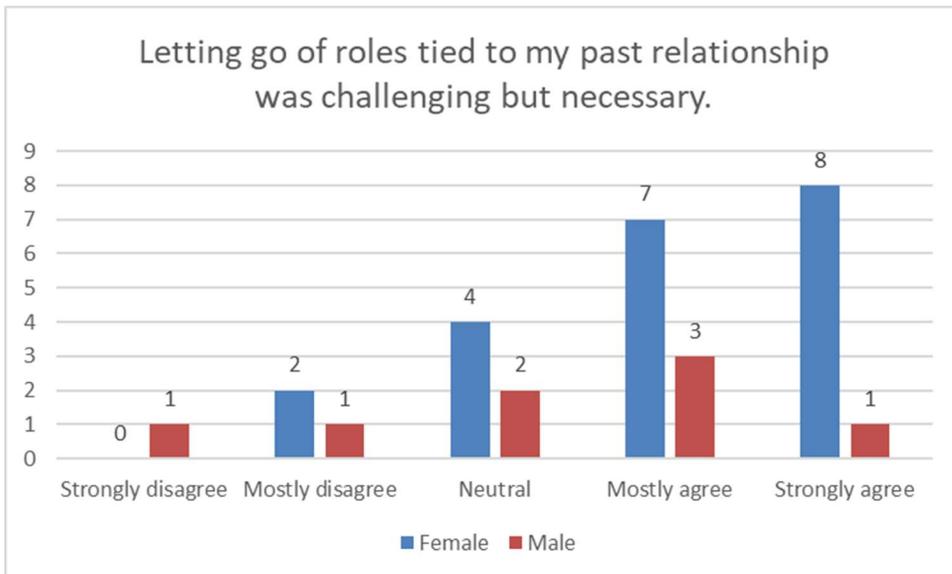


Figure 13

More female participants (n=12, 41.4%) strongly agree that their current habits and routines reflect their personal values and goals compared to male participants (n=3, 10.3%).

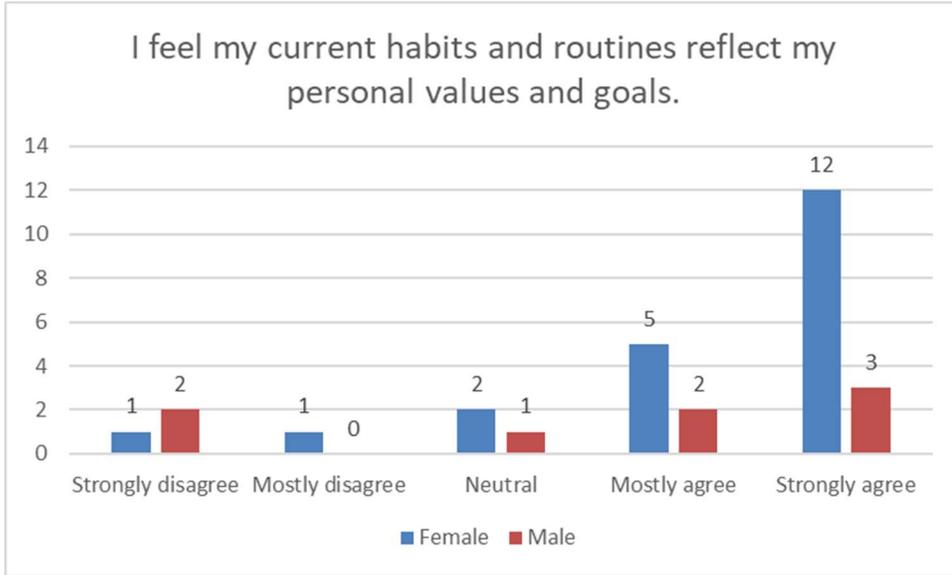


Figure 14

More female participants (n=3, 10.3%) strongly agree that the breakup has impacted their ability to efficiently complete work or academic tasks compared to male participants (n=1, 3.4%).

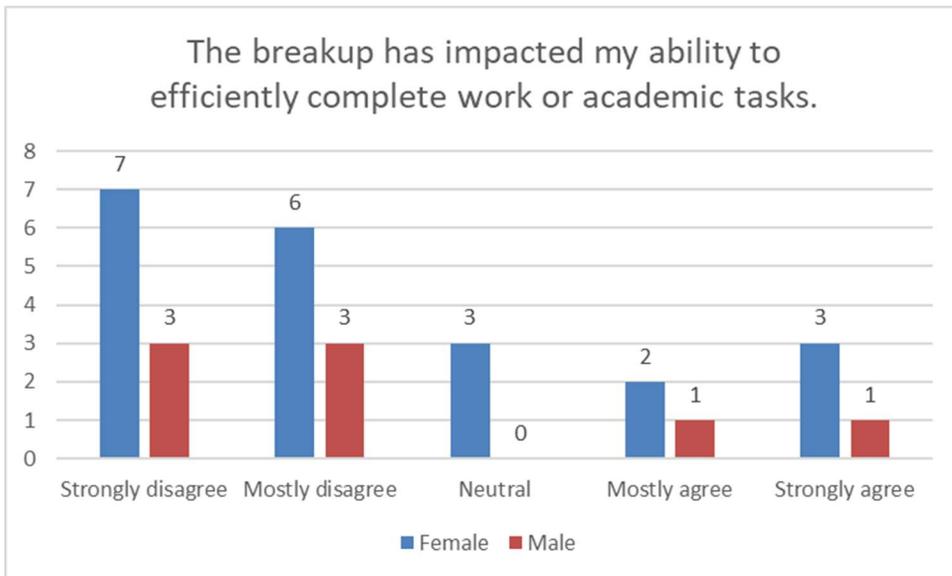


Figure 15

More female participants (n=3, 10.3%) strongly agree that the breakup has impacted their ability to maintain a consistent schedule in daily activities compared to male participants (n=1, 3.4%).

