

OT 6220 – ASSESSMENT AND MEASUREMENT IN OCCUPATIONAL THERAPY PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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	16

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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. How can client motivation influence assessment results?**
 - A. Higher motivation can lead to improved performance
 - B. Lack of motivation may overestimate abilities
 - C. Motivation does not impact assessment results
 - D. Higher motivation can decrease overall assessment scores
- 2. What type of interview is the COPM Assessment identified as?**
 - A. Open-Ended Interview
 - B. Strategic Questioning Session
 - C. Conditional Interview
 - D. Semi-Structured Interview
- 3. What is a context-specific assessment in occupational therapy?**
 - A. An evaluation that focuses on how environmental factors affect a client's performance
 - B. A type of assessment that only considers physical abilities
 - C. An evaluation based solely on client interviews
 - D. A standardized test used for all patients
- 4. What does a performance analysis entail?**
 - A. A limited review of client observations
 - B. A detailed review of a client's execution of a task, identifying strengths and barriers to performance
 - C. A general assessment of a client's background
 - D. Merely evaluating client satisfaction
- 5. What is a significant benefit of using standardized assessments?**
 - A. They can be used without prior training
 - B. They provide reliable and valid measures that allow comparison
 - C. They only focus on physical capacities
 - D. They eliminate the need for clinical observations

- 6. What factors could impact measurement error in assessments?**
- A. Only client factors
 - B. Only administrator factors
 - C. Client factors, administrator factors, or environmental factors
 - D. Only environmental factors
- 7. Which reliability measure involves multiple assessors rating the same subjects?**
- A. Test-retest reliability
 - B. Inter-rater reliability
 - C. Internal consistency
 - D. Parallel form reliability
- 8. Which assessment measures the impact of occupational therapy on quality of life?**
- A. The Functional Independence Measure
 - B. The Canadian Occupational Performance Measure (COPM)
 - C. The Barthel Index
 - D. The Adult Occupational Interests Survey
- 9. What is a standardized assessment?**
- A. An assessment tailored to individual needs
 - B. An assessment that is administered and scored in a consistent manner
 - C. An informal assessment conducted by the client
 - D. An assessment measuring satisfaction levels
- 10. How do subjective measurements differ from objective measurements in assessments?**
- A. Subjective measures are quantitative, objective are qualitative
 - B. Subjective measures capture observable data, objective do not
 - C. Subjective measures capture client perspectives, while objective measures provide observable data
 - D. Objective measures are more commonly used than subjective measures

Answers

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

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Explanations

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1. How can client motivation influence assessment results?

- A. Higher motivation can lead to improved performance
- B. Lack of motivation may overestimate abilities
- C. Motivation does not impact assessment results
- D. Higher motivation can decrease overall assessment scores

The choice that highlights how client motivation can influence assessment results is significant because motivation serves as a crucial factor in an individual's performance during assessments. When clients are highly motivated, they tend to engage more fully with tasks, apply themselves more diligently, and persist through challenges. This heightened engagement can lead to an accurate reflection of their abilities and skills, allowing practitioners to gain meaningful insights into their occupational performance. In occupational therapy, the intent is to facilitate the best outcomes for clients, and understanding that motivation can enhance performance underscores the importance of fostering a motivational environment. This can result in genuine and favorable assessment scores that better inform therapy planning and interventions.

2. What type of interview is the COPM Assessment identified as?

- A. Open-Ended Interview
- B. Strategic Questioning Session
- C. Conditional Interview
- D. Semi-Structured Interview

The Canadian Occupational Performance Measure (COPM) is characterized as a semi-structured interview, which allows for flexibility while still adhering to a specific framework. In a semi-structured format, the interviewer has a set of predetermined questions or topics to cover but has the freedom to explore responses in greater depth, ask follow-up questions, and pursue relevant topics as they arise during the conversation. This approach enables the occupational therapist to gather comprehensive, client-centered information regarding the individual's self-perceived areas of performance and satisfaction in various occupational roles. The semi-structured nature of the COPM interview facilitates effective communication between the client and the therapist, allowing clients to express their concerns, prioritize their goals, and reflect on their occupational performance in a meaningful context. This format enhances the accuracy of the assessment by ensuring that important client perspectives are emphasized, leading to a more tailored and effective intervention plan.

