

Introduction to Occupational Therapy Exam 1 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. The WWII Era is marked by which rehabilitation-related activities for OTs?**
 - A. 1920s-1930s**
 - B. WWII Era**
 - C. 1932 Registry**
 - D. Arts and Crafts Movement**

- 2. Which of the following best defines philosophy as used in the material?**
 - A. Belief in scientific method**
 - B. System of ethical rules**
 - C. Love of knowledge or wisdom**
 - D. Practice of medicine**

- 3. Which of the following individuals was instrumental in establishing early occupational therapy ethics and organization, serving as NSPOT president?**
 - A. George Edward Barton**
 - B. Susan Cox Johnson**
 - C. Mary Reilly**
 - D. Isabel Gladwin Newton**

- 4. Who developed the 'work-cure' (active engagement) approach as opposed to the 'rest-cure'?**
 - A. Herbert Hall**
 - B. Philippe Pinel**
 - C. William Tuke**
 - D. Dorothea Dix**

- 5. Which statement describes the Biological Imperative?**
 - A. A legal requirement for workplaces.**
 - B. Innate evolutionary need for occupation essential for health and survival.**
 - C. A directive from the occupational safety board.**
 - D. A concept describing the physical structure of the body.**

- 6. Which approach uses SIPT for assessment in children?**
- A. NDT**
 - B. Habit Training**
 - C. Sensory Integration**
 - D. Inhibitory Techniques**
- 7. Which statement is attributed to Mary Reilly regarding the influence of hands energized by mind and will on health?**
- A. Man, through the use of his hands, as they are energized by mind and will, can influence the state of his own health.**
 - B. Occupation serves little purpose in modern therapy.**
 - C. Only the brain determines health, independent of manual activity.**
 - D. Therapy should focus on reflex activity rather than occupation.**
- 8. What major milestone did the OT profession celebrate in 2017?**
- A. Centennial celebration 100 years of the profession in 2017.**
 - B. 50-year anniversary.**
 - C. 75-year anniversary.**
 - D. 120-year anniversary.**
- 9. Which philosopher influenced the philosophy and practices of occupational therapy?**
- A. John Locke**
 - B. Mary Law**
 - C. Florence Clark**
 - D. Lela A. Llorens**
- 10. Who are Willard and Spackman in the context of occupational therapy history?**
- A. Brown and Reed**
 - B. Willard and Spackman**
 - C. Johnson and Lee**
 - D. Smith and Davis**

Answers

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

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Explanations

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1. The WWII Era is marked by which rehabilitation-related activities for OTs?

- A. 1920s-1930s
- B. WWII Era**
- C. 1932 Registry
- D. Arts and Crafts Movement

During this period, the emphasis for occupational therapists was on restoring function and enabling recovery for service members and veterans who had been injured in war. The work centered on rehabilitating daily living activities and work-related skills so individuals could return to independent living and, if possible, civilian employment. Therapists guided patients through physical reconditioning—building strength, coordination, and dexterity—while also teaching adaptive strategies and the use of splints, prosthetics, and other assistive devices to perform tasks. Therapy often took place in hospital and rehabilitation settings, with a strong focus on both individual and group activities that simulated real-life tasks and work activities, all aimed at reintegration into daily life and the workforce. Multidisciplinary teamwork with physicians, physical therapists, and vocational counselors was key, and vocational rehabilitation programs helped veterans reenter the job market. Other options reference earlier or separate influences: the Arts and Crafts Movement shaped OT practice earlier, and the 1920s-1930s period and the 1932 Registry pertain to historical developments but not the wartime rehabilitation focus that defined this era.

2. Which of the following best defines philosophy as used in the material?

- A. Belief in scientific method
- B. System of ethical rules
- C. Love of knowledge or wisdom**
- D. Practice of medicine

Philosophy here refers to an orientation toward knowledge, understanding, and the values that guide practice. The word philosophy comes from Greek roots meaning love of wisdom, so describing philosophy as a love of knowledge or wisdom best captures its role: it signals how we approach questions, what we value as true, and why we do what we do in practice. This isn't about belief in a scientific method, which is a way of testing ideas. It isn't a system of ethical rules—that's ethics. And it isn't the practice of medicine. Rather, philosophy underpins your overall perspective and aims in OT, shaping why meaningful occupation matters and how you think about the goals of therapy.

3. Which of the following individuals was instrumental in establishing early occupational therapy ethics and organization, serving as NSPOT president?

- A. George Edward Barton**
- B. Susan Cox Johnson**
- C. Mary Reilly**
- D. Isabel Gladwin Newton**

The question is testing knowledge of who helped shape the profession's early ethics and organizational structure. George Edward Barton was a foundational figure who helped establish the field's identity and standards. He co-founded the National Society for the Promotion of Occupational Therapy (NSPOT) and served as its president, guiding the early development of professional ethics, governance, and the push to formalize occupational therapy as a recognized profession. His leadership helped set the direction for how OT would be practiced and regulated, laying the groundwork for ethical practice and organizational cohesion. Other early contributors, like Susan Cox Johnson, contributed significantly to the profession's growth and advocacy, and later figures such as Mary Reilly and Isabel Gladwin Newton advanced theory and practice in different eras, but Barton is the one most closely associated with the earliest ethical framework and the founding leadership of NSPOT.