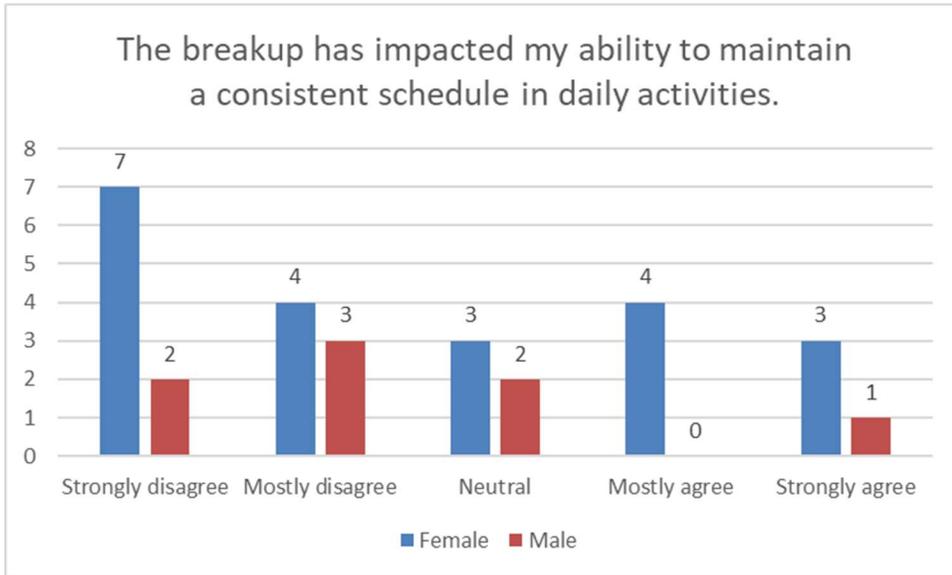


Figure 16

Female (n=2, 6.9%) and male participants (n=2, 6.9%) both strongly agree that the disruptions in their daily occupations have affected their physical energy or productivity levels.

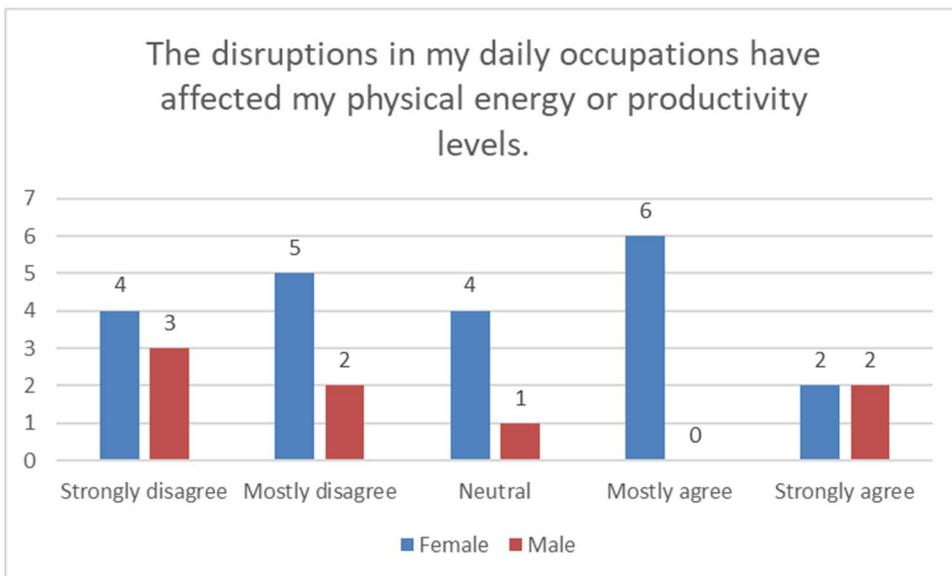


Figure 17

Participants 24-29 years of age (n=5, 17.2%) were positive in their general feelings of their separation compared to the other age groups (n=1, 3.4%).

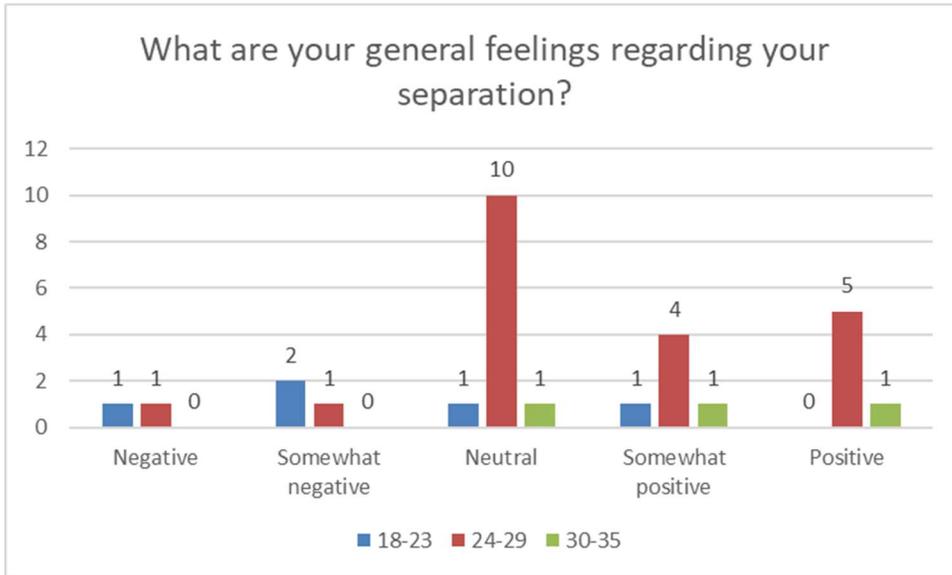


Figure 18

Participants 24-29 years of age (n=9, 31.0%) strongly agree they have a healthy balance between work, self-care, and leisure activities since the breakup compared to the other age groups (n=1, 3.4%).

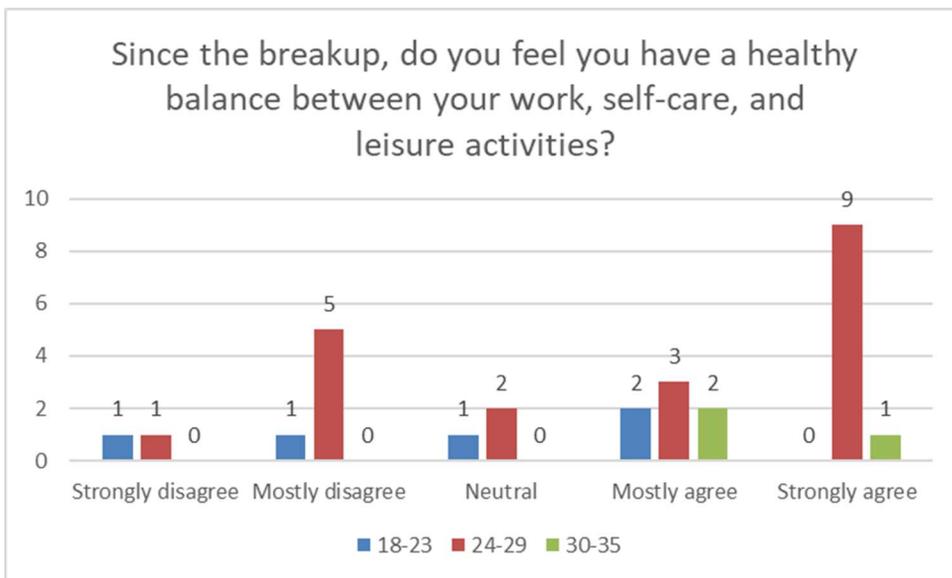


Figure 19

Participants 24-29 years of age (n=9, 31.0%) feel very good in their overall functional well-being since the breakup compared to the other age groups (n=2, 6.9%).