3. What is a context-specific assessment in occupational therapy?

- A. An evaluation that focuses on how environmental factors affect a client's performance**
- B. A type of assessment that only considers physical abilities
- C. An evaluation based solely on client interviews
- D. A standardized test used for all patients

A context-specific assessment in occupational therapy is an evaluation that emphasizes the influence of environmental factors on a client's performance. This approach recognizes that a person's functionality and engagement in daily activities are not solely determined by their physical or cognitive capabilities, but are also significantly shaped by the context in which they live and work. Elements such as the physical environment, social relationships, cultural norms, and personal motivations are all integral to understanding how a client interacts with their surroundings. By focusing on these environmental factors, therapists can obtain a more comprehensive understanding of the barriers and facilitators affecting the client's occupational performance. This information is crucial for developing effective, personalized intervention strategies that will help clients navigate their environments and achieve their occupational goals. In contrast, other types of assessments may overlook the nuances of context, leading to a narrow focus that does not account for the complexities of a client's lived experience. This is why understanding and implementing context-specific assessments is vital in occupational therapy practice.

4. What does a performance analysis entail?

- A. A limited review of client observations
- B. A detailed review of a client's execution of a task, identifying strengths and barriers to performance**
- C. A general assessment of a client's background
- D. Merely evaluating client satisfaction

A performance analysis involves a comprehensive examination of how a client executes a specific task. This process identifies the client's strengths that facilitate successful task completion and barriers that may hinder performance. The detailed review includes not only the observable actions taken during the task but also considers various factors influencing performance, such as physical abilities, cognitive skills, emotional state, and environmental contexts. This in-depth analysis is crucial in occupational therapy as it informs the planning of interventions tailored to the client's unique needs. It goes beyond mere observations or general assessments by focusing on the specific aspects of task execution that affect the client's overall functioning and engagement in daily activities. Thus, it aims to enhance the client's performance by leveraging their strengths while addressing the obstacles they encounter.

5. What is a significant benefit of using standardized assessments?

- A. They can be used without prior training
- B. They provide reliable and valid measures that allow comparison**
- C. They only focus on physical capacities
- D. They eliminate the need for clinical observations

The significant benefit of using standardized assessments lies in their ability to provide reliable and valid measures that allow for comparison across different populations and settings. Standardized assessments are developed through rigorous testing and validation processes, which ensures that they accurately measure what they intend to assess. This reliability means that the results can be trusted and replicated, making them highly valuable in clinical practice. Furthermore, the validity of these assessments ensures that they are truly capturing the constructs they are designed to measure, such as a client's functional abilities, performance skills, or occupational engagement. This allows occupational therapists to make informed decisions about interventions, track client progress effectively, and compare outcomes among various clients or treatment groups. The ability to standardize measurements also facilitates a common language among professionals, enhancing collaboration and communication within interdisciplinary teams. While other choices may touch upon characteristics of assessments, they do not encapsulate the primary advantage that standardized assessments provide in terms of reliability, validity, and comparability.

6. What factors could impact measurement error in assessments?

- A. Only client factors
- B. Only administrator factors
- C. Client factors, administrator factors, or environmental factors**
- D. Only environmental factors

Measurement error in assessments can be influenced by a variety of factors, which is why the inclusion of client factors, administrator factors, or environmental factors is crucial for accuracy and reliability in occupational therapy evaluations. Client factors refer to the individual characteristics of the client being assessed, such as their physical and cognitive abilities, motivation, and emotional state. These can significantly affect how a client performs during an assessment, which in turn can lead to variations in scores or results. Administrator factors pertain to the qualifications, experience, and bias of the assessors. The way an administrator conducts an assessment, including their interpretation of instructions, communication style, and personal biases, can also introduce measurement error. If an administrator is inconsistent in administering assessments or holds preconceived notions about the client's abilities, this can influence the outcomes. Environmental factors encompass the context in which the assessment takes place, including the physical setting, available resources, and external distractions. For instance, an assessment conducted in a noisy environment may not yield reliable results compared to one conducted in a quiet, controlled space. By recognizing that all three types of factors—client, administrator, and environmental—can contribute to measurement error, practitioners can take steps to minimize these errors, enhance the accuracy of assessments, and subsequently improve interventions in

