

Adult Assessment-OT Process, Framework and Activity Analysis Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. Who can conduct screening according to the material?**
 - A. COTA or front desk**
 - B. Only the OTR**
 - C. The client**
 - D. Family member**

- 2. Under performance skills, which item is listed as a strength-related capability?**
 - A. Against gravity**
 - B. Balance**
 - C. Concentration/cognitive**
 - D. Met Level**

- 3. What concept serves as the building blocks to achieve long-term goals?**
 - A. Building blocks to long term**
 - B. Final goal**
 - C. Intervention plan**
 - D. Implementation**

- 4. Occupations can be described as meaningful or necessary. Which of the following best captures this statement?**
 - A. Meaningful or necessary**
 - B. Optional or trivial**
 - C. Irrelevant or incidental**
 - D. Mandatory or required**

- 5. Which component of movement analysis focuses on the ability to coordinate body parts efficiently during task performance?**
 - A. Coordination**
 - B. Endurance or tolerance**
 - C. ROM**
 - D. Orthotics or grasping mits**

- 6. Which statement reflects preventing or eliminating contracture or deformity?**
- A. Prevent or eliminate contracture or deformity**
 - B. Create new deformities**
 - C. Ignore ROM deficits**
 - D. Limit movement**
- 7. Which statement best describes screening's purpose?**
- A. Helps determine what to do next and what assessments to use**
 - B. Provides a comprehensive diagnostic profile**
 - C. Replaces the need for an occupational profile**
 - D. Is always performed only after evaluation**
- 8. Which option describes continuing OT as planned as a discharge outcome?**
- A. Discontinue OT**
 - B. Continue OT as planned (Re-evaluation or Review)**
 - C. Start new therapy**
 - D. Do nothing**
- 9. Which goal involves increasing muscle power?**
- A. Increase muscle power**
 - B. Decrease muscle tone**
 - C. Improve only endurance**
 - D. Enhance coordination**
- 10. The COTA can help carry out which aspect?**
- A. Implementation of plan**
 - B. Assessment**
 - C. Diagnosis**
 - D. Discharge planning**

Answers

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

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Explanations

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1. Who can conduct screening according to the material?

A. COTA or front desk

B. Only the OTR

C. The client

D. Family member

Screening is a brief, initial check to determine whether an OT evaluation is warranted. It doesn't require a full assessment and can be done by members of the OT team who have appropriate training to gather basic information and flag potential concerns. The material supports that a Certified Occupational Therapy Assistant (COTA) or front desk staff can conduct screening, typically as part of intake or triage, under supervision or within their scope of practice. The other options don't fit as well because a full evaluation is the OTR's role, while the client or family provide information but don't perform formal screening.

2. Under performance skills, which item is listed as a strength-related capability?

A. Against gravity

B. Balance

C. Concentration/cognitive

D. Met Level

In performance skills, strength-related capability is about the ability to generate and apply force, including moving or supporting your body against gravity. "Against gravity" directly reflects this capacity—it's about how much you can lift, hold, or propel weight when your muscles work to oppose the pull of gravity. The other options tap into different skill areas: balance relates to postural control rather than the raw strength to move or hold weight; concentration/cognitive is a mental process, not a motor strength capacity; and met level measures energy expenditure during activity, which describes effort rather than the body's force-producing ability.

3. What concept serves as the building blocks to achieve long-term goals?

A. Building blocks to long term

B. Final goal

C. Intervention plan

D. Implementation

Breaking a long-term goal into smaller, manageable steps is the concept being tested. These building blocks, or stepping-stones, are the short-term objectives that guide progress, provide measurable targets, and allow you to monitor and adjust as needed. In practice, you analyze an activity to identify the discrete skills or actions that must be mastered, then sequence them so each success builds toward the overall goal. This approach makes planning concrete and client-centered, and it directly informs the intervention plan and how you implement it, because you know which specific skills to target first and how to progress them. The final goal is still important, but it's the series of achievable steps that enables sustained progress toward it; the broader plan and its execution are separate levels of planning.

4. Occupations can be described as meaningful or necessary. Which of the following best captures this statement?

- A. Meaningful or necessary**
- B. Optional or trivial**
- C. Irrelevant or incidental**
- D. Mandatory or required**

Occupations have two essential aspects: the meaning they hold for a person and the necessity of engaging in them to participate in daily life. When a statement says occupations can be described as meaningful or necessary, it reflects that people value certain activities and also need to perform them to live, work, and participate in their roles. This makes the idea of meaningful or necessary the best fit. Optional or trivial suggests activities are of little value, which misses the sense of personal importance. Irrelevant or incidental denies the purposeful link between what people do and their daily life. Mandatory or required captures only the necessity, not the personal meaning that many occupations hold.