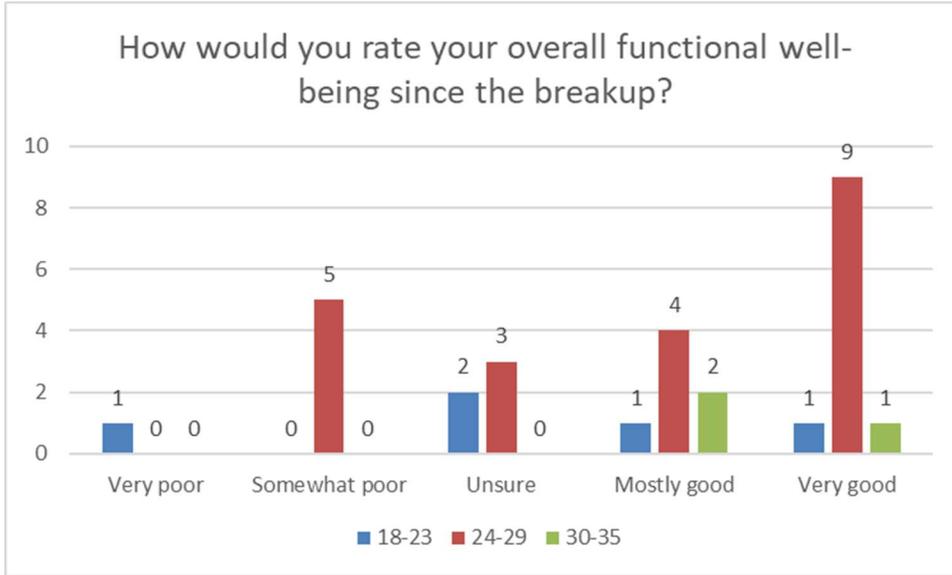


Figure 20

Participants 24-29 years of age (n=5, 17.2%) have experienced changes in sleep patterns or quality since the breakup compared to the other age groups (n=3, 10.3%).

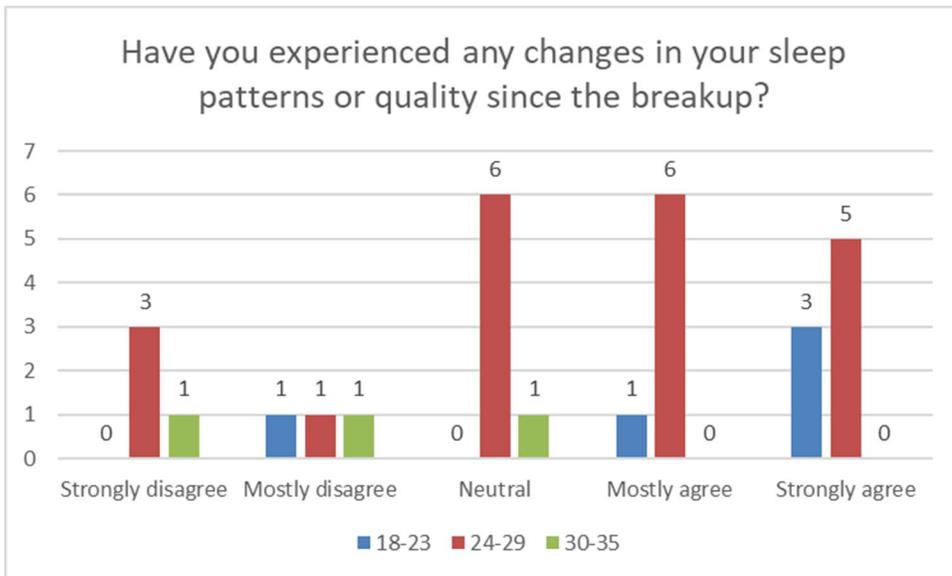


Figure 21

Participants 24-29 years of age (n=9, 31.0%) feel that the role of 'friend' is the most significant since separation compared to the other age groups (n=3, 10.3%).

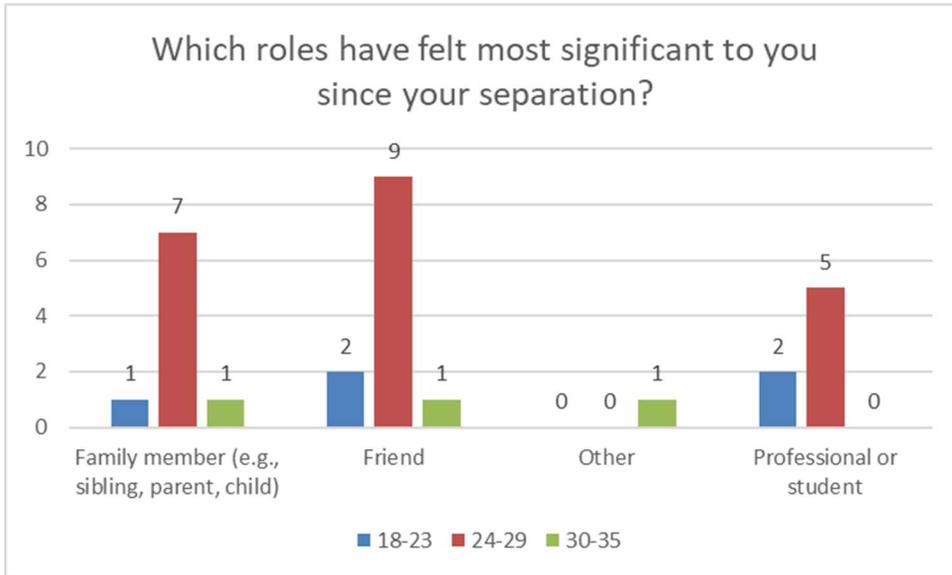


Figure 22

Participants 24-29 years of age (n=16, 55.2%) have created or maintained meaningful rituals since separation compared to the other age groups (n=4, 13.8%).

