

NBCOT CERTIFIED OCCUPATIONAL THERAPY ASSISTANTS (COTA) PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://nbcotcota.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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	16

SAMPLE

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

SAMPLE

- 1. What type of aphasia involves difficulty in understanding language?**
 - A. Wernicke's aphasia
 - B. Broca's aphasia
 - C. Anomia
 - D. Apraxia
- 2. What condition is characterized by immediate pounding headache, anxiety, and bradycardia?**
 - A. Autonomic Dysreflexia
 - B. Heterotopic ossification
 - C. Ataxia
 - D. Dyspraxia
- 3. Which term refers to a side effect that looks similar to Parkinson's disease, including symptoms such as tremors and rigidity?**
 - A. Pseudoparkinsonism
 - B. Akinesia
 - C. Akathisia
 - D. Tardive dyskinesia
- 4. What disorder affects the transmission of impulses at the neuromuscular junction, causing varying degrees of muscle weakness?**
 - A. Myasthenia gravis
 - B. Parkinson's disease
 - C. Amyotrophic lateral sclerosis
 - D. Multiple sclerosis
- 5. In the context of occupational therapy, how is Allen Level 5 characterized?**
 - A. Maximum cognitive assistance needed
 - B. Minimum cognitive assistance needed
 - C. Mild impairment but generally independent
 - D. Confused but responds appropriately

- 6. In which type of group do members engage simply for enjoyment rather than completing tasks?**
- A. Parallel group
 - B. Project group
 - C. Cooperative group
 - D. Egocentric-Cooperative group
- 7. Which of the following best describes an evaluation group's primary objective?**
- A. To promote social interaction
 - B. To assess abilities and needs of participants
 - C. To develop technical skills for tasks
 - D. To provide emotional support
- 8. Which principle of OT ethics refers to the ability to practice correctly?**
- A. Autonomy
 - B. Competence
 - C. Justice
 - D. Judgement
- 9. Which principle refers to the ability of practitioners to advocate for their own competence?**
- A. Justice
 - B. Autonomy
 - C. Competence
 - D. Judgement
- 10. In an advisory role, what is the OTA's main function?**
- A. Directly control group activities
 - B. Serve as a resource
 - C. Facilitate interpersonal relationships
 - D. Evaluate group performance

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What type of aphasia involves difficulty in understanding language?

A. Wernicke's aphasia

B. Broca's aphasia

C. Anomia

D. Apraxia

Wernicke's aphasia is characterized by significant difficulty in understanding language, despite the ability to produce fluent speech. Individuals with Wernicke's aphasia often speak in long, complex sentences that may not make sense, and they may have trouble following conversations or comprehending written and spoken language. This type of aphasia results from damage to the Wernicke's area of the brain, which is primarily located in the left temporal lobe and is crucial for language comprehension. In contrast, Broca's aphasia is associated with difficulties in speech production and articulation, while individuals may still retain the ability to understand language relatively well. Anomia involves trouble finding words, often resulting in pauses or circumlocution, but comprehension remains intact. Apraxia refers to a motor planning disorder that affects the execution of voluntary movements, including those needed for speech, rather than comprehension. Therefore, Wernicke's aphasia distinctly highlights the impairment in understanding language, making it the correct choice for this question.

2. What condition is characterized by immediate pounding headache, anxiety, and bradycardia?

A. Autonomic Dysreflexia

B. Heterotopic ossification

C. Ataxia

D. Dyspraxia

The condition characterized by an immediate pounding headache, anxiety, and bradycardia is autonomic dysreflexia. This phenomenon typically occurs in individuals with a spinal cord injury, particularly at or above the T6 level. It is a medical emergency that arises from an exaggerated autonomic response to stimuli below the level of injury, which can include bladder distension, bowel issues, or skin irritations. The immediate pounding headache is a result of dangerously elevated blood pressure caused by this response. Additionally, anxiety may accompany the condition due to the sudden and intense nature of the symptoms. As for bradycardia, this is a physiological response that can occur as a result of high blood pressure, where the body attempts to compensate by slowing the heart rate. In contrast, the other conditions listed do not present with this specific cluster of symptoms. Heterotopic ossification involves the abnormal formation of bone in soft tissues and does not manifest with the immediate cardiovascular effects seen in autonomic dysreflexia. Ataxia is a disorder characterized by lack of muscle coordination which primarily affects movement and balance, lacking the acute presentation of headaches or anxiety. Dyspraxia refers to difficulties with motor coordination and planning, which also does not align with the symptoms described.

