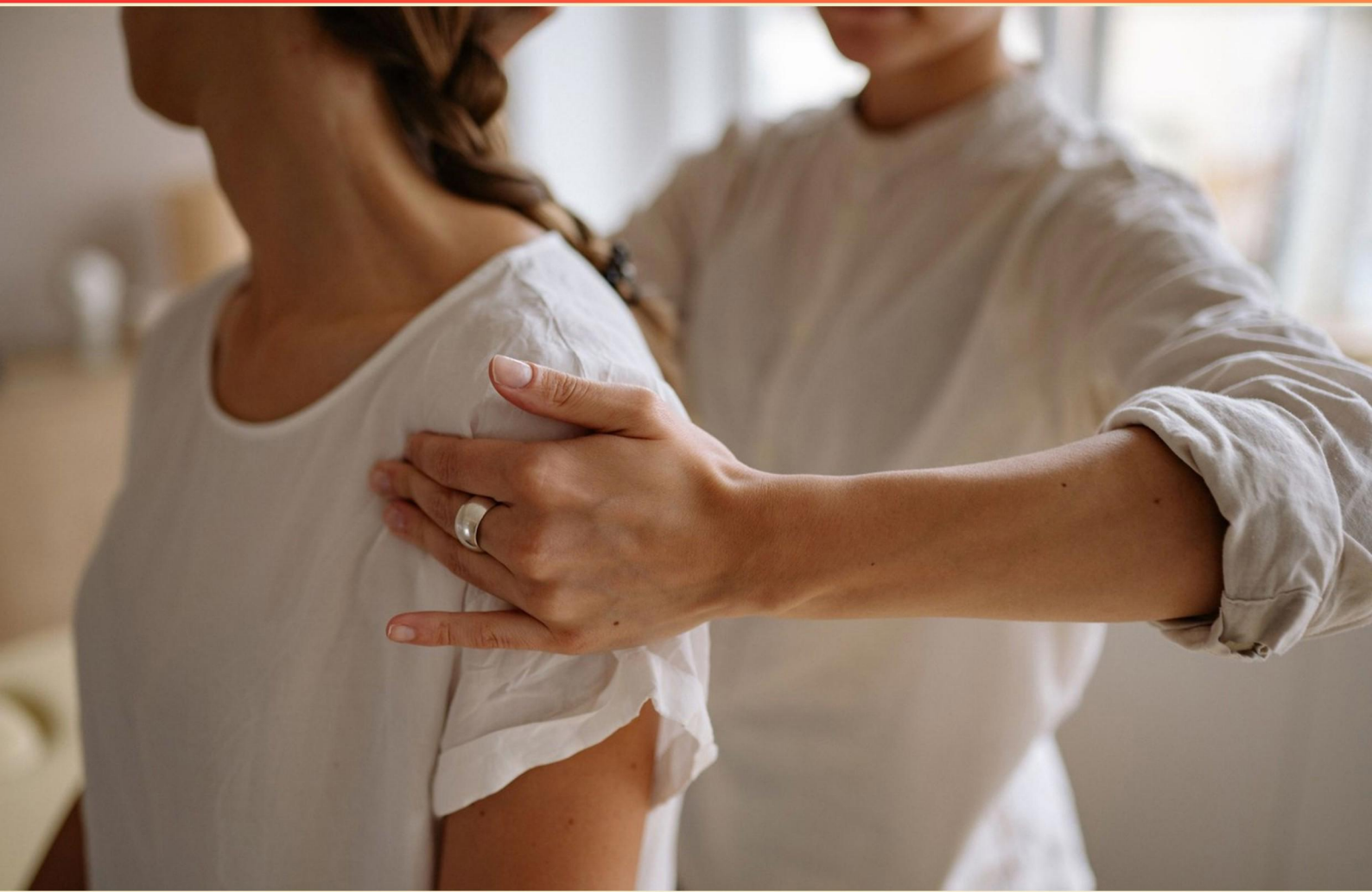


INTRODUCTION TO OCCUPATIONAL THERAPY EXAM 1 PRACTICE TEST (SAMPLE) STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Which figure authored Studies in Invalid Occupation (1910)?**
 - A. George Edward Barton
 - B. Isabel Gladwin Newton
 - C. Susan E. Tracy
 - D. Eleanor Clarke Slagle
- 2. Which approach uses SIPT for assessment in children?**
 - A. Sensory Integration
 - B. NDT
 - C. Work-cure
 - D. Inhibitory Techniques
- 3. NBCOT was formerly AOTCB and established in 1986. It is a non-profit credentialing agency that provides initial certification and recertification requirements.**
 - A. ACOTE
 - B. NBCOT
 - C. NSPOT
 - D. AOTPAC
- 4. Which term is defined as being deprived or restricted from meaningful occupations due to social, economic, or political factors?**
 - A. Dark Occupations
 - B. Occupational Injustice
 - C. OT Context
 - D. Vision 2025
- 5. Which setting focuses on play and activities of daily living to augment school-based therapy?**
 - A. School-Based OT
 - B. Private Practice
 - C. Habit Training
 - D. Outpatient Pediatrics