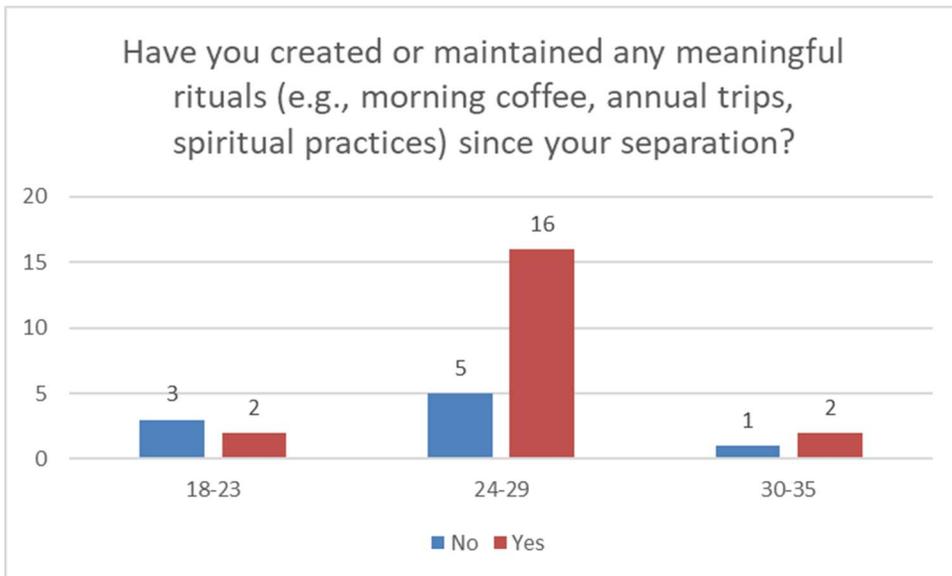


Figure 23

Participants 24-29 years of age (n=8, 27.6%) feel very good that their rituals are meaningful to their sense of well-being compared to the other age groups (n=3, 10.3%).

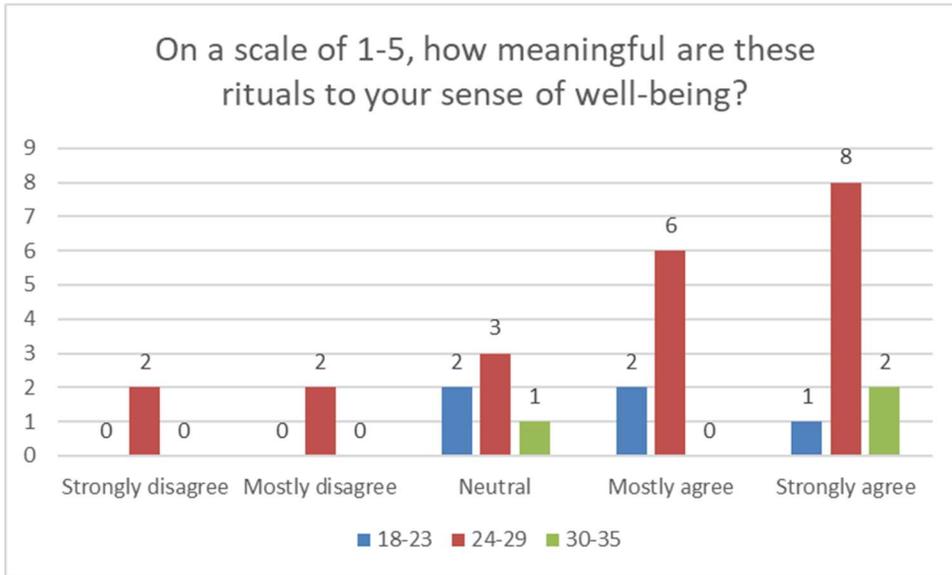


Figure 24

Participants 24-29 years of age (n=9, 31.0%) strongly agree that they have developed new habits that support their well-being since separation compared to the other age groups (n=4, 13.8%).

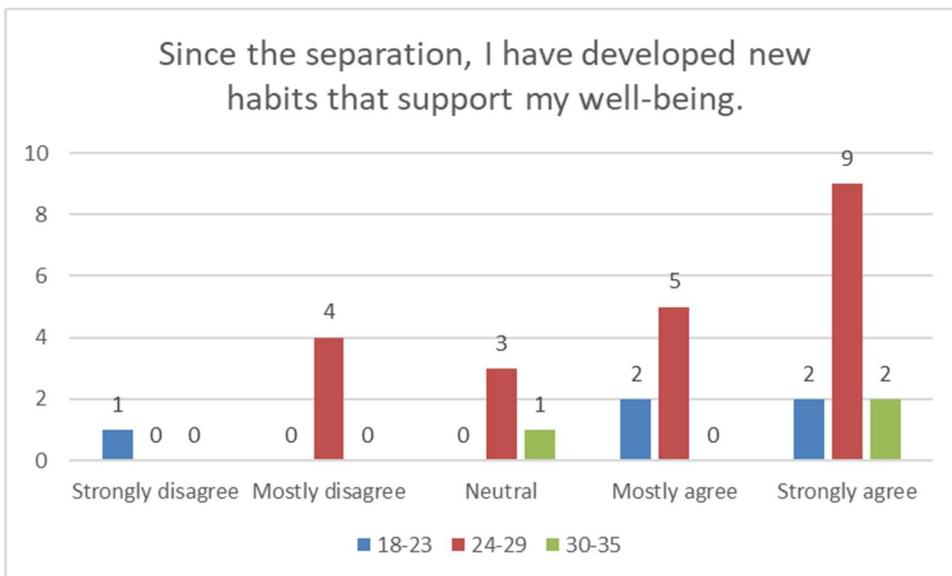


Figure 25

Participants 24-29 years of age (n=8, 27.6%) strongly agree that their daily routines feel more balanced and fulfilling than before separation compared to the other age groups (n=1, 3.4%).

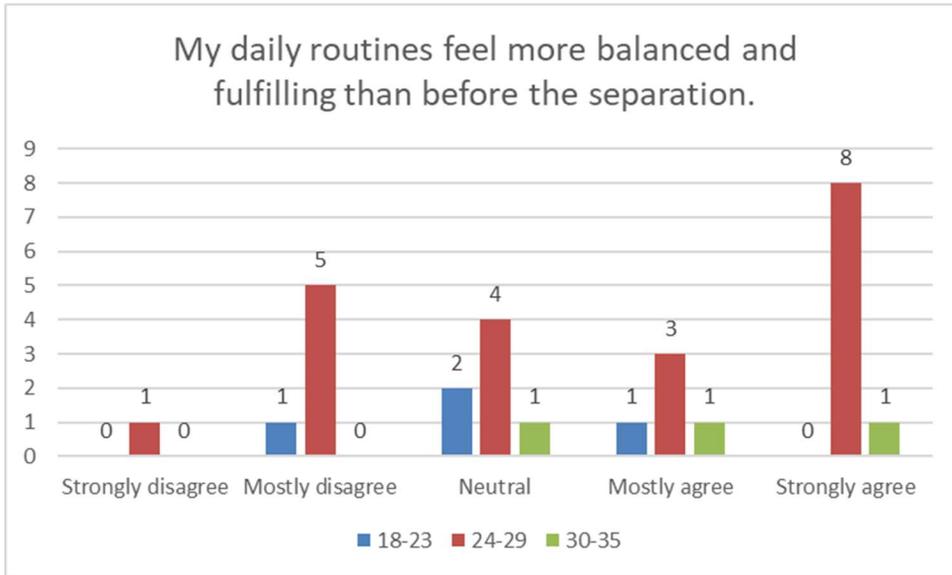


Figure 26

Participants 24-29 years of age (n=10, 34.5%) strongly agree that they feel confident in their ability to manage the roles they have taken since separation compared to the other age groups (n=3, 10.3%).

