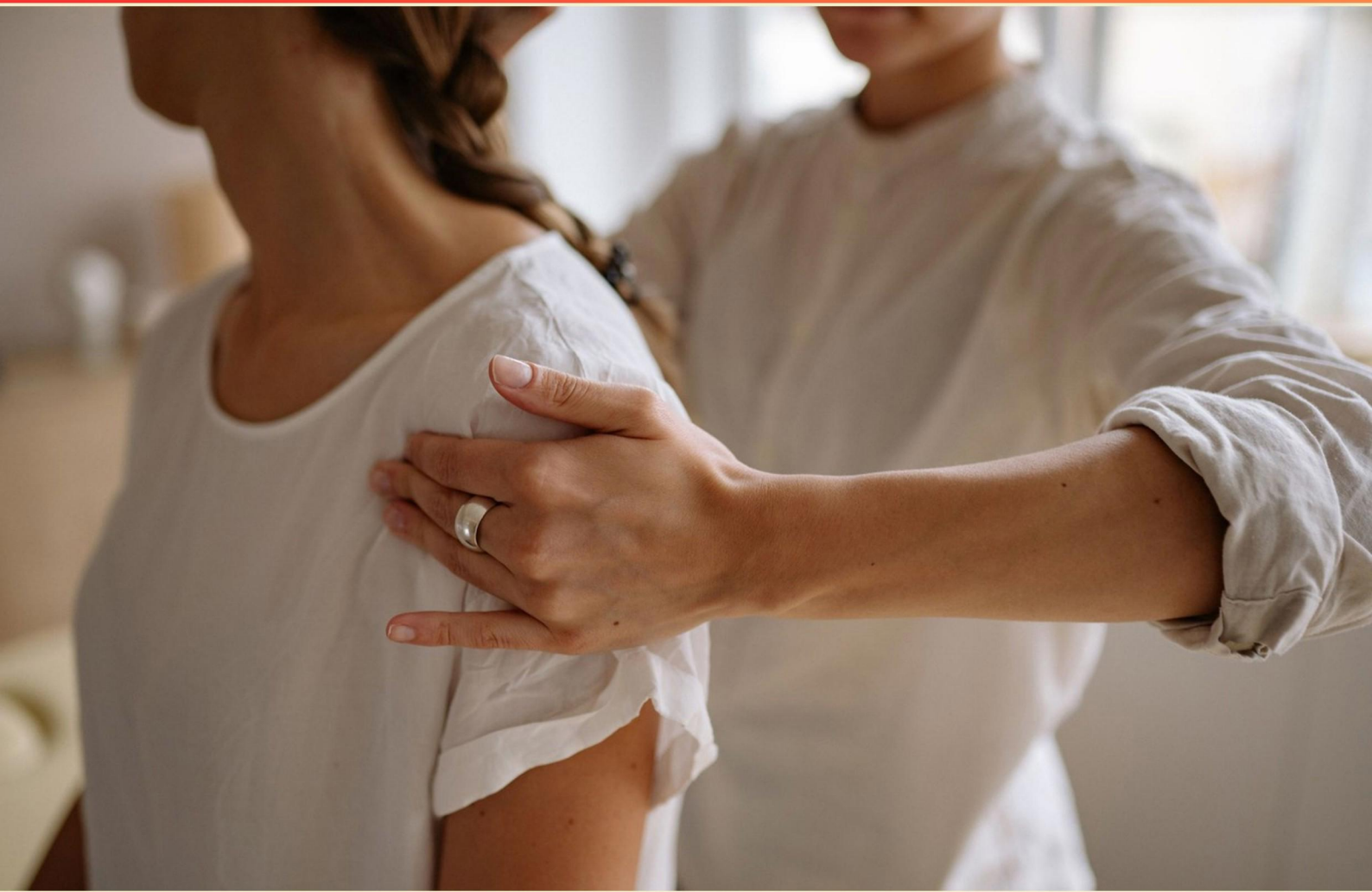


INTRODUCTION TO OCCUPATIONAL THERAPY EXAM 1 PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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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. Assisted Living provides residential care for elders focused on autonomy and ADL support.**
 - A. Assisted Living
 - B. Hospice
 - C. Group Home
 - D. Inpatient Psychiatric
- 2. Which approach uses SIPT for assessment in children?**
 - A. NDT
 - B. Habit Training
 - C. Sensory Integration
 - D. Inhibitory Techniques
- 3. The PEO Model integrates three components: Person, Environment, and Occupation. Which scholar is associated with developing this model?**
 - A. John Locke
 - B. Carolyn Baum
 - C. Mary Law
 - D. Wilma L. West
- 4. Which initiative emphasizes being accessible, collaborative, effective, and influential leaders?**
 - A. Occupational Science
 - B. Yerxa Definition
 - C. Vision 2025
 - D. Townsend Definition
- 5. Mary Reilly Theory describes the CNS demands as varied stimuli provided by solving life problems through occupation. Which of the following best matches this theory?**
 - A. Mary Reilly Theory
 - B. John Locke
 - C. Wilma L. West
 - D. Carolyn Baum

- 6. Which setting may have locked units and provides 24/7 monitoring for DSM-V diagnoses?**
- A. Hospice
 - B. Group Home
 - C. Community Mental Health
 - D. Inpatient Psychiatric
- 7. Who is known as the 'Mother of OT' who developed habit training and was Johns Hopkins Director of OT and NSPOT VP?**
- A. Susan Cox Johnson
 - B. Susan E. Tracy
 - C. Eleanor Clarke Slagle
 - D. Mary Reilly
- 8. In which year was NSPOT founded in Clifton Springs, New York?**
- A. 1916
 - B. 1918
 - C. 1919
 - D. 1917
- 9. Which act addresses health information privacy and portability?**
- A. IDEA
 - B. Balanced Budget Act
 - C. Americans with Disabilities Act
 - D. Health Insurance Portability and Accountability Act
- 10. Axiology focuses on which concept in OT practice**
- A. The study of neurological conditions
 - B. The study of right action and values; collaboration, dignity, and empathy
 - C. The study of occupational roles
 - D. The study of therapeutic modalities

Answers

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

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Explanations

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1. 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.

2. 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.

3. The PEOP Model integrates three components: Person, Environment, and Occupation. Which scholar is associated with developing this model?