3. Which term refers to a side effect that looks similar to Parkinson's disease, including symptoms such as tremors and rigidity?

A. Pseudoparkinsonism

B. Akinesia

C. Akathisia

D. Tardive dyskinesia

The term that refers to a side effect resembling Parkinson's disease, including symptoms like tremors and rigidity, is pseudoparkinsonism. This condition can occur as a side effect of certain medications, particularly antipsychotics or other neuroleptics, which can disrupt the normal function of dopamine in the brain. Pseudoparkinsonism mimics the motor symptoms of Parkinson's disease due to the drug-induced alteration in the dopamine pathways. It is important for occupational therapy practitioners to recognize these symptoms, as they can impact a patient's functional abilities and overall quality of life. Management may involve modifying medication or employing therapeutic strategies to help the individual cope with these side effects. The other terms listed, while related to movement disorders, describe different conditions. Akinesia refers specifically to a deficiency in the initiation of movement, which may occur in Parkinson's disease but does not encompass the full spectrum of symptoms that characterize pseudoparkinsonism. Akathisia is a movement disorder that involves a feeling of inner restlessness and an uncontrollable need to be in motion, rather than tremors or rigidity. Tardive dyskinesia is a condition that develops after prolonged use of antipsychotic medication, leading to repetitive, involuntary movements

4. What disorder affects the transmission of impulses at the neuromuscular junction, causing varying degrees of muscle weakness?

A. Myasthenia gravis

B. Parkinson's disease

C. Amyotrophic lateral sclerosis

D. Multiple sclerosis

Myasthenia gravis is a neuromuscular disorder characterized by the body's immune system mistakenly attacking the acetylcholine receptors at the neuromuscular junction. This disruption prevents effective transmission of nerve impulses to the muscles, resulting in muscle weakness that can vary in intensity. The hallmark of myasthenia gravis is muscle fatigue that worsens with activity and improves with rest, signifying its direct impact on neuromuscular transmission. In contrast, Parkinson's disease primarily affects the brain's ability to control movement due to dopamine deficiency, impacting motor coordination rather than directly impairing neuromuscular junctions. Amyotrophic lateral sclerosis (ALS) is a neurodegenerative disease that affects motor neurons in the brain and spinal cord, leading to progressive weakness and atrophy, but it does not specifically affect neuromuscular junction transmission. Multiple sclerosis is an autoimmune disease that attacks the myelin sheath covering nerve fibers, leading to communication disruptions within the CNS, but it also does not involve the neuromuscular junction directly. Thus, myasthenia gravis stands out as the disorder affecting the neuromuscular junction and directly causing muscle weakness through impaired impulse transmission.

5. In the context of occupational therapy, how is Allen Level 5 characterized?

- A. Maximum cognitive assistance needed
- B. Minimum cognitive assistance needed
- C. Mild impairment but generally independent**
- D. Confused but responds appropriately

Allen Level 5 is characterized by individuals who have mild cognitive impairments yet can typically function independently in many daily activities. At this level, individuals are able to learn new ways of doing things through trial and error, and they can engage in tasks that require some complex thinking, though they might still struggle with organizing tasks or planning for the future. They usually perform well in familiar situations and can demonstrate adaptability when presented with new challenges. Overall, individuals at this level can often manage their daily living skills effectively with minimal assistance, making option C the most fitting description of Allen Level 5.

6. In which type of group do members engage simply for enjoyment rather than completing tasks?

- A. Parallel group
- B. Project group
- C. Cooperative group
- D. Egocentric-Cooperative group**

The correct answer, egocentric-cooperative group, is characterized by members who come together primarily for enjoyment and social interaction rather than for specific task completion. In this type of group, individuals engage in activities that foster a sense of belonging, communication, and shared experiences, allowing them to build connections in a relaxed atmosphere. The focus on enjoyment makes this group ideal for improving social skills and promoting interpersonal relationships rather than emphasizing productivity or structured tasks. Members often support one another emotionally and socially, enhancing their enjoyment of group participation. In contrast, other group types have a more task-oriented focus. For instance, parallel groups involve individuals working alongside each other independently, with limited interaction, while project groups require collaboration on specific tasks. Cooperative groups emphasize group members working together towards a common goal, but often with an element of task completion. In egocentric-cooperative groups, the emphasis shifts away from productivity and towards the shared enjoyment and mutual support among group members.