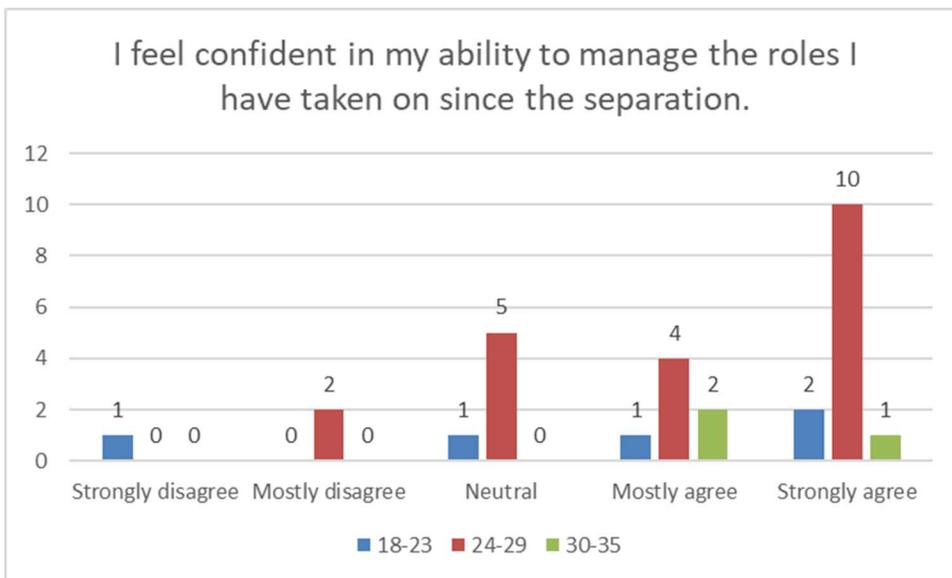


Figure 27

Participants 24-29 years of age (n=8, 27.6%) strongly agree that they have taken on new roles that align with their personal goals or values compared to the other age groups (n=3, 10.3%).

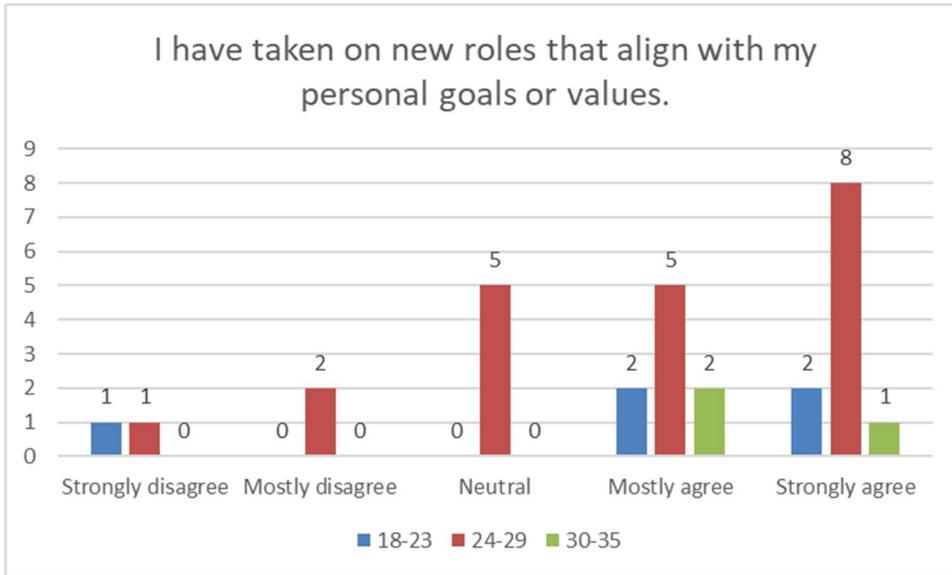


Figure 28

Participants 24-29 years of age (n=6, 20.7%) strongly agree that letting go of roles tied to past relationships was challenging but necessary compared to the other age groups (n=3, 10.3%).

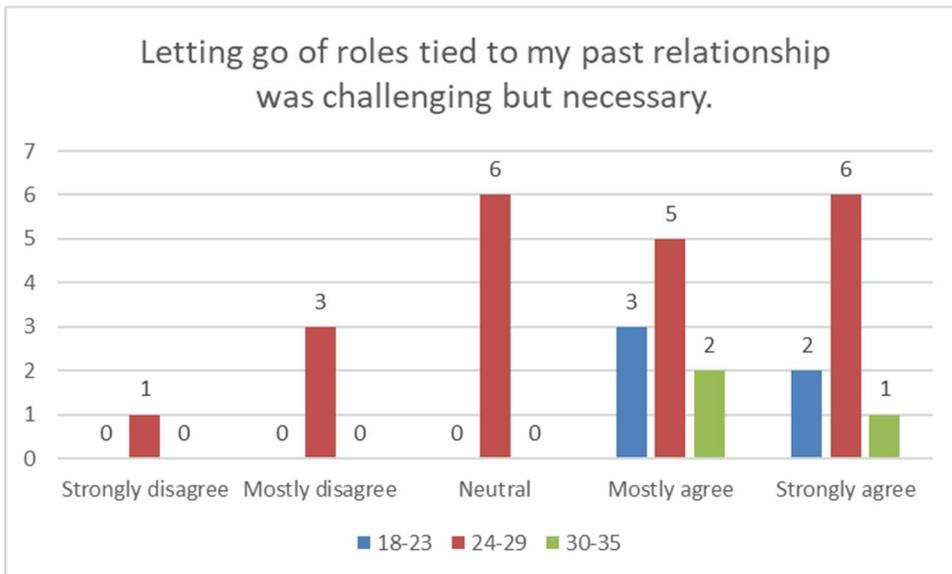


Figure 29

Participants 24-29 years of age (n=12, 41.4%) strongly agree that their current habits and routines reflect their personal values and goals compared to the other age groups (n=3, 10.3%).

