

HOSA OCCUPATIONAL THERAPY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What defines instrumental activities of daily living?**
 - A. Activities that are essential for survival
 - B. Activities considered optional involving the environment
 - C. Activities focused on personal hygiene
 - D. Activities that assist with mobility
- 2. What is the definition of an occupation in the context of occupational therapy?**
 - A. An activity performed while at work
 - B. An activity in which one engages
 - C. A job or profession one fulfills
 - D. A series of tasks to complete
- 3. Who can collaborate with occupational therapy practitioners?**
 - A. Only other therapists
 - B. Occupational therapists and family members only
 - C. Physicians, social workers, and educators
 - D. Only clients themselves
- 4. What is the purpose of an orthotic device?**
 - A. To enhance cognitive function
 - B. To support and align limbs
 - C. To reduce emotional distress
 - D. To improve nutrition
- 5. What defines occupation-centered activities?**
 - A. Performed in artificial environments
 - B. Performed in natural settings
 - C. Only done during therapy sessions
 - D. Activities focused purely on leisure
- 6. What is meant by the therapeutic use of self?**
 - A. Using equipment effectively during therapy
 - B. Employing one's personality to establish relationships
 - C. Practicing mindfulness in therapy
 - D. Implementing community resources in care

- 7. Which of the following is a crucial skill for an occupational therapy practitioner regarding client evaluation?**
- A. Technical writing
 - B. Clinical judgment
 - C. Financial management
 - D. Marketing abilities
- 8. Which event increased the focus on physical rehabilitation in occupational therapy?**
- A. The Vietnam War
 - B. The Korean War
 - C. The Gulf War
 - D. The Persian War
- 9. What is the focus of interactive reasoning?**
- A. Developing treatment plans based on evidence
 - B. Understanding the client through a communicative process
 - C. Addressing dynamic therapy environments
 - D. Relying on institutional protocols
- 10. Which statement best defines informed consent in therapy?**
- A. Client is coerced to participate in treatment
 - B. Client understands terms and agrees voluntarily to therapy
 - C. Client has little knowledge of the treatment process
 - D. Client is required to follow all recommendations blindly

Answers

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

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Explanations

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1. What defines instrumental activities of daily living?

- A. Activities that are essential for survival
- B. Activities considered optional involving the environment**
- C. Activities focused on personal hygiene
- D. Activities that assist with mobility

Instrumental activities of daily living (IADLs) refer to the tasks that allow individuals to live independently and manage their own lives within a community. These activities go beyond the basic skills necessary for survival, such as eating and bathing, and instead encompass a range of tasks that involve interaction with the environment and support a person's ability to function in society. The correct definition highlights that IADLs include activities such as meal preparation, grocery shopping, managing finances, and utilizing transportation. These tasks are considered optional in the sense that they enhance quality of life and enable individuals to maintain independence, rather than being strictly necessary for survival. Understanding IADLs is crucial in occupational therapy as they are often a focus in assessments and interventions aimed at enhancing a person's ability to live independently. Recognizing the importance of these activities helps therapists develop personalized strategies to improve a client's functional capacity in their environment.

2. What is the definition of an occupation in the context of occupational therapy?

- A. An activity performed while at work
- B. An activity in which one engages**
- C. A job or profession one fulfills
- D. A series of tasks to complete

In occupational therapy, the term "occupation" encompasses a broad range of activities that individuals engage in, which are meaningful to them and contribute to their overall well-being and quality of life. This definition recognizes that occupations are not limited to work or employment, but include all activities that people participate in, such as self-care, leisure, social activities, and community involvement. This holistic view highlights the importance of personal interests, roles, and responsibilities in shaping a person's identity and lifestyle. By focusing on the overall engagement in meaningful activities, occupational therapy aims to support individuals in achieving their goals and enhancing their ability to perform daily tasks, thus improving their functional independence and satisfaction in life. Other choices may limit the understanding of occupation to specific contexts such as work or tasks, but option B embraces the broader interpretation essential for effective occupational therapy practice.