4. Who developed the 'work-cure' (active engagement) approach as opposed to the 'rest-cure'?

- A. Herbert Hall**
- B. Philippe Pinel**
- C. William Tuke**
- D. Dorothea Dix**

Herbert Hall developed the work-cure approach, which uses purposeful, productive activities to help patients recover, rather than inviting them to rest for long periods. Hall believed that engaging in crafts and other meaningful tasks provides structure, skills, and social interaction that promote healing and functional return. This contrasted with the rest-cure, which relied on extensive bed rest and inactivity. While Pinel and Tuke were important early reformers of humane treatment and Dix advocated for better asylum conditions, they did not establish the work-cure method.

5. Which statement describes the Biological Imperative?

- A. A legal requirement for workplaces.**
- B. Innate evolutionary need for occupation essential for health and survival.**
- C. A directive from the occupational safety board.**
- D. A concept describing the physical structure of the body.**

Biological Imperative refers to an innate, evolutionarily driven drive to engage in occupations that sustain life and health. It's not about external rules or the body's anatomy. Humans are driven to perform activities like self-care, daily tasks, work, rest, and social engagement because these occupations support physiological balance, safety, growth, and survival. That makes the statement describing it—the innate evolutionary need for occupation essential for health and survival—the best fit. External mandates or descriptions of physical structure don't capture this internal, life-sustaining motivation.

6. Which approach uses SIPT for assessment in children?

- A. NDT**
- B. Habit Training**
- C. Sensory Integration**
- D. Inhibitory Techniques**

SIPT is the standardized assessment toolkit used within the Sensory Integration approach to evaluate how a child processes sensory information and plans motor actions. It specifically examines tactile, vestibular, and proprioceptive processing, along with modulation, discrimination, and praxis (motor planning). The results help identify patterns of sensory processing that can underlie learning and behavior, guiding interventions that use structured, sensory-rich activities and environmental adaptations. Other approaches—such as motor-focused methods, routine-based training, or behavioral techniques—do not rely on the SIPT for assessment. Therefore, the approach that uses SIPT for assessment in children is Sensory Integration.

7. Which statement is attributed to Mary Reilly regarding the influence of hands energized by mind and will on health?

- A. Man, through the use of his hands, as they are energized by mind and will, can influence the state of his own health.**
- B. Occupation serves little purpose in modern therapy.**
- C. Only the brain determines health, independent of manual activity.**
- D. Therapy should focus on reflex activity rather than occupation.**

Mary Reilly highlighted the therapeutic power of meaningful occupation and the integration of hand use with mental intention. She believed that when hands are engaged in purposeful activity and energized by mind and will, a person can influence their own health. This idea places occupation at the center of health and therapy—the person actively participates through manual tasks that are guided by their thoughts and goals, shaping their well-being. The statement that best reflects this view says that a person, through the use of their hands, energized by mind and will, can influence the state of their own health. It aligns with Reilly's emphasis on active, purposeful engagement rather than passively relying on brain processes or reflex activity.

8. What major milestone did the OT profession celebrate in 2017?

- A. Centennial celebration 100 years of the profession in 2017.**
- B. 50-year anniversary.**
- C. 75-year anniversary.**
- D. 120-year anniversary.**

This question tests knowledge of a major historical milestone for occupational therapy—the profession’s centennial in 2017. The field traces its formal beginnings to 1917, when the National Society for the Promotion of Occupational Therapy was founded (a predecessor to today’s AOTA). That year marks the birth of the organized profession, so reaching 2017 means celebrating 100 years of growth, development, and impact in OT practice, education, and advocacy. The other anniversaries don’t fit 2017 because they would align with different starting points (for example, a 50-year milestone would occur around 1967, a 75-year milestone around 1992, and a 120-year milestone would be well into the future).

9. Which philosopher influenced the philosophy and practices of occupational therapy?

- A. John Locke**
- B. Mary Law**
- C. Florence Clark**
- D. Lela A. Llorens**

The idea being tested is how a philosopher’s views on learning and the role of experience influence why occupation is used as the main vehicle of therapy. John Locke argued that the mind is a blank slate at birth and that knowledge and character develop through experience and interaction with the environment. This emphasis on learning through concrete experiences and structured activity fits perfectly with why occupational therapy uses meaningful, purposeful tasks as the primary means of promoting functional skills, independence, and adaptation. OT applies real-world activities to shape abilities, confidence, and daily living, reflecting the belief that experience and environment drive development and change. The other figures are important OT theorists or practitioners, but they are not primarily known as philosophers whose ideas shaped OT’s overarching philosophical stance in the same way.

10. Who are Willard and Spackman in the context of occupational therapy history?

- A. Brown and Reed**
- B. Willard and Spackman**
- C. Johnson and Lee**
- D. Smith and Davis**

Willard and Spackman are the editors/authors of the major occupational therapy textbook that became the cornerstone of OT education. Their book organized how therapists view using meaningful activities in therapy, helped standardize the language used to describe assessment and intervention, and shaped what OT students learn in programs. By providing a comprehensive, accessible reference, they anchored the professional identity of occupational therapy and guided practice for many years. The other names aren’t associated with this defining educational resource in OT history.

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://introtoot1.examzify.com>

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

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