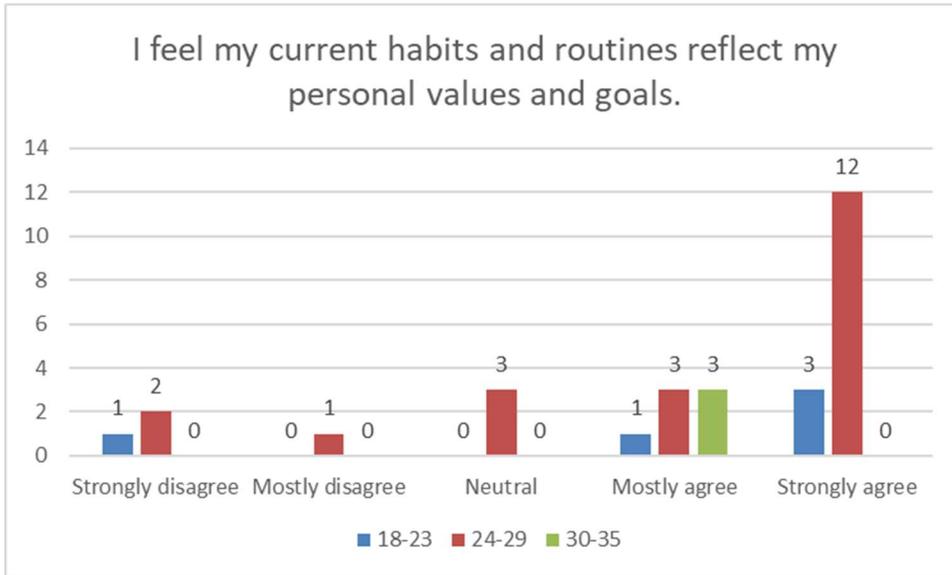


Figure 30

Participants 24-29 years of age (n=3, 10.3%) strongly agree that the breakup has impacted their ability to efficiently complete work or academic tasks compared to the other age groups (n=1, 3.4%).

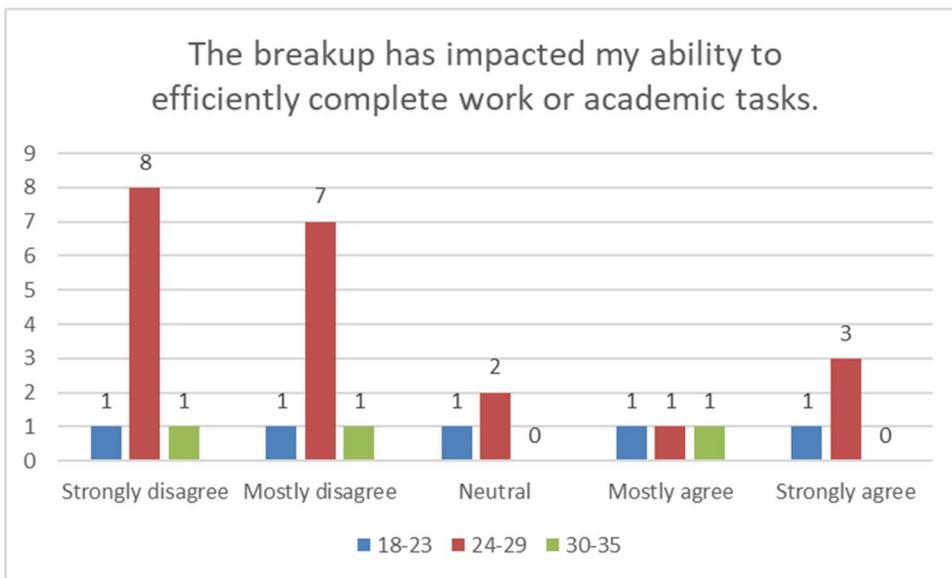


Figure 31

Participants 24-29 years of age (n=3, 10.3%) strongly agree that the breakup has impacted their ability to maintain a consistent schedule in daily activities compared to the other age groups (n=1, 3.4%).

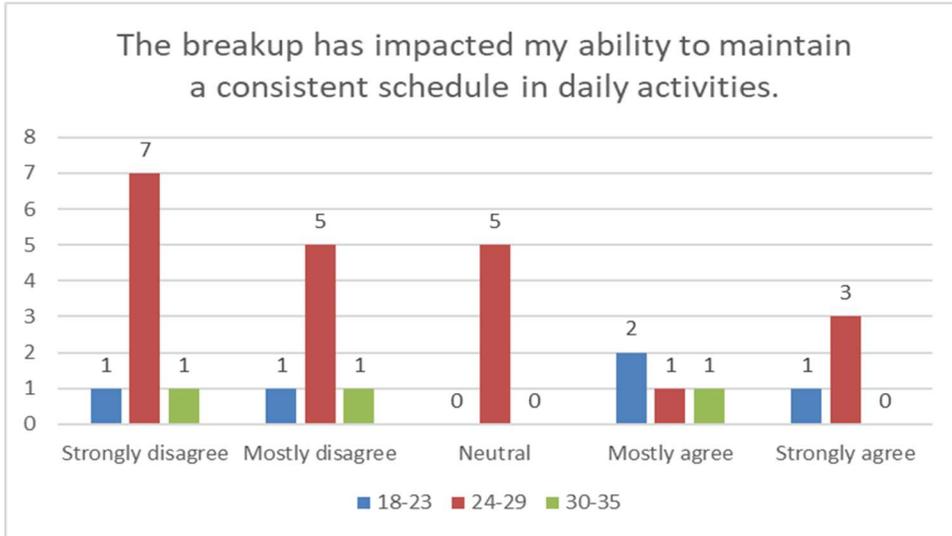


Figure 32

Participants 24-29 years of age (n=3, 10.3%) strongly agree that the disruptions in their daily occupations have affected their physical energy or productivity levels compared to the other age groups (n=1, 3.4%).

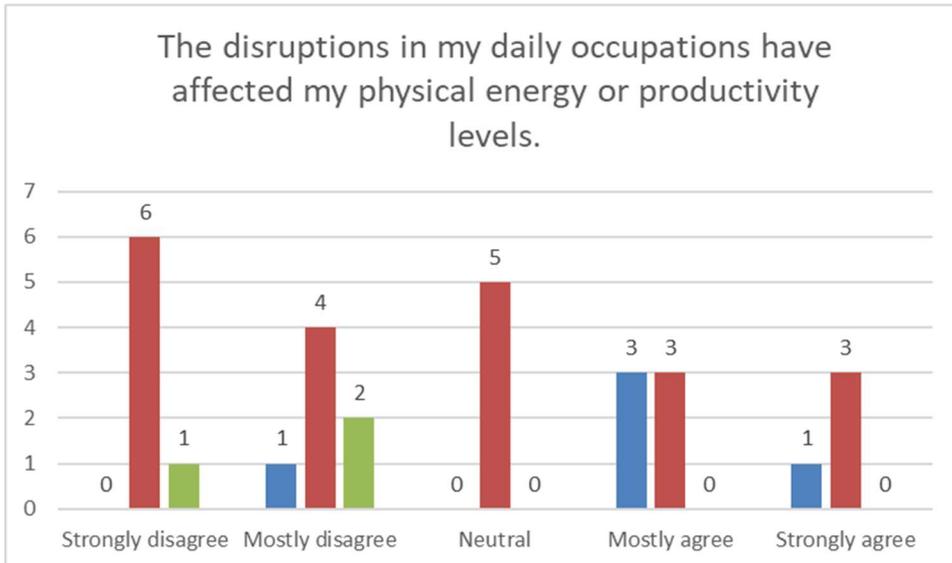


Figure 33

Most participants (n=11, 37.9%) feel very good in their overall functional well-being since the breakup.