3. Who can collaborate with occupational therapy practitioners?

- A. Only other therapists
- B. Occupational therapists and family members only
- C. Physicians, social workers, and educators**
- D. Only clients themselves

Collaboration in occupational therapy is essential for providing comprehensive care and achieving optimal outcomes for clients. Occupational therapy practitioners often work not just in isolation but within a multidisciplinary team that includes various professionals. Physicians, social workers, and educators each bring unique perspectives and knowledge that contribute to a holistic approach to client care. For instance, physicians can provide medical insights and diagnoses that inform therapy plans, social workers can address environmental and social factors affecting the client's well-being, and educators can help create strategies that foster learning and development in school-aged clients. This collaborative approach ensures that all aspects of a client's life are considered and addressed in their therapy, leading to more effective interventions and support systems. Recognizing that the field of occupational therapy thrives on an interdisciplinary model clarifies why a diverse group of professionals is integral to the collaboration process, making this answer particularly relevant in understanding effective practice in this field.

4. What is the purpose of an orthotic device?

- A. To enhance cognitive function
- B. To support and align limbs**
- C. To reduce emotional distress
- D. To improve nutrition

An orthotic device is specifically designed to support and align limbs, which is crucial for individuals who may have experienced injuries, neurological disorders, or other conditions that affect their mobility and physical function. Orthotics can help restore normal function by providing necessary support to weakened muscles, stabilizing joints, and accommodating for any deformities. These devices may be custom-made or prefabricated and can serve various purposes, such as improving posture, reducing pain, preventing further injury, and aiding in rehabilitation. In contrast, enhancing cognitive function, reducing emotional distress, or improving nutrition are not within the primary function of orthotic devices, as these areas pertain to different fields of therapy and treatment modalities.

5. What defines occupation-centered activities?

- A. Performed in artificial environments
- B. Performed in natural settings**
- C. Only done during therapy sessions
- D. Activities focused purely on leisure

Occupation-centered activities are defined as those that are performed in natural settings. This approach emphasizes the importance of engaging individuals in everyday activities within their typical environments, promoting meaningful participation that is relevant to their daily lives. Doing activities in natural settings allows clients to develop skills in contexts that mimic real-world challenges they face outside of a therapy setting, thereby enhancing the transfer of skills learned during therapy to their daily routines. This focus on natural environments supports the principles of occupational therapy, which aims to empower individuals by fostering independence and competence in their activities. Engaging clients in their everyday contexts increases motivation and relevance, making the therapeutic process more impactful. In contrast, options that suggest artificial environments or restrict the activities to therapy sessions do not align with the fundamental principles of occupational therapy. Recognizing the significance of leisure is important, but occupation-centered activities encompass a broader range of functional tasks beyond just leisure activities, including work and self-care. Thus, only leisure-focused activities do not adequately represent the diverse nature of what occupation-centered activities entail.

6. What is meant by the therapeutic use of self?

- A. Using equipment effectively during therapy
- B. Employing one's personality to establish relationships**
- C. Practicing mindfulness in therapy
- D. Implementing community resources in care

The therapeutic use of self refers to the practice of employing one's personality, experiences, and interpersonal skills in the therapeutic relationship to establish trust and rapport with clients. This concept emphasizes the importance of the therapist's authentic self in facilitating positive outcomes during therapy. When a therapist is genuinely engaged and uses their own personality, it can enhance communication, promote a sense of safety, and create a strong therapeutic alliance, which are critical for effective occupational therapy. Utilizing one's personality involves being empathetic, approachable, and attuned to the client's needs, which can significantly impact the client's engagement and motivation in the therapeutic process. This concept is rooted in the belief that therapy is not just about techniques and interventions, but also about the relationships formed during the therapeutic journey. In contrast, options related to equipment, mindfulness, and community resources focus on different aspects of therapy but do not encapsulate the essence of the therapeutic use of self. Equipment proficiency is about practical skills, mindfulness is a specific practice to enhance presence or awareness, and community resources pertain to external supports rather than the personal connection established through one's personality.

