

Admission Test for Dental Hygiene (ATDH) Practice (Sample)

Study Guide



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SAMPLE

Questions

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- 1. What dietary factor is associated with an increased risk of dental caries?**
 - A. Increased intake of fruits**
 - B. High consumption of sugary foods and beverages**
 - C. Increased consumption of whole grains**
 - D. Low-fat dairy products**
- 2. Which of the following is a benefit of regular dental cleanings?**
 - A. Reduction of cavity risk**
 - B. Guaranteed prevention of oral cancer**
 - C. Instant fix for all dental problems**
 - D. Improvement of personal breath odor**
- 3. In which technique does an author use descriptive language to create a mental image?**
 - A. Imagery**
 - B. Euphemism**
 - C. Foreshadowing**
 - D. Malapropism**
- 4. What is the role of fluoride in dental health?**
 - A. To stain teeth**
 - B. To prevent tooth decay**
 - C. To whiten teeth**
 - D. To promote gum growth**
- 5. What does the term "scaling" refer to in dental hygiene practice?**
 - A. The process of removing plaque and calculus from teeth surfaces**
 - B. The act of polishing teeth for aesthetic purposes**
 - C. The evaluation of gum health using a probe**
 - D. The application of fluoride to the teeth**

- 6. Which of the following describes the signs of healthy gingiva?**
- A. Red, swollen, and bleeding upon probing**
 - B. Pink, firm, and stippled surface without bleeding upon probing**
 - C. Soft, pale, and shiny appearance**
 - D. Rough, dark, and swollen surface**
- 7. What is a metaphor?**
- A. A figure of speech comparing two things using 'like' or 'as'**
 - B. A direct comparison not using 'like' or 'as'**
 - C. An exaggerated statement for emphasis**
 - D. A narrative interruption showing past events**
- 8. Which statement best describes the Kinetic Molecular Theory?**
- A. It states that gas particles are at rest.**
 - B. It suggests particles of matter are always in motion.**
 - C. It claims that particles are only stationary at absolute zero.**
 - D. It implies that all particles move at the same speed.**
- 9. What is the main purpose of desensitizing toothpaste?**
- A. Whitening teeth**
 - B. Freshening breath**
 - C. Reducing tooth sensitivity**
 - D. Preventing cavities**
- 10. Which dental x-ray is commonly used to assess interproximal caries?**
- A. Bitewing x-ray**
 - B. Panoramic x-ray**
 - C. Periapical x-ray**
 - D. Cephalometric x-ray**

Answers

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1. B
2. A
3. A
4. B
5. A
6. B
7. B
8. B
9. C
10. A

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Explanations

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1. What dietary factor is associated with an increased risk of dental caries?

A. Increased intake of fruits

B. High consumption of sugary foods and beverages

C. Increased consumption of whole grains

D. Low-fat dairy products

The correct response highlights that high consumption of sugary foods and beverages is closely linked to an increased risk of dental caries, commonly known as cavities. Sugars from foods and drinks feed the bacteria that reside in the mouth. When these bacteria metabolize the sugars, they produce acids as byproducts, which can erode tooth enamel and lead to caries formation. In contrast, the other dietary factors listed do not contribute to an elevated risk of dental caries. An increased intake of fruits can provide valuable vitamins and minerals that contribute positively to oral health, although some fruits have natural sugars; their overall fiber content and water content can help cleanse the mouth. Whole grains can also be beneficial, as they are high in fiber and generally have a lower glycemic index than sugary foods, which helps regulate blood sugar levels. Low-fat dairy products are rich in calcium and other nutrients that are important for maintaining healthy teeth and bones, potentially reducing the risk of dental caries. Thus, while various dietary elements play roles in oral health, sugary items stand out as a primary culprit in the development of dental caries.

2. Which of the following is a benefit of regular dental cleanings?

A. Reduction of cavity risk

B. Guaranteed prevention of oral cancer

C. Instant fix for all dental problems

D. Improvement of personal breath odor

Regular dental cleanings are significant in that they contribute to the reduction of cavity risk. This benefit arises from the professional removal of plaque and tartar buildup, which are primary contributors to tooth decay. During cleanings, dental hygienists also provide fluoride treatments and educate patients on effective oral hygiene practices that further protect against cavities. While regular cleanings can lead to fresher breath due to the removal of food particles and plaque buildup, this is just one aspect of their benefits and may not address deeper underlying issues like periodontal disease. Additionally, cleanings cannot guarantee prevention of oral cancer; while maintaining oral hygiene is important for overall health, many factors influence cancer risks. Lastly, cleanings are a preventive measure rather than an instant solution for existing dental problems, which often require more extensive treatment plans. The emphasis on cavity risk reduction highlights the primary role that regular cleanings play in maintaining overall dental health.