5. Which component of movement analysis focuses on the ability to coordinate body parts efficiently during task performance?

- A. Coordination**
- B. Endurance or tolerance**
- C. ROM**
- D. Orthotics or grasping mits**

Coordination refers to how efficiently the body parts work together to complete a task. It involves timing, sequencing, and the smooth integration of movements across multiple joints and muscles so actions feel coordinated rather than fragmented. In movement analysis, this component assesses whether the arms, hands, eyes, and trunk can work in harmony to perform daily tasks. Endurance or tolerance measures how long a person can sustain activity, not how well different body parts coordinate. ROM looks at how far joints can move, and orthotics or grasping mits relate to devices used to aid performance rather than the quality of coordination itself. Therefore, the focus on coordinating body parts efficiently during task performance is coordination.

6. Which statement reflects preventing or eliminating contracture or deformity?

- A. Prevent or eliminate contracture or deformity**
- B. Create new deformities**
- C. Ignore ROM deficits**
- D. Limit movement**

Preventing or eliminating contracture or deformity reflects the essential aim of maintaining and restoring tissue length and joint mobility to preserve functional use. Contractures happen when soft tissues shorten or scar inappropriately due to immobilization, poor positioning, edema, or spasticity, leading to reduced range of motion and possible deformity. Therefore, OT interventions focus on preserving or regaining ROM through active and passive exercises, proper positioning, edema control, and the use of splints or braces to hold joints in functional alignment. These actions prevent new shortening and promote tissue health, which is why this statement best matches the goal of OT practice. The other options describe approaches that would worsen or ignore the problem—creating deformities, ignoring ROM deficits, or limiting movement would all contribute to greater loss of motion and alignment.

7. Which statement best describes screening's purpose?

- A. Helps determine what to do next and what assessments to use**
- B. Provides a comprehensive diagnostic profile**
- C. Replaces the need for an occupational profile**
- D. Is always performed only after evaluation**

Screening serves as a quick, initial check to flag potential problems and determine what to do next. It guides the plan for evaluation by indicating whether issues are present and which assessments would be most appropriate to use. It's not meant to provide a full diagnostic picture or a detailed profile of functioning. That's why it doesn't replace an occupational profile, which offers a comprehensive view of the person's daily activities, roles, and goals. And because screening is used to decide the need for further assessment, it's typically conducted before a full evaluation, helping to determine whether an evaluation is needed and what tools to apply.

8. Which option describes continuing OT as planned as a discharge outcome?

- A. Discontinue OT**
- B. Continue OT as planned (Re-evaluation or Review)**
- C. Start new therapy**
- D. Do nothing**

Continuing OT as planned with a scheduled re-evaluation or review shows that the client still needs occupational therapy and there's a structured plan to monitor progress toward goals. This approach keeps services ongoing while ensuring progress is tracked and goals or interventions are adjusted as needed. It contrasts with ending OT now, starting a different therapy, or doing nothing, none of which describe maintaining the current course with a planned reassessment.

9. Which goal involves increasing muscle power?

- A. Increase muscle power**
- B. Decrease muscle tone**
- C. Improve only endurance**
- D. Enhance coordination**

Muscle power is the ability to generate a large amount of force in a short period of time. In practical terms, it combines how strong a muscle is with how quickly it can produce that strength. When the goal is to increase muscle power, the aim is specifically to enhance both the force and the speed of muscle contractions, which improves performance on tasks that require a quick burst of effort or rapid movement. This is different from endurance, which focuses on sustaining activity over time; from reducing muscle tone, which targets abnormal muscle tension; and from improving coordination, which centers on smooth, precise sequencing of movements. Power is often summarized as force multiplied by velocity, so increasing this product directly targets the capacity to move quickly and forcefully.

10. The COTA can help carry out which aspect?

- A. Implementation of plan**
- B. Assessment**
- C. Diagnosis**
- D. Discharge planning**

The main idea is that a Certified Occupational Therapy Assistant carries out the plan of care that has been developed by the OT. Under supervision, the COTA delivers interventions, guides therapeutic activities, adapts tasks, and uses equipment as prescribed, while monitoring the client's responses and documenting progress. This is how the plan becomes action and how progress toward goals is achieved. Assessment, diagnosis, and discharge planning fall outside the COTA's independent scope. Assessment and diagnosis are responsibilities of the OT (often with collaboration from the team), and discharge planning is typically led by the OT and the multidisciplinary team, with the COTA contributing by reporting progress and outcomes.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://adultassmtotprocess.examzify.com>

We wish you the very best on your exam journey. You've got this!

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