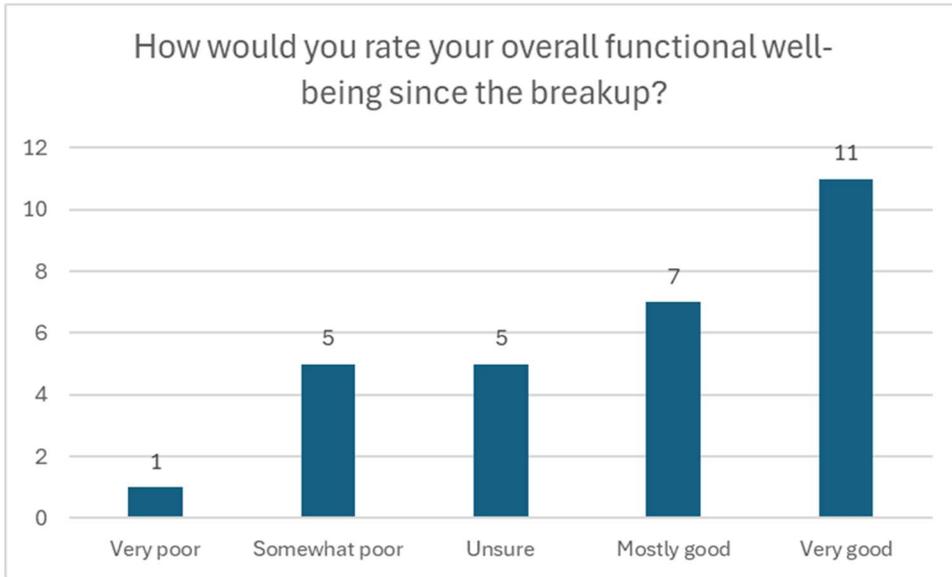
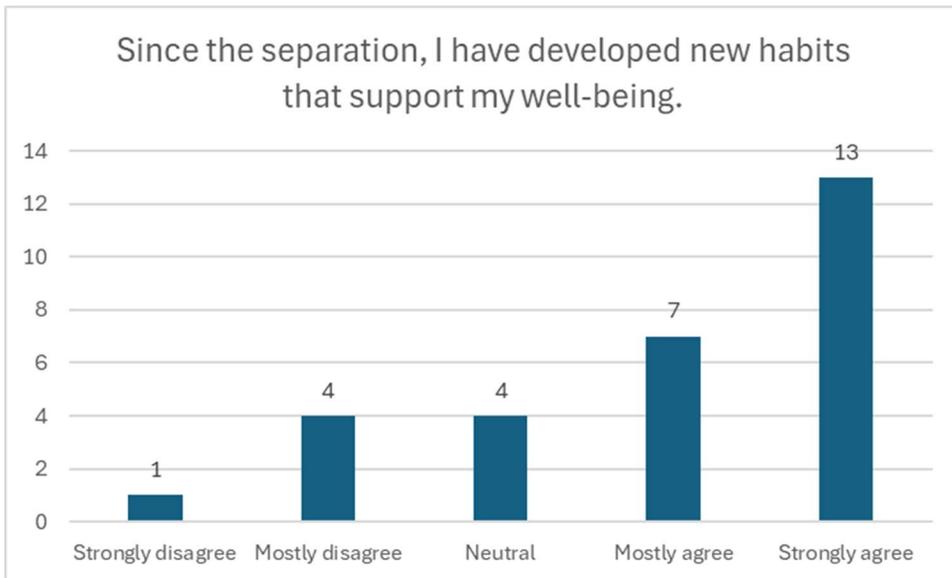


Figure 34

Most participants (n=13, 44.8%) strongly agree that they have developed new habits that support their well-being since separation.



Appendix A

Institutional Review Board Approval

Dear Dr. Kelcie Kadowaki and Students,

The Stanbridge University Institutional Review Board has completed the review of your application entitled "Occupations of a Breakup: Examining the Impact of Romantic Separation on Functional Well-being." Your application (#01MSOTLA002) is approved and categorized as Expedited.

IRB Application Number	#01MSOTLA002
Date	01/06/2025
Level of Review	Expedited
Application Approved	X
Conditional Approval	
Disapproved	
Comments	The requested Minor changes have been reviewed and confirmed as completed by the IRB. (01/06/2025)
Signature of IRB Chair	

Please note that any anticipated changes to this approved protocol requires submission of an IRB Modification application with IRB approval confirmed prior to their implementation.

Sincerely,
Julie Grace, M.S., M.A.
IRB Chair

Appendix B Site Approval Forms

Research Site Agreement Form Stanbridge University

AGREEMENT

Research Site: Stanbridge University

Research Site Address: 2215 W Mission Rd., Alhambra, CA, 91803, United States

Title of Proposed Research: Occupations of a Breakup: Examining the Impact of Romantic Separation on Functional Well-being

RESEARCH STUDY INFORMATION

Student Investigator(s) Name(s):

1. Jacquelyn Espinosa
2. Jennifer Ung
3. Lizbet Soledad-Jaime
4. Madison Vander Broek

Principle Student Investigator Name: Dr. Kelcie Kadowaki

Email address: kkadowaki@stanbridge.edu Phone Number: (310)918-2347

Duration of the study: 4 months

Authorization Effective Date: 12/19/24 Authorization Expiration Date: 3/15/25

Allowed Number of Contact Hours: 10-15 Minutes The study will be completed by (date): 3/15/25

Description of Research:

This research aims to understand the effects of a romantic separation ("break-up") on an individual's habits, roles, rituals, and daily occupations.



Research Site Agreement Form
Stanbridge University

Intellectual Property Statement:

Stanbridge University reserves the right to use, publish, and disseminate the results of the research findings. The University shall provide the research site with a copy of the final research product at the earliest practicable time.

Thesis Advisor Contact Information:

Name: Dr. Kelcie Kadowaki

Email address: kkadowaki@stanbridge.edu Phone Number: (310) 918-2347

RECRUITMENT PLAN

Means by which the researcher(s) will contact and/or recruit participants:

Recruitment will be through informational flyers in posted locations, student email, and social media. Participation is voluntary and those who choose to join the study will use a link or QR code to answer questions on a Google Forms survey. All information will be anonymous to the researchers and contact information will not be stored after survey completion for participants' privacy.

