

# OBP Child - Behavior and Sensory Theories in Pediatric Occupational Therapy Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**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. Which of the following is not a frame of reference listed as emerged from Ayres' original theory?**
  - A. Beery, Johnson, and others not part of the frames**
  - B. Dunn, Wilbarger, King, Ross, Champagne**
  - C. Piaget, Vygotsky, Erikson**
  - D. Skinner, Pavlov**
  
- 2. Sensory Focus emphasizes that sensory thresholds vary with every individual and influence perceptions and behavior in what context?**
  - A. Only physiological reflexes**
  - B. Only visual processing**
  - C. Understanding of how sensory thresholds—which vary with every individual—influence both sensory perceptions and behavioral responses within the context of everyday occupations**
  - D. Only sensory integration**
  
- 3. Which statement reflects Phase 3?**
  - A. Emotional regulation foundations**
  - B. Phase 3: Speech and language depend on integration of auditory sensations with other senses**
  - C. Tactile integration only**
  - D. Visual tracking emerges**
  
- 4. Which statement lists standardized pediatric assessments for sensory evaluation?**
  - A. Standardized assessments: SIPT, Degangi-Berk, Sensory Processing Measure, Test of Sensory Functions in Infants**
  - B. Self-reporting: Dunn's Sensory Profile**
  - C. Adult: Schroeder, Block, Campbell Test of Adult Sensory Integration. Smaga and Ross Integrated Battery**
  - D. Informal clinical observations. Performance-based exercises**
  
- 5. Which statement about Phase 4 is accurate?**
  - A. Sensory integration is typically well developed by ages 4 to 5**
  - B. It occurs only after adolescence**
  - C. It is achieved by age 2**
  - D. It is unrelated to age**

- 6. Which processing pattern is NOT a part of Dunn's four processing patterns?**
- A. Visual tracking**
  - B. Sensory seeking**
  - C. Sensory avoiding**
  - D. Low registration**
- 7. Which practice focuses on task analysis and breaking down steps of complex tasks?**
- A. Task analysis and breaking down steps of complex tasks**
  - B. Observing models of behavior without task breakdown**
  - C. Randomized practice without analysis**
  - D. Memory recall tasks only**
- 8. Which statement is true about the two named sensory intervention approaches?**
- A. They are both described as non-sensory interventions**
  - B. They are both recognized as sensory intervention approaches**
  - C. They target only infants**
  - D. They require no professional guidance**
- 9. Which assessment is described as SIPT and noted to be costly, with an age range of about 4 years to 8 years 11 months?**
- A. SIPT (Sensory Integration and Praxis Tests) for ages 4 to 8 years 11 months**
  - B. SOSI-M & VSA-2**
  - C. Test of Prone Extension**
  - D. Beery VMI**
- 10. What is the function of the Acquisitional Frame of Reference as described?**
- A. Language development only**
  - B. Improvement of visual perception only**
  - C. Acquisition of adaptive behaviors defined by others, are desirable, or are specific skills client wishes to master**
  - D. Maintenance of reflexive behaviors**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. Which of the following is not a frame of reference listed as emerged from Ayres' original theory?**

- A. Beery, Johnson, and others not part of the frames**
- B. Dunn, Wilbarger, King, Ross, Champagne**
- C. Piaget, Vygotsky, Erikson**
- D. Skinner, Pavlov**

Ayres' Sensory Integration theory gave rise to specific, named frames of reference used in pediatric OT, each associated with a particular line of practice or model. The option that lists a group of individuals as if they collectively form a single frame is not itself a recognized frame of reference that emerged from Ayres' original theory. Those names represent various contributors who expanded or applied sensory ideas in different ways, but they do not point to one unified frame that originated directly from Ayres' work. The other options reference groups or theorists whose work sits outside the sensory integration frames in the way Ayres' theory laid them out, making this mixed list the best choice for not being a frame of reference.