- 6. Lela A. Llorens is best described as a practitioner who focused on what outcome?**
- A. Facilitating growth and development through OT interventions
 - B. Advocating for occupational science
 - C. Co-developing the PEO Model
 - D. Co-founding CanChild Centre
- 7. Which definition indicates time use that includes both work and leisure activities?**
- A. Breines Definition
 - B. Adolph Meyer Definition
 - C. Townsend Definition
 - D. CAOT Definition
- 8. Assisted Living provides residential care for elders focused on autonomy and ADL support.**
- A. Assisted Living
 - B. Hospice
 - C. Group Home
 - D. Inpatient Psychiatric
- 9. AOTPAAC stands for which organization?**
- A. AOTPAAC
 - B. AOTA
 - C. NSPOT
 - D. NBCOT
- 10. Who is a nurse and 'first occupational therapist' who wrote Studies in Invalid Occupation (1910)?**
- A. Adolph Meyer
 - B. Mary Reilly
 - C. Susan E. Tracy
 - D. George Edward Barton

Answers

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

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Explanations

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1. Which figure authored *Studies in Invalid Occupation* (1910)?

- A. George Edward Barton
- B. Isabel Gladwin Newton
- C. Susan E. Tracy**
- D. Eleanor Clarke Slagle

*The idea being tested is how early occupational therapy defined treatment through purposeful activity. Susan E. Tracy, a nurse and early advocate for using occupation in rehabilitation, authored *Studies in Invalid Occupation* in 1910. This work shows how meaningful, structured activities could help patients recover from illness or injury by engaging both the hands and the mind, boosting independence and morale rather than relying on passive rest. Tracy outlines practical methods for selecting tasks, organizing sessions, and linking activities to functional goals, emphasizing patient-centered care, progress assessment, and the therapeutic value of work. This text helped shift rehabilitation from passive rest to active, occupation-based therapy, laying a foundation for how OT would be practiced and taught. While other pioneers played key roles in the field's development, this particular book is recognized as Tracy's important contribution.*

2. Which approach uses SIPT for assessment in children?

- A. Sensory Integration**
- B. NDT
- C. Work-cure
- D. Inhibitory Techniques

SIPT is a standardized battery specifically designed to assess how a child processes sensory information and translates that input into coordinated action, which is at the heart of the sensory integration approach. It examines how different senses (like touch, movement, and balance) are integrated and how that integration supports praxis—planning and carrying out purposeful movements. By examining patterns such as over- or under-responsiveness to sensation, sensory seeking, and motor planning difficulties, SIPT helps clinicians identify sensory processing issues and tailor interventions that aim to improve how the child perceives and engages with the world. Other approaches focus on different theories or techniques (for example, neurodevelopmental handling in NDT or no standardized sensory processing battery), but SIPT is the tool that aligns with assessing sensory integration directly, making it the best fit here.

3. NBCOT was formerly AOTCB and established in 1986. It is a non-profit credentialing agency that provides initial certification and recertification requirements.

- A. ACOTE
- B. NBCOT**
- C. NSPOT
- D. AOTPAC

The key idea is identifying who handles professional certification for individuals in occupational therapy. NBCOT is the non-profit credentialing agency responsible for issuing and renewing certification for both occupational therapists and occupational therapy assistants. It started in 1986 under the name American Occupational Therapy Certification Board (AOTCB) and later became NBCOT. This role is specific to an individual's credentials, not program or association activities. ACOTE handles program accreditation for OT/OTA education programs, NSPOT refers to the historical name of the professional association (now AOTA), and AOTPAC is a political action committee. So the description fits NBCOT perfectly.

4. Which term is defined as being deprived or restricted from meaningful occupations due to social, economic, or political factors?

A. Dark Occupations

B. Occupational Injustice

C. OT Context

D. Vision 2025

Occupational injustice describes being deprived or restricted from meaningful occupations due to social, economic, or political factors. Meaningful occupations are the everyday activities that give life structure, purpose, and opportunity for involvement in work, self-care, education, play, and community life. When larger systems—poverty, discrimination, policy barriers, inadequate infrastructure, or unequal access to resources—prevent someone from engaging in these occupations, participation becomes unfair or unjust. This concept is central to OT practice because it emphasizes how health and participation are shaped by social conditions, not just individual abilities, and it guides therapists to advocate for change, create inclusive programs, and support clients in achieving meaningful engagement within their communities. Other terms don't fit this definition: something like "Dark Occupations" isn't a recognized OT concept; "OT Context" refers to the setting in which therapy occurs rather than a deprivation construct; and "Vision 2025" is an organizational strategic plan, not a term describing deprivation of meaningful occupations.

