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Exploring modern perceptions of stay-at-home mothers and their occupational roles and identity: A pilot study

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Introduction: Being a mother is a significant occupational role. The occupational roles and engagement of mothering have previously been studied in the context of mothers of children with a disability and mothers with a disability. Further, the experiences of working mothers have been examined by different disciplines, such as sociology and psychology. However little is known about the experiences of stay-at-home mothers. There are underlying assumptions to describe stay-at-home mothers. However as motherhood reflects current social and cultural norms, it is problematic to apply these underlying assumptions homogeneously to the entire population of stay-at-home mothers. **Objectives:** This pilot study is part of a larger study which explores stay-at-home mothers and their occupational balance. The current pilot study aims to explore the contemporary perceptions of stay-at-home mothers. In addition this study aims to explore stay-at-home-mothers' occupational roles and identity reflecting current social and cultural milieu. **Methods:** Women who identify themselves as stay-at-home mothers will be recruited through purposive sampling. Three focus groups will be conducted with 6 to 10 participants. A question guide based on the literature will be used to facilitate the groups. Data will be transcribed verbatim and reviewed to identify themes by the primary investigator and the supervisors. **Results:** Findings will include contemporary themes to form perceptions of stay-at-home mothers and current social and cultural factors which influence this contemporary perception, their occupational roles and identity. **Conclusion:** The results of this study will improve occupational therapists' understanding of the contemporary characteristics of stay-at-home mothers. Having a clear understanding of this population assists occupational therapists to consider the most relevant and effective approach when working with this particular population. This pilot study will add new knowledge of stay-at-home mothers to the occupational therapy profession.