**2. Sensory Focus emphasizes that sensory thresholds vary with every individual and influence perceptions and behavior in what context?**

- A. Only physiological reflexes**
- B. Only visual processing**
- C. Understanding of how sensory thresholds—which vary with every individual—influence both sensory perceptions and behavioral responses within the context of everyday occupations**
- D. Only sensory integration**

Sensory Focus centers on how each person's unique sensory thresholds shape both what they notice and how they act in daily life. A child's threshold for a given sensation influences their perception—how intense, distracting, or salient a stimulus feels—and their behavioral response—whether they seek, avoid, or become overwhelmed during everyday activities like dressing, eating, school, and play. Because thresholds vary from person to person, this approach looks at how those differences play out across real-world occupations, not just in isolated sensory tasks. It's not limited to reflexes, a single sense like vision, or only to sensory integration rule-book ideas; it's about how perception and behavior interact in the contexts of daily life. That's why the statement describing thresholds as variable and influential for both perception and behavior within everyday occupations is the best fit.

### 3. Which statement reflects Phase 3?

- A. Emotional regulation foundations
- B. Phase 3: Speech and language depend on integration of auditory sensations with other senses**
- C. Tactile integration only
- D. Visual tracking emerges

Phase 3 is about using information from multiple senses together to support more advanced skills like language. Speech and language depend on integrating what we hear with what we see and feel from the body, so auditory input isn't interpreted in isolation. When a child processes language, they rely on visual cues from a speaker's mouth, tactile feedback from articulators, and vestibular/proprioceptive timing to plan and produce sounds accurately. This multisensory integration helps with sound discrimination, word meaning, and using language in social contexts. The other statements don't fit Phase 3 as well. Emotional regulation foundations are established earlier to support arousal and self-regulation. Tactile integration only misses the multisensory integration crucial for language. Visual tracking is an earlier skill related to basic visual-motor coordination, not the multidimensional integration emphasized in Phase 3.

### 4. Which statement lists standardized pediatric assessments for sensory evaluation?

- A. Standardized assessments: SIPT, Degangi-Berk, Sensory Processing Measure, Test of Sensory Functions in Infants**
- B. Self-reporting: Dunn's Sensory Profile
- C. Adult: Schroeder, Block, Campbell Test of Adult Sensory Integration. Smaga and Ross Integrated Battery
- D. Informal clinical observations. Performance-based exercises

Standardized pediatric sensory evaluations use tools with structured administration, scoring procedures, and normative data to reliably characterize how a child processes sensory information across development. The set listed combines instruments that are specifically designed for children at various ages: the Sensory Integration and Praxis Test (SIPT) provides a comprehensive, performance-based battery focused on sensory integration and praxis; the Degangi-Berk Developmental Test of Sensor Integration targets sensory integration issues in early development; the Sensory Processing Measure assesses everyday sensory processing across home and school contexts through caregiver and teacher reports; and the Test of Sensory Functions in Infants evaluates basic sensory functions in infancy. Together, these tools offer standardized, developmental coverage from infancy through school years and yield objective data to guide intervention planning. Self-report measures like Dunn's Sensory Profile are useful for understanding a child's sensory patterns from the parent or child perspective, but they are not the same as clinician-administered sensory integration assessments that provide objective performance data. An adult-oriented or unrelated test and informal clinical observations similarly do not meet the criteria of standardized pediatric sensory evaluation tools.

**5. Which statement about Phase 4 is accurate?**

- A. Sensory integration is typically well developed by ages 4 to 5**
- B. It occurs only after adolescence**
- C. It is achieved by age 2**
- D. It is unrelated to age**

Phase 4 reflects the point in development when sensory integration has matured enough that complex, coordinated responses are typical. By about ages 4 to 5, most children show well-organized processing across senses, better modulation, praxis, and bilateral coordination, which supports functional participation in classroom routines and social play. That's why the statement that sensory integration is typically well developed by ages 4 to 5 is the best choice. The other options don't fit because sensory integration development is not delayed until adolescence, not completed by age 2, and it does relate to age—development progresses through early childhood toward that mature integration.

**6. Which processing pattern is NOT a part of Dunn's four processing patterns?**

- A. Visual tracking**
- B. Sensory seeking**
- C. Sensory avoiding**
- D. Low registration**

Dunn's four processing patterns describe how a person responds to sensory input based on their sensory thresholds (high vs low) and whether they regulate that input actively or passively. The four patterns are sensory seeking (high threshold with active self-regulation), sensory avoiding (low threshold with active self-regulation), sensory sensitivity (low threshold with passive self-regulation), and low registration (high threshold with passive self-regulation). Visual tracking is not a processing pattern in this framework; it's a specific visual motor skill—an eye movement task—rather than a descriptor of how someone consistently processes and responds to sensory information. The other options fit as examples of the Dunn patterns: sensory seeking involves actively getting more input, sensory avoiding involves actively reducing input, and low registration describes a passive tendency to miss stimuli despite plenty of input. So visual tracking is the one not part of Dunn's four processing patterns.