3. In which technique does an author use descriptive language to create a mental image?

- A. Imagery**
- B. Euphemism**
- C. Foreshadowing**
- D. Malapropism**

Imagery is the technique that involves the use of descriptive language to create vivid mental images for the reader. This technique appeals to the senses—sight, sound, taste, touch, and smell—allowing the author to paint a picture with words. By utilizing imagery, writers can evoke emotions and engage the reader's imagination, making the scenes or concepts more tangible and relatable. In contrast, euphemism refers to a milder or less direct way of expressing something that might be harsh or unpleasant, which does not focus on creating mental images. Foreshadowing involves hinting or indicating future events in a story, which sets up expectations but does not necessarily create imagery. Malapropism is the unintentional misuse of a word by confusion with one that sounds similar, leading to a humorous effect rather than a descriptive one. Therefore, imagery stands out as the correct technique for creating mental visuals through detailed and expressive language.

4. What is the role of fluoride in dental health?

- A. To stain teeth**
- B. To prevent tooth decay**
- C. To whiten teeth**
- D. To promote gum growth**

Fluoride plays a crucial role in dental health primarily by its ability to prevent tooth decay. It strengthens tooth enamel, making it more resistant to the acids produced by bacteria in plaque. When fluoride is present, it can be incorporated into the mineral structure of the teeth, enhancing their durability and ability to withstand decay. Additionally, fluoride helps to remineralize areas of the enamel that have begun to demineralize, reversing early stages of tooth decay. It is important to understand the context of this role; while options that mention staining, whitening, or promoting gum growth may reference other aspects of dental care and health, they do not accurately reflect the main function of fluoride. Staining teeth and whitening them are related to cosmetic considerations, which are not the primary concern of fluoride use. Similarly, fluoride does not promote gum growth; instead, its focus is primarily on the enamel and preventing cavities.

5. What does the term "scaling" refer to in dental hygiene practice?

- A. The process of removing plaque and calculus from teeth surfaces**
- B. The act of polishing teeth for aesthetic purposes**
- C. The evaluation of gum health using a probe**
- D. The application of fluoride to the teeth**

Scaling refers to the process of removing plaque and calculus from teeth surfaces, which is a fundamental aspect of dental hygiene practice. Plaque is a soft, sticky substance made up of bacteria, food particles, and saliva that forms on teeth, while calculus, or tartar, is hardened plaque that accumulates over time if not removed. The buildup of plaque and calculus can lead to periodontal disease, cavities, and other oral health issues. Therefore, scaling is crucial for maintaining gum health and preventing these conditions. In contrast, the act of polishing teeth is more focused on aesthetics, enhancing the appearance of the teeth after scaling has been performed. Evaluating gum health using a probe is a diagnostic procedure used to assess the depth of periodontal pockets but does not involve the physical removal of deposits from the teeth. The application of fluoride is a preventative measure aimed at strengthening enamel and preventing decay, rather than a mechanical cleaning procedure. Thus, scaling is distinctively recognized for its role in directly cleaning the surfaces of the teeth.

6. Which of the following describes the signs of healthy gingiva?

- A. Red, swollen, and bleeding upon probing**
- B. Pink, firm, and stippled surface without bleeding upon probing**
- C. Soft, pale, and shiny appearance**
- D. Rough, dark, and swollen surface**

Healthy gingiva is characterized by specific physical signs that indicate good periodontal health. When assessing the condition of the gums, the indicators of health include a pink color, firm texture, and a stippled surface, resembling the texture of an orange peel. These characteristics are essential as they reflect the absence of inflammation and disease in the periodontal tissues. The pink color suggests sufficient blood circulation and absence of inflammation, while the firmness indicates that the tissues are healthy and well-attached to the tooth surfaces. The stippling is a normal feature of healthy gums, giving them a slightly textured appearance due to the connective tissue fibers beneath the epithelium. Moreover, healthy gingiva should not bleed upon probing, which is a common sign of inflammation or periodontal disease. Therefore, the combination of these features makes option B the definitive description of healthy gingiva, highlighting the importance of maintaining oral hygiene to prevent conditions such as gingivitis or periodontal disease.