7. Which of the following best describes an evaluation group's primary objective?

- A. To promote social interaction
- B. To assess abilities and needs of participants**
- C. To develop technical skills for tasks
- D. To provide emotional support

The primary objective of an evaluation group is to assess the abilities and needs of participants. This focus is essential in occupational therapy as it lays the groundwork for understanding each individual's unique situation, strengths, and areas requiring support. By accurately assessing these elements, occupational therapy professionals can tailor interventions that effectively address the specific needs of each person, ensuring that treatment plans are both relevant and impactful. While promoting social interaction, developing technical skills, and providing emotional support are valuable functions of various therapeutic groups, they do not take precedence over the foundational objective of gathering comprehensive data about the participants. The evaluation process not only informs clinical decision-making but also ensures that subsequent therapy activities are designed with clear goals in mind, based on the insights gained during evaluation.

8. Which principle of OT ethics refers to the ability to practice correctly?

- A. Autonomy
- B. Competence**
- C. Justice
- D. Judgement

The principle of competence is fundamental in occupational therapy ethics as it underscores the importance of practitioners maintaining the necessary skills and knowledge to provide appropriate and effective care. Competence refers to the practitioner's ability to deliver services that meet professional standards and to engage in continuous professional development to enhance their skills. In the context of occupational therapy, this means that Certified Occupational Therapy Assistants (COTAs) must be well-informed about the latest practices, interventions, and ethical standards in the field. This commitment to competence ensures that they can advocate effectively for their clients, implement appropriate treatment plans, and contribute positively to their clients' rehabilitation and overall well-being. Moreover, maintaining competence aligns with the ethical responsibility of ensuring client safety, protecting their dignity, and providing the highest quality of care. This principle serves as a foundation for ethical practice and instills trust in the therapeutic relationship.

9. Which principle refers to the ability of practitioners to advocate for their own competence?

- A. Justice
- B. Autonomy
- C. Competence**
- D. Judgement

The principle that refers to the ability of practitioners to advocate for their own competence is competence itself. Competence in this context encompasses the professional knowledge, skills, and abilities that an occupational therapy assistant must possess to provide high-quality care. Advocating for one's own competence involves recognizing the need for continual learning and skill development as well as ensuring that one is able to effectively meet the needs of clients. This principle is foundational to the ethical practice of occupational therapy and promotes the importance of self-awareness in professional growth. In contrast, autonomy pertains to the ability and right of individuals to make informed decisions regarding their own lives and care. Justice relates to the fair distribution of resources and treatment, while judgment involves the cognitive process of making decisions based on evidence and ethical standards. Although all these principles are important in the practice of occupational therapy, competence specifically addresses the practitioner's ability to ensure that they are up-to-date and capable in their professional role.

10. In an advisory role, what is the OTA's main function?

- A. Directly control group activities
- B. Serve as a resource**
- C. Facilitate interpersonal relationships
- D. Evaluate group performance

The main function of the Occupational Therapy Assistant (OTA) in an advisory role is to serve as a resource. This means that the OTA provides guidance, knowledge, and support to enhance the activities and practices of the occupational therapy team or the individuals they are working with. By being a resource, the OTA can share their expertise, offer strategies for implementation of therapy interventions, and facilitate better occupational outcomes. In this advisory capacity, the OTA's role is centered around providing valuable insights and information, which can aid in decision-making and improving therapeutic approaches. This supportive framework enables clients and other professionals to benefit from the OTA's training and experience, thus enhancing the overall quality of care. Other roles, such as directly controlling group activities or evaluating performance, imply a level of authority or responsibility that goes beyond the advisory scope. These roles may be more aligned with primary therapists or other personnel who hold overarching responsibility for program management or client assessments. Facilitating interpersonal relationships, while important, is more about fostering connections than serving as a knowledgeable resource that can be called upon for expertise. Therefore, serving as a resource aligns most closely with the role of the OTA in an advisory position.

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://nbcotcota.examzify.com>

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

SAMPLE