5. Which setting focuses on play and activities of daily living to augment school-based therapy?

A. School-Based OT

B. Private Practice

C. Habit Training

D. Outpatient Pediatrics

The setting that best augments school-based therapy by emphasizing play and activities of daily living is private practice. In this setting, therapy can be tailored to the child's play skills, self-care, and functional routines in a variety of environments outside school—such as home or the community—and scheduled around school hours. This flexibility allows the child to practice and master skills in contexts that transfer to the classroom, strengthening participation and performance in school tasks. School-based therapy focuses on needs within the school environment, aiming to support participation there. Outpatient pediatrics typically centers on clinic-based therapy, while habit training is an intervention approach rather than a setting.

6. Lela A. Llorens is best described as a practitioner who focused on what outcome?

- A. Facilitating growth and development through OT interventions**
- B. Advocating for occupational science
- C. Co-developing the PEOP Model
- D. Co-founding CanChild Centre

Lela A. Llorens is described as focusing on growth and development through occupational therapy interventions. Her work emphasized using OT to support a child's natural developmental trajectory by engaging them in meaningful occupations, play, and everyday activities that promote motor, cognitive, social, and emotional growth. The idea is that therapy should enable the child to reach developmental milestones and mature functioning, rather than merely teaching isolated skills. This developmental, growth-oriented lens is what characterizes her influence in pediatric occupational therapy. The other options reference contributions or roles associated with different figures or initiatives in OT history. Advocating for occupational science and co-developing the PEOP Model point to broader theoretical or collaborative efforts not specifically tied to Llorens' recognized focus on developmental outcomes. Co-founding CanChild Centre likewise reflects a different collaborative venture rather than the primary outcome emphasis attributed to her practice.

7. Which definition indicates time use that includes both work and leisure activities?

- A. Breines Definition
- B. Adolph Meyer Definition**
- C. Townsend Definition
- D. CAOT Definition

Time use refers to how a person allocates time to activities that are meaningful in daily life, shaping the rhythm of everyday routine. Adolph Meyer described occupation as purposeful activity that organizes daily life and is carried out through habitual patterns. This view ties time use directly to the meaningful engagement of daily life, where work tasks and leisure activities are woven together within a coherent routine. Because of Meyer's emphasis on meaningful, organized daily activity, his definition naturally includes both productive work and leisure as integral parts of how time is used. The other definitions tend to focus more on occupation as a general concept or on different aspects of daily patterns, rather than explicitly grounding time use in the integrated inclusion of work and leisure.

8. Assisted Living provides residential care for elders focused on autonomy and ADL support.

A. Assisted Living

B. Hospice

C. Group Home

D. Inpatient Psychiatric

This item tests understanding of elder care settings and how autonomy and daily activity support are provided in those settings. Assisted living is a residential option designed for older adults who want to maintain independence while receiving help with daily activities. It offers a home-like environment with services such as assistance with bathing, dressing, medication management, meals, housekeeping, and transportation, all aimed at enabling participation in daily life while keeping residents safe. Hospice, in contrast, centers on comfort and quality of life at the end of life, and may be provided at home or in a facility rather than focusing on broad ADL independence. A group home provides shared housing with some supervision, but it isn't specifically geared toward the structured ADL support and autonomy emphasis typical of assisted living. Inpatient psychiatric care is about acute mental health treatment and stabilization, not elder ADL support. So the description aligns best with assisted living.

9. AOTPAC stands for which organization?

A. AOTPAC

B. AOTA

C. NSPOT

D. NBCOT

AOTPAC is the political action committee that advocates for occupational therapy policy and legislation. Its name expands to American Occupational Therapy Political Action Committee, and it functions as the advocacy arm linked to the American Occupational Therapy Association. Understanding this helps you see why the option representing the committee itself is correct—the group is the dedicated OT lobby, not one of the standalone boards or associations listed as other choices.

10. Who is a nurse and 'first occupational therapist' who wrote *Studies in Invalid Occupation* (1910)?

A. Adolph Meyer

B. Mary Reilly

C. Susan E. Tracy

D. George Edward Barton

*Susan E. Tracy is the nurse who wrote *Studies in Invalid Occupation* in 1910, a foundational text that documents using purposeful, meaningful activities to aid recovery in invalid patients. Her work helped establish the idea that structured crafts and tasks could serve as therapy, a key concept that underpins the practice of occupational therapy. The other figures listed were important pioneers in OT but did not author this early book; they contributed in different ways to the field's development.*

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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