7. What is a metaphor?

- A. A figure of speech comparing two things using 'like' or 'as'
- B. A direct comparison not using 'like' or 'as'**
- C. An exaggerated statement for emphasis
- D. A narrative interruption showing past events

A metaphor is defined as a direct comparison that does not use "like" or "as" to relate two different things. This figure of speech implies that one thing is another, often to illustrate a point or to enhance understanding through imagery. For example, saying "Time is a thief" suggests that time steals moments from our lives, without using any comparative words. Comparing this to the other choices, the first option describes a simile, which indeed uses "like" or "as" for comparison. The third option refers to hyperbole, which is used to create emphasis through exaggeration, and the fourth option describes a flashback, a narrative technique that interrupts the current story to provide background information. Therefore, the definition provided in the correct choice succinctly captures the essence of a metaphor and its function in language.

8. Which statement best describes the Kinetic Molecular Theory?

- A. It states that gas particles are at rest.
- B. It suggests particles of matter are always in motion.**
- C. It claims that particles are only stationary at absolute zero.
- D. It implies that all particles move at the same speed.

The statement that best describes the Kinetic Molecular Theory is that it suggests particles of matter are always in motion. This theory is fundamental in understanding the behavior of gases and postulates that all particles, whether in solids, liquids, or gases, are in constant motion. The nature of this motion varies depending on the phase of the matter: in gases, for example, particles move freely and rapidly, while in solids, particles vibrate in fixed positions. In the context of gas behavior, the kinetic molecular theory provides insights into pressure and temperature, indicating that as temperature increases, the kinetic energy of the particles also increases, leading to faster motion. This inherent motion is what drives the diffusion of gases and their ability to fill containers. The other options do not accurately represent the theory's principles. The suggestion that gas particles are at rest contradicts the foundational premise of the particles being in motion. The claim that particles are only stationary at absolute zero is too narrow, as it refers specifically to a theoretical state that does not apply to the behavior of most matter under normal conditions. The notion that all particles move at the same speed ignores the variability of kinetic energy among particles, which can differ based on conditions such as temperature and pressure.

9. What is the main purpose of desensitizing toothpaste?

- A. Whitening teeth
- B. Freshening breath
- C. Reducing tooth sensitivity**
- D. Preventing cavities

Desensitizing toothpaste is specifically formulated to address tooth sensitivity, making this the main purpose of these products. Tooth sensitivity often occurs when the underlying dentin becomes exposed, leading to discomfort or pain when consuming hot, cold, sweet, or acidic foods and beverages. Desensitizing toothpaste typically contains compounds such as potassium nitrate or strontium chloride, which work to block the transmission of sensations from the tooth surface to the nerve. While other functions such as whitening teeth or freshening breath may be beneficial attributes of some toothpaste formulas, desensitizing toothpaste's primary focus remains on mitigating sensitivity. Additionally, some toothpaste may have cavity prevention properties, but that is not the primary intention of desensitizing products. Their unique formulation is tailor-made to provide relief for those suffering from heightened sensitivity, making it crucial for dental professionals to recommend them for patients experiencing this issue.

10. Which dental x-ray is commonly used to assess interproximal caries?

- A. Bitewing x-ray**
- B. Panoramic x-ray
- C. Periapical x-ray
- D. Cephalometric x-ray

The bitewing x-ray is the most effective method for assessing interproximal caries due to its specific design. These x-rays capture the area between the teeth, allowing dental professionals to clearly visualize the surfaces where cavities typically form. The bitewing film is positioned in the patient's mouth to provide a view of both upper and lower teeth simultaneously, focusing specifically on the areas where adjacent teeth contact. In contrast, panoramic x-rays provide a broad view of all the teeth, jaw, and surrounding structures, but they lack the detailed resolution needed to identify early interproximal caries accurately. Periapical x-rays focus on the structure of a single tooth and its surrounding bone but do not offer the same interproximal coverage as bitewing x-rays. Cephalometric x-rays are primarily used in orthodontics to assess the relationships of the teeth and jaws, making them unsuitable for detecting caries. Thus, the bitewing x-ray stands out as the ideal choice for identifying interproximal caries effectively.