A. John Locke

B. Carolyn Baum

C. Mary Law

D. Wilma L. West

The PEOP model centers on how performance emerges from the dynamic interaction of three factors: the person, the environment, and the occupations they engage in. Carolyn Baum is recognized as the co-developer of this framework, often alongside a collaborator, which is why her name is linked to its creation. This model provides a practical lens for OT practice, guiding how changes in personal factors, environmental supports or barriers, and the chosen activities can improve overall performance and participation. Mary Law is known for the CMOP model, not PEOP, while John Locke is a philosopher and Wilma West a foundational OT educator not tied to developing this model.

4. Which initiative emphasizes being accessible, collaborative, effective, and influential leaders?

- A. Occupational Science
- B. Yerxa Definition
- C. Vision 2025**
- D. Townsend Definition

Vision 2025 is the initiative that describes leaders as accessible, collaborative, effective, and influential. This strategic plan from AOTA guides the profession toward leadership that makes OT services widely reachable, works well with clients, families, and other professionals, achieves meaningful health outcomes, and shapes policy and practice. Those exact leadership attributes are spelled out in Vision 2025, which is why it's the best answer. Occupational Science is the academic study of occupation, while Yerxa's and Townsend's definitions present ways to describe what occupational therapy is, not a leadership initiative.

5. Mary Reilly Theory describes the CNS demands as varied stimuli provided by solving life problems through occupation. Which of the following best matches this theory?

- A. Mary Reilly Theory**
- B. John Locke
- C. Wilma L. West
- D. Carolyn Baum

This matches Mary Reilly's Occupational Behavior theory, which teaches that people grow and learn through engaging in meaningful occupations. The central idea is that the central nervous system is challenged by the varied demands of real-life problems solved through purposeful activity. In other words, occupations provide the sensory, cognitive, and motor stimuli the CNS needs to adapt and develop. Reilly emphasized that occupation, not passive therapy, is the vehicle for change, with the environment presenting a range of tasks to stimulate growth. The other names are not tied to this specific view of how CNS demands arise from solving life problems through occupation, whereas Mary Reilly's theory centers exactly on that relationship between occupation, CNS stimulation, and adaptation.