7. Which reliability measure involves multiple assessors rating the same subjects?

- A. Test-retest reliability
- B. Inter-rater reliability**
- C. Internal consistency
- D. Parallel form reliability

The measure in question is inter-rater reliability. This type of reliability assesses the degree to which different assessors or raters yield similar scores when evaluating the same subjects. The emphasis on multiple assessors is crucial, as inter-rater reliability specifically examines the consistency of ratings across different individuals. High inter-rater reliability indicates that the evaluators agree closely on their assessments, suggesting that the measurement tool used is clear and reliable in capturing the intended constructs. In contrast, test-retest reliability refers to the stability of scores over time when the same test is administered to the same subjects at two different points. Internal consistency measures the extent to which items within a single test measure the same construct, often evaluated using statistical techniques like Cronbach's alpha. Parallel form reliability examines the consistency of scores between different forms of the same test. Each of these other options focuses on different aspects of measurement, distinguishing them clearly from the concept of inter-rater reliability.

8. Which assessment measures the impact of occupational therapy on quality of life?

- A. The Functional Independence Measure
- B. The Canadian Occupational Performance Measure (COPM)**
- C. The Barthel Index
- D. The Adult Occupational Interests Survey

The Canadian Occupational Performance Measure (COPM) is designed specifically to assess a person's self-perceived performance in everyday living and the satisfaction they derive from that performance. It emphasizes the client's subjective experience and is highly individualized, focusing on what matters most to them in their daily occupations. The COPM evaluates changes over time, which makes it particularly valuable for measuring the impact of occupational therapy on a client's quality of life. It encourages clients to identify their own goals and priorities, allowing practitioners to tailor interventions that align with those personal objectives. As clients achieve their goals, they can directly report perceived improvements in their quality of life, demonstrating the effectiveness of the therapy provided. This focus on client-centered outcomes sets the COPM apart from other assessments, which may be more focused on functional abilities or specific tasks rather than overall life satisfaction and the subjective experiences of the client.

9. What is a standardized assessment?

- A. An assessment tailored to individual needs
- B. An assessment that is administered and scored in a consistent manner**
- C. An informal assessment conducted by the client
- D. An assessment measuring satisfaction levels

A standardized assessment is characterized by its consistent administration and scoring procedures, which ensure that every participant is assessed under the same conditions. This uniformity enhances the reliability and validity of the assessment results, making it possible to compare scores across different individuals and populations. Standardized assessments often have established norms, allowing practitioners to interpret results relative to a larger group. In contrast to assessments tailored to individual needs or informal assessments, standardized assessments are designed to be objective and replicable, minimizing variability that may arise from differences in administration or interpretation. Options that focus on individual customization or informal observations typically lack the systematic approach that defines standardized testing, which is aimed at producing statistically meaningful results. While assessments measuring satisfaction levels can provide valuable information, they may not follow the rigorous protocols of standardized assessments intended for broader applications in clinical practice.

10. How do subjective measurements differ from objective measurements in assessments?

- A. Subjective measures are quantitative, objective are qualitative
- B. Subjective measures capture observable data, objective do not
- C. Subjective measures capture client perspectives, while objective measures provide observable data**
- D. Objective measures are more commonly used than subjective measures

Subjective measurements differ from objective measurements primarily in their focus on client perspectives versus observable data. Subjective measures are designed to capture the personal experiences, feelings, and opinions of clients. This might include self-reports on symptoms, quality of life, and overall satisfaction with therapy or daily activities. These types of data emphasize the client's own voice, providing insights that are central to understanding their unique situation and how they perceive their challenges and outcomes. In contrast, objective measurements are based on observable, measurable data that do not rely on personal feelings or opinions. These could include standardized tests, clinical assessments, and other quantifiable metrics that provide concrete data about a client's physical or cognitive performance. This distinction is crucial in occupational therapy practice as it allows therapists to balance evidence from both subjective and objective measures, tailoring interventions to meet individual needs more effectively. The combination of both types of assessments can enhance understanding and improve outcomes in therapy.

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:

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

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