SITE REPRESENTATIVE AGREEMENT

I agree to the recruitment and data collection methods to be used in this study, and I authorize the investigator to conduct research at:

Facility Name/Research Site Name: Stanbridge University

Representative authorizing agreement: Dr. Kelly Hamilton

Title: Vice President of Instruction

Dr. Kelly Hamilton
Signature

12/24/25
Date



Research Site Agreement Form
Stanbridge University

STANBRIDGE UNIVERSITY AGREEMENT SIGNATURES

I/We accept the terms of this agreement.

Student Investigator 1: Jennifer Ung Title: Student
Signature: *JUng* Date: 12/24/25

Student Investigator 2: Jacquelyn Espinosa Title: Student
Signature: *J. Espinosa* Date: 12/24/25

Student Investigator 3: Lizbet Soledad Jaime Title: Student
Signature: *Lizbet Soledad Jaime* Date: 12/24/25

Student Investigator 3: Madison Vander Broek Title: Student
Signature: *Madison Vander Broek* Date: 12/24/25

Faculty Thesis Advisor: Kelcie Kadowaki Title: OTD, OTR/L
Signature: *Kelcie Kadowaki* Date: 12/24/25

Program Director: Myka Persson Title: MSOT PD
Signature: *Myka Persson* Date: 12/24/25

Dr. Kelly Hamilton
Vice President of Instruction, Stanbridge University
Signature: *Kelly Hamilton* Date: 12/24/25



Appendix C

Attitudes Survey

Recruitment Materials
Institutional Review Board

Section 1 of 7

Romantic Separation Survey

B I U ↻ ✕

This survey aims to understand the impact of a breakup on an individual's roles, routines, rituals, and other daily occupations, and will include multiple choice and short response questions. The approximate time to fill out this survey is 10 - 15 minutes. All participation is voluntary and you are free to exit the survey at any time. If recalling this information upsets or concerns you in any way, please take a moment to pause or exit the survey to participate in self-care. These questions are meant to give insight into future treatments and therapies for this significant life event.

What is your gender?

- Male
- Female
- Non-binary
- Other
- Prefer not to say

What is your age?

- 18-23
- 24-29
- 30-35

Recruitment Materials

Institutional Review Board

What is your ethnicity?

- White (not Hispanic or Latino)
- Hispanic Latino or Spanish
- American Indian
- Middle Eastern or North African
- Native Hawaiian or other Pacific Islander
- Asian
- Black or African American
- Other



After section 1 Continue to next section ▼

Section 2 of 7

Questions About the Relationship ⌵ ⋮

Description (optional)

What are your general feelings regarding your separation?

	1	2	3	4	5	
Negative	<input type="radio"/>	Positive				



Recruitment Materials
Institutional Review Board

Section 3 of 7

Performance Patterns - Habits and Routines

Description (optional)

Since the breakup, do you feel you have a healthy balance between your work, self-care, and leisure activities?

1 2 3 4 5

Strongly Disagree Strongly Agree

How would you rate your overall functional well-being since the breakup?

1 2 3 4 5

Very poor Very good

Have you experienced any changes in your sleep patterns or quality since the breakup?

1 2 3 4 5

Strongly Disagree Strongly Agree

Since the separation, I have developed new habits that support my well-being.

1 2 3 4 5

Recruitment Materials
Institutional Review Board

Since the separation, I have developed new habits that support my well-being.

1 2 3 4 5

Strongly Disagree Strongly Agree

My daily routines feel more balanced and fulfilling than before the separation.

1 2 3 4 5

Strongly Disagree Strongly Agree

The breakup has impacted my ability to maintain a consistent schedule in daily activities.

1 2 3 4 5

Strongly Disagree Strongly Agree

The breakup has impacted my ability to efficiently complete work or academic tasks.

1 2 3 4 5

Strongly Disagree Strongly Agree

The disruptions in my daily occupations have affected my physical energy or productivity levels.

1 2 3 4 5

Recruitment Materials

Institutional Review Board

The disruptions in my daily occupations have affected my physical energy or productivity levels.

1 2 3 4 5

Strongly Disagree Strongly Agree

After section 3 Continue to next section

Section 4 of 7

Performance Patterns - Roles ✕ ⋮

Description (optional)

Which roles have felt most significant to you since your separation? (Select all that apply)

- Family member (e.g., sibling, parent, child)
- Friend
- Professional or student
- Caregiver
- Other (please specify): _____

I feel confident in my ability to manage the roles I have taken on since the separation.

1 2 3 4 5

Recruitment Materials
Institutional Review Board

I feel confident in my ability to manage the roles I have taken on since the separation.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	Strongly Agree				

I have taken on new roles that align with my personal goals or values.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	Strongly Agree				

Letting go of roles tied to my past relationship was challenging but necessary.

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	Strongly Agree				

After section 4 Continue to next section ▼

Section 5 of 7

Performance Patterns - Rituals



Description (optional)



Recruitment Materials
Institutional Review Board

Section 5 of 7

Performance Patterns - Rituals

Description (optional)

Have you created or maintained any meaningful rituals (e.g., morning coffee, annual trips, spiritual practices) since your separation?

- Yes
- No

On a scale of 1-5, how meaningful are these rituals to your sense of well-being?

	1	2	3	4	5	
Not at All Meaningful	<input type="radio"/>	Very Meaningful				

After section 5 Continue to next section

Section 6 of 7

Changes in Performance Patterns – General

Description (optional)

Recruitment Materials

Institutional Review Board

Section 6 of 7

Changes in Performance Patterns – General

Description (optional)

How have your daily patterns changed since the separation? (Check all that apply)

- I have added new activities or responsibilities to my daily life.
- I have removed or stopped activities that no longer feel important.
- My daily schedule has become more structured.
- My daily schedule has become more flexible.
- Other (please specify): _____

I feel my current habits and routines reflect my personal values and goals:

	1	2	3	4	5	
Strongly Disagree	<input type="radio"/>	Strongly Agree				

After section 6 Continue to next section

Section 7 of 7

Conclusion

Description (optional)

Recruitment Materials
Institutional Review Board

Section 7 of 7

Conclusion ⌵ ⋮

Description (optional)

Thank you for participating in our survey.

If you are experiencing emotional distress after completing this survey, please know that support is available:

- *Stanbridge University SOAR Resources: Visit <http://stanbridgesoar.acisoar.com> or call 800-977-7728*
- *SAMHSA National Helpline: Call 1-800-662-HELP (4357) for free, confidential, 24/7 support and information on mental health and substance use resources.*

Your well-being is important to us. Please take care of yourself, and don't hesitate to reach out for support if needed.

1. Option 1