6. Which setting may have locked units and provides 24/7 monitoring for DSM-V diagnoses?

- A. Hospice
- B. Group Home
- C. Community Mental Health
- D. Inpatient Psychiatric**

Inpatient psychiatric care is designed for safety and intensive supervision, with locked units and 24/7 monitoring to manage acute mental health symptoms and risks such as self-harm or aggression. This environment provides continuous nursing and psychiatric oversight, crisis stabilization, and immediate medical support, which aligns with DSM-5 diagnoses that require close observation and rapid response to changing mental states. Hospice focuses on end-of-life symptom management and comfort, not 24/7 psychiatric monitoring. Group homes are community-based residential settings with less intensive supervision. Community mental health centers mainly offer outpatient services and crisis stabilization without locked, around-the-clock monitoring. So the setting that fits the described needs is the inpatient psychiatric unit.

7. Who is known as the 'Mother of OT' who developed habit training and was Johns Hopkins Director of OT and NSPOT VP?

- A. Susan Cox Johnson
- B. Susan E. Tracy
- C. Eleanor Clarke Slagle**
- D. Mary Reilly

Eleanor Clarke Slagle is known as the "Mother of Occupational Therapy" because she helped organize and legitimize the profession and shaped its early practice. She introduced habit training, a method that focuses on rebuilding daily routines through meaningful self-care and activity, so these tasks become automatic habits that support mental health and independence. Slagle also advanced the field through leadership: she directed the occupational therapy program at Johns Hopkins Hospital and served as vice president of the National Society for the Promotion of Occupational Therapy (the organization that later became AOTA). These roles, along with her development of habit training, are what make her the best answer in this context.

8. In which year was NSPOT founded in Clifton Springs, New York?

- A. 1916
- B. 1918
- C. 1919
- D. 1917**

The year NSPOT was founded marks the start of organized occupational therapy in the United States, with Clifton Springs, New York, serving as the birthplace of the professional group. In 1917, early OT pioneers gathered there to form the National Society for the Promotion of Occupational Therapy, creating a formal body to advance practice, education, and standards for the field. This founding date is consistently reported in OT history as the moment the profession began to organize itself, fitting the historical context of WWI when rehabilitation and occupational engagement were increasingly prioritized. The other dates don't align with the established timeline of NSPOT's creation.

9. Which act addresses health information privacy and portability?

- A. IDEA
- B. Balanced Budget Act
- C. Americans with Disabilities Act
- D. Health Insurance Portability and Accountability Act**

HIPAA addresses how personal health information is kept private and how health insurance coverage can continue when people change jobs. It sets standards for protecting PHI across providers, payers, and health plans and gives individuals rights over their health data. The portability aspect refers to continuity of health insurance coverage when moving between jobs or plans, reducing gaps in coverage and limiting preexisting-condition exclusions. Other acts focus on different areas: IDEA deals with educational rights for students with disabilities, the Balanced Budget Act relates to healthcare funding and reimbursement policies, and the Americans with Disabilities Act protects civil rights and accessibility for people with disabilities. So HIPAA is the correct one because it uniquely covers both privacy of health information and the portability of health insurance.

10. Axiology focuses on which concept in OT practice

- A. The study of neurological conditions
- B. The study of right action and values; collaboration, dignity, and empathy**
- C. The study of occupational roles
- D. The study of therapeutic modalities

Axiology in OT is about values, ethics, and moral principles guiding how we practice. It focuses on what we value in care—how we collaborate with clients, preserve their dignity, and show empathy, and how we choose actions that are right and fair for them. This moral lens shapes decisions, client-centered relationships, and professional behavior, aligning with the ethical standards that govern OT practice. The other concepts describe different areas: studying neurological conditions is about brain and nervous system science; occupational roles refer to the tasks and roles people assume; therapeutic modalities are the methods or techniques used in intervention. Axiology specifically targets the value-laden and ethical aspects of practice.

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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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