**Abstract:**

Introduction: According to the World Health Organization (WHO), health promotion is the process that enables individuals to increase control over and improve their health. In order to meet a complete physical, mental, and psychosocial health, one needs to be adapted with the environment within the physiological capabilities. Thus, health functions as a physical, social, and personal resource for everyday life; and therefore health promotion should be considered a key responsibility of any health system, which is normally referred to as well-being. Occupational therapy is a profession that attempts to establish a link between occupation and well-being. The primary goal of occupational therapy is to enable clients to participate in the activities of everyday life. This can be mainly done by involving clients to participate in community-based activities as well as modifying their environment to meet the clients’ needs and desires. However, the role of occupation therapy from the health promotion perspective is usually neglected and the clients are therefore deprived of this important well-being service.

Purpose: The purpose of this study is to introduce a neglected role of occupational therapy to enhance knowledge of people who engage in health promotion programs such as lawmakers, health specialists, and educators.

Material and methods: To meet the study objective, a review methodology and evidence-based health promotion were used as an effective way to collect and present the data.

Results: There was a significant positive relationship between the purposeful activities and well-being in clients who received occupational therapy services.

Discussion: The results of this study indicate that occupational therapy play an important role in enabling individuals with a variety of disabilities to participate in purposeful activities. Involving clients in occupational therapy designed activities not only improves the symptoms in sensory-motor and psychosocial patients, but also enhances the social health, which in turn possibly lead to an improvement in quality of life and well-being. This places the clients in a better position to perform desired tasks and achieve the occupational therapy goals.

Conclusion: Occupational therapy, a well-known rehabilitation discipline, plays an important role to adapt clients functional patterns to improve the quality of life and health promotion through occupation.

Keywords: Occupational Therapy, well-being, health promotion

Presentation: Oral