How effective are sensory modulation groups in improving self-management of mood disorders in community adult mental health settings?

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Relevant Allied Health Discipline	Occupational Therapy
Sources searched	PubMed, Medline, PsycINFO and Health Collection were used to complete searches on the 8 September 2020.
Quality appraisal of the body of Evidence	**Strength of Evidence** The strength of the evidence was quite poor as it consisted of 4 level IV studies, 2 qualitative studies and 1 Level II study.
	Quality of Evidence Most of the studies did not appear to place a large priority on blinding the participants or properly accounting for possible confounders.
	Statistical significance 4 of the 5 studies indicated statistically significant data within a confidence interval of at least 95%, with the other 2 studies having a positive result in the mean self-reported scores.
	External Validity/Applicability The studies focused on patients in acute mental health units or psychiatric/mental health inpatient units.
Summary of Evidence findings	The results show that sensory modulation has a positive effect on mental health patients and could be a successful intervention and treatment with further research and evidence. The evidence addressed sensory modulation and mental health disorders, however failed to explore sensory modulation as an intervention specifically for mood disorders within community and group settings.
Conclusions	Sensory modulation requires further quality evidence in order to measure and generalise its accuracy and efficiency and understanding the long-term impacts as an intervention for mental health disorders.
Implications for clinical practice	Sensory modulation appears to be an intervention that could be implemented into acute mental health settings and psychiatric/mental health inpatient units.

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