

American Journal of Recreation Therapy™

Published quarterly by Weston Medical Publishing, LLC
470 Boston Post Road, Weston, MA 02493
781-899-2702 • Fax: 781-899-4900
www.recreationtherapy.org • E-mail: ajrt@pnpco.com

Publisher *Richard A. DeVito, Jr.*

Editor-in-Chief, Managing Editor *Linda L. Buettner, PhD, CTRS, LRT*
ajrt@pnpco.com

Editorial Coordinator *Deborah Rines*
deborah_rines@pnpco.com

Marketing Manager *George Marks*
george_marks@pnpco.com

Subscription Manager *Brenda DeVito*
brenda_devito@pnpco.com

SUBSCRIPTION RATES: (All rates in US dollars)

Individual: US \$167; Canada \$202; Foreign \$256

Institution: US \$171; Canada \$207; Foreign \$261

Library: US \$183; Canada \$216; Foreign \$279

Single issues: US \$50; Canada \$60; Foreign \$90

SUBSCRIPTION INFORMATION: Submit your complete name, address, and zip code, attention: *American Journal of Recreation Therapy*, Subscription Department, 470 Boston Post Road, Weston, MA 02493. Enclose check, purchase order, or credit card number and expiration date with authorization signature. For notification of address change, submit old mailing label and new address, including zip code. No claims for copies lost in the mail may be allowed unless they are received within 90 days of date of issue. Claims for issues lost as a result of insufficient notice of address change will not be honored.

MANUSCRIPT SUBMITTAL/AUTHOR INFORMATION: Drafts, proposals, and completed articles may be submitted to Managing Editor, *American Journal of Recreation Therapy*, 470 Boston Post Road, Weston, MA 02493, or may be sent to ajrt@pnpco.com.

QUOTATIONS AND REPRINTS: Reprints of individual articles may be purchased at www.recreationtherapy.org and selecting the abstract link. Multiple reprints of material published in *American Journal of Recreation Therapy* can be obtained by filling out the reprint order form in the publication, visiting the website, www.recreationtherapy.org and selecting to reprints link, or by calling 781-899-2702. Quotations from *American Journal of Recreation Therapy* may be used for purposes of review without applying for permission as long as the extract does not exceed 500 words of text, and appropriate credit is given to the Journal. Authorization to photocopy items for internal use of specific clients is granted by Weston Medical Publishing, LLC, provided the appropriate fee is paid directly to: Copyright Clearance Center (CCC), 222 Rosewood Drive, Danvers, MA 01923, USA, 978-750-8400. Contact CCC prior to photocopying items for educational classroom use.

TRADEMARKS AND COPYRIGHTS: *American Journal of Recreation Therapy* is a trademark of Weston Medical Publishing, LLC. All materials are ©2009 by Weston Medical Publishing, LLC. All rights reserved.

POSTAL INFORMATION: Periodicals postage paid at Boston, MA, and additional offices. Permit number 021-746. Postmaster: Send address changes and form 3579 to: *American Journal of Recreation Therapy*, 470 Boston Post Road, Weston, MA 02493.

DISCLAIMER: The publisher and editors are not responsible for any opinions expressed by the authors for articles published in *American Journal of Recreation Therapy*.

Copyright 2009. Quotation is not permitted except as above. Duplicating an entire issue for sharing with others, by any means, is illegal. Photocopying of individual items for internal use is permitted for registrants with the Copyright Clearance Center, 222 Rosewood Drive, Danvers, MA 01923. For details, call 978-750-8400 or visit www.copyright.com.

American Journal of



Volume 8, Number 4

Fall 2009

ISSN 1539-4131

Conference briefs

- 5** Gerontological Society of America
2009 conference briefs: Alternative
and complementary therapies
for healthy aging

Nancy E. Richeson, PhD, CTRS

Linda L. Buettner, PhD, LRT, CTRS

Karen M. Rose, PhD, RN

Sandy Burgener, PhD, GNP-BC, FAAN

Efficacy research

- 9** Self-efficacy and arthritis impact on
health: The effect of an Arthritis
Foundation Aquatic Program

Lei Guo, PhD, CTRS/LRT

Heewon Yang, PhD, CTRS

Majorie M. Malkin, EdD, CTRS

Leisure education in recreational therapy

- 21** The effects of leisure education
on leisure attitudes, perceived
leisure control, and barriers to
leisure in Chinese older adult
immigrants in the United States

Chia Yun Hsieh, MS, RTC/CTRS

Maridith A. Janssen, EdD, RTC/CTRS

Recreational therapy advanced roles

- 29** Evidence to support an advanced role
for recreational therapists: Staff trainer
in long term care

Linda L. Buettner, PhD, LRT, CTRS

Humor as a modality

- 35** Literature analysis of humor
therapy research

Laura E. Harkins