7. Which of the following is a crucial skill for an occupational therapy practitioner regarding client evaluation?

- A. Technical writing
- B. Clinical judgment**
- C. Financial management
- D. Marketing abilities

Clinical judgment is a foundational skill for an occupational therapy practitioner during client evaluation. This skill involves the ability to assess a client's needs, strengths, and areas for improvement based on both quantitative data and qualitative observations. Practitioners must synthesize information from numerous sources, including client interviews, standardized assessments, and observations of daily activities. Effective clinical judgment enables therapists to develop appropriate, personalized intervention plans that address the specific needs of their clients. It involves critical thinking, intuition, and the ability to make informed decisions that will enhance the clients' ability to perform daily living activities and achieve their goals. This skill is especially important as it directly impacts the quality of care clients receive and their overall outcomes in therapy. In contrast, while technical writing may assist in documentation, financial management and marketing abilities are less directly tied to the core responsibilities and the clinical aspects of client evaluation in occupational therapy.

8. Which event increased the focus on physical rehabilitation in occupational therapy?

- A. The Vietnam War
- B. The Korean War**
- C. The Gulf War
- D. The Persian War

The Korean War significantly heightened the emphasis on physical rehabilitation within occupational therapy due to the large number of service members returning with injuries that required extensive rehabilitation. This conflict brought to light the need for both physical and occupational therapy services to aid in the recovery and reintegration of veterans into civilian life. The war's unique challenges led to advancements in rehabilitation techniques and a greater recognition of the role occupational therapy could play in helping individuals regain functional abilities, which had a lasting impact on the profession. In contrast, while other wars also brought attention to rehabilitative services, the Korean War is particularly noted for sparking systematic changes in how occupational therapy was approached and integrated into recovery plans for injured veterans. These changes paved the way for a more structured integration of physical rehabilitation into occupational therapy, which has continued to evolve to this day.

9. What is the focus of interactive reasoning?

- A. Developing treatment plans based on evidence
- B. Understanding the client through a communicative process**
- C. Addressing dynamic therapy environments
- D. Relying on institutional protocols

The focus of interactive reasoning is centered on understanding the client through a communicative process. This type of reasoning emphasizes the importance of building a therapeutic relationship and engaging the client in the treatment process. It involves actively listening to the client's perspective, feelings, and experiences, which helps the therapist gain insights into their unique needs, goals, and challenges. Interactive reasoning is particularly crucial in occupational therapy, as it allows therapists to tailor their interventions based on the individual's circumstances and preferences. By fostering effective communication and establishing rapport, therapists can better identify issues that may not be immediately observable, leading to more personalized and effective treatment approaches. This type of reasoning promotes collaboration and shared decision-making, which are essential for successful therapeutic outcomes. In contrast, developing treatment plans based on evidence involves a more standardized approach using research findings, addressing dynamic therapy environments focuses on adapting to changing conditions in therapy contexts, and relying on institutional protocols emphasizes adherence to established practices rather than individual client engagement. While all these aspects are important in occupational therapy, they do not encapsulate the core essence of interactive reasoning, which lies in the relational understanding between therapist and client.

10. Which statement best defines informed consent in therapy?

- A. Client is coerced to participate in treatment
- B. Client understands terms and agrees voluntarily to therapy**
- C. Client has little knowledge of the treatment process
- D. Client is required to follow all recommendations blindly

Informed consent in therapy is best defined by the notion that the client understands the terms of the therapy and agrees to participate voluntarily. This concept is fundamental in ensuring that clients are aware of what the treatment entails, including its purpose, potential risks, benefits, and any alternatives available. By understanding these aspects, clients are empowered to make educated decisions about their therapy, fostering an ethical therapeutic relationship based on autonomy and respect. This approach not only promotes trust between the client and therapist but also aligns with legal and ethical standards in healthcare, ensuring that clients are not subject to coercion and are fully informed about their treatment options. Making an informed choice is crucial for effective therapy, as it lays the groundwork for active participation and commitment towards the therapeutic process.

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://hosaoccupationaltherapy.examzify.com>

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

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