7. Which practice focuses on task analysis and breaking down steps of complex tasks?

- A. Task analysis and breaking down steps of complex tasks**
- B. Observing models of behavior without task breakdown**
- C. Randomized practice without analysis**
- D. Memory recall tasks only**

The main idea here is that teaching a complex activity works best when you first analyze the task and break it down into smaller, manageable steps. By mapping out each component, the sequence, the required skills, and any cues or prompts, you can scaffold learning from simple to more advanced actions. This creates a clear path for practice, supports motor planning and cognitive organization, and helps the child master each part before putting it all together, increasing the likelihood of independent performance. If you rely on simply watching models without breaking the task down, you miss the opportunity to teach the specific steps and sequencing the child needs. Randomized practice without analysis lacks a guided progression that builds the full task, and memory recall tasks alone focus on remembering steps rather than actually practicing and integrating the actions needed to complete the task.

8. Which statement is true about the two named sensory intervention approaches?

- A. They are both described as non-sensory interventions**
- B. They are both recognized as sensory intervention approaches**
- C. They target only infants**
- D. They require no professional guidance**

These two approaches are both built on how children process sensory information and how we can use sensory experiences to help regulation, attention, and engagement in play and daily tasks. That foundation means they are properly categorized as sensory intervention approaches. It would be inaccurate to describe them as non-sensory interventions since their methods rely on sensory input and modulation. They are not limited to infants; clinicians use sensory interventions across a range of ages. They also typically require professional guidance or at least initial instruction to ensure safe and effective implementation, because these approaches involve specific techniques and ongoing monitoring of the child's responses. For these reasons, saying both are recognized as sensory intervention approaches is the best answer.

**9. Which assessment is described as SIPT and noted to be costly, with an age range of about 4 years to 8 years 11 months?**

- A. SIPT (Sensory Integration and Praxis Tests) for ages 4 to 8 years 11 months**
- B. SOSI-M & VSA-2**
- C. Test of Prone Extension**
- D. Beery VMI**

The main idea here is recognizing a specific sensory processing assessment that is both well-known for its cost and has a defined, relatively narrow age window. The Sensory Integration and Praxis Tests are a comprehensive battery used to evaluate how a child processes sensory information and how that information supports praxis. It's described as costly because of licensing, specialized training, and the time required to administer and score the full battery. The age range for this test is roughly 4 years through 8 years 11 months, which aligns exactly with the description. Other assessments listed—while used in pediatric OT for different purposes—do not carry the SIPT name, nor do they share this same combination of cost and the same specified age range. Therefore, the assessment described is the SIPT for ages 4 to 8 years 11 months.

**10. What is the function of the Acquisitional Frame of Reference as described?**

- A. Language development only**
- B. Improvement of visual perception only**
- C. Acquisition of adaptive behaviors defined by others, are desirable, or are specific skills client wishes to master**
- D. Maintenance of reflexive behaviors**

The focus is on teaching and acquiring adaptive, functional skills through structured, goal-directed learning. The Acquisitional Frame of Reference centers on helping a person gain new behaviors that are useful in daily life, with goals or tasks either defined by others (like family or teachers), identified as desirable, or chosen by the client as skills to master. Therapy uses clear task analysis, progressive steps, reinforcement, and feedback to shape and practice these skills until the person can perform them independently in meaningful contexts. This explains why the correct option is best: it captures the emphasis on acquiring adaptive behaviors that are meaningful and specified by the person or their supports, rather than restricting focus to a single domain (such as language or vision) or on maintaining reflexive behaviors. For example, learning to tie shoes, manage dressing routines, or participate in a classroom activity are all adaptive skills that could be targeted under this frame of reference.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://obpchildbehaviorsensorytheories.examzify.com>**

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

SAMPLE