

TherapyEd Occupational Therapy (OT) Exam A Practice (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. At 8 months of age, which seating development is typical?**
 - A. Child sits propped forward on both arms**
 - B. Cannot sit yet**
 - C. Child sits without support**
 - D. Child sits with legs crossed**

- 2. What best describes the difference between a screening and an evaluation in occupational therapy?**
 - A. An evaluation is a quick screen for identifying need for further assessment.**
 - B. A screen is a quick check to identify need for further assessment; an evaluation is a comprehensive data-gathering process.**
 - C. Screening involves comprehensive data collection across domains.**
 - D. A screen is a lengthy, detailed assessment.**

- 3. In a task-oriented OT group, which statement best describes the group's primary goal?**
 - A. Increase self-expression**
 - B. Improve memory**
 - C. Increase strength**
 - D. Improve gross motor skills**

- 4. Which strategy supports energy conservation for people with chronic conditions?**
 - A. Pacing, planning, prioritizing tasks, and taking rest breaks.**
 - B. Scheduling only high-energy activities in the morning.**
 - C. Increasing workload to build tolerance.**
 - D. Ignoring fatigue signs to complete tasks.**

- 5. Which section of an OT report describes future care recommendations?**
 - A. Plan of care (POC)**
 - B. Assessment**
 - C. Intervention**
 - D. Discharge Summary**

- 6. Which characteristic best promotes motor learning in functional tasks?**
- A. One-time practice with no feedback.**
 - B. Random, non-task-specific practice.**
 - C. Repetitive, task-specific practice with graded difficulty and feedback.**
 - D. Passive observation only.**
- 7. After electroconvulsive therapy, how long is rest typically recommended before resuming activities?**
- A. Six hours**
 - B. Twenty-four hours**
 - C. One hour**
 - D. Twelve hours**
- 8. In a child with suspected visual deficits, which professional evaluation should be obtained first to assess visual acuity?**
- A. Optometrist**
 - B. Optician**
 - C. Ophthalmologist**
 - D. Neurologist**
- 9. A patient with borderline personality disorder asks to meet privately with the OT after orientation; best response?**
- A. Refer the patient to the assigned individual therapist**
 - B. Agree to meet with the patient since a positive therapeutic connection has been expressed**
 - C. Tell the patient that an OT provides only occupation-based group treatment**
 - D. Explain that this manipulative behavior is not acceptable**
- 10. Which FOR emphasizes motivation, routines, and the environment's impact on performance?**
- A. Model of Human Occupation (MOHO)**
 - B. Biomechanical FOR**
 - C. Sensorimotor FOR**
 - D. Ecological Systems Model**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. At 8 months of age, which seating development is typical?
 - A. Child sits propped forward on both arms
 - B. Cannot sit yet
 - C. Child sits without support**
 - D. Child sits with legs crossed

Sitting without support is typical at this age because the infant has developed enough trunk control, neck stability, and balance to maintain an upright posture without relying on the arms for support. This allows the hands to be free for play and reaching, which is a common 8-month capability. Propping forward on both arms describes an earlier form of supported sitting, not independent sitting. Not being able to sit yet is earlier than this milestone, and legs crossed isn't a defining feature of this age in terms of functional sitting.

2. What best describes the difference between a screening and an evaluation in occupational therapy?
 - A. An evaluation is a quick screen for identifying need for further assessment.
 - B. A screen is a quick check to identify need for further assessment; an evaluation is a comprehensive data-gathering process.**
 - C. Screening involves comprehensive data collection across domains.
 - D. A screen is a lengthy, detailed assessment.

In occupational therapy, screening and evaluation serve different purposes and vary in depth. A screen is a quick check to determine whether more assessment is needed; it flags potential problems without going into detailed data. An evaluation, on the other hand, is a comprehensive data-gathering process that systematically collects information across performance areas, contexts, and client factors to create a complete picture of functioning and to guide goals and intervention planning. This distinction is why the correct statement fits best: a screen quickly identifies whether further assessment is warranted, and an evaluation provides an in-depth, comprehensive set of data to inform decisions about eligibility, goals, and treatment. The other ideas mischaracterize the scope or purpose—for example, suggesting screening is comprehensive data collection or that evaluation is quick and simple, which they are not.

3. In a task-oriented OT group, which statement best describes the group's primary goal?

A. Increase self-expression

B. Improve memory

C. Increase strength

D. Improve gross motor skills

Task-oriented groups focus on engaging people in meaningful activities that matter to them, using those tasks to support participation, autonomy, and social interaction. The best choice reflects how these groups center on self-expression—participants choose tasks, negotiate roles, share ideas, and communicate preferences as they work together. Memory, strength, and gross motor skills may improve along the way, but they're not the primary aim; they're potential outcomes of engaging in functional, meaningful tasks.

4. Which strategy supports energy conservation for people with chronic conditions?

A. Pacing, planning, prioritizing tasks, and taking rest breaks.

B. Scheduling only high-energy activities in the morning.

C. Increasing workload to build tolerance.

D. Ignoring fatigue signs to complete tasks.

Energy conservation for people with chronic conditions revolves around keeping activity within a sustainable energy budget. The best approach combines pacing, planning, prioritizing tasks, and taking rest breaks. Pacing helps distribute work over time, preventing long bursts of activity that spike fatigue and then crash. Planning coordinates when and where tasks happen so energy use is smoother and more predictable. Prioritizing directs energy toward what's most important or most demanding, ensuring essential activities are completed without exhausting reserves for trivial tasks. Rest breaks give the body time to recover before fatigue accumulates, reducing the risk of symptom flare-ups and from overdoing it. Context helps: fatigue and low energy can vary day to day, so spreading effort, choosing high-impact activities, and resting as needed keeps functioning longer and improves overall quality of life. Other approaches are less suitable because they either rely on a single factor (like only scheduling high-energy moments in the morning) and ignore fluctuations in energy, or they push the person to handle more work (increasing workload) or ignore fatigue signals altogether, which can lead to greater tiredness and reduced function.

5. Which section of an OT report describes future care recommendations?

- A. Plan of care (POC)**
- B. Assessment**
- C. Intervention**
- D. Discharge Summary**

The plan for ongoing care is described in the Plan of Care. This section lays out the future course of therapy, including the goals to pursue, how often and how long therapy will occur, and any recommended changes, equipment, or referrals after the current evaluation. It serves as the roadmap for what will be done next and how progress will be supported, guiding both the therapist and the client. The other sections focus on what was found (Assessment), what was done (Intervention), or the summary at discharge (Discharge Summary), with the Plan of Care specifically detailing the future care recommendations.

6. Which characteristic best promotes motor learning in functional tasks?

- A. One-time practice with no feedback.**
- B. Random, non-task-specific practice.**
- C. Repetitive, task-specific practice with graded difficulty and feedback.**
- D. Passive observation only.**

Motor learning in functional tasks improves when practice is repetitive, task-specific, and paired with feedback that guides improvement. Repetition reinforces the neural patterns needed to coordinate the muscles and movements required for daily activities, making the action more automatic over time. Practicing in a task-specific way ensures the learned skills map directly to real tasks the person needs to perform, so the brain develops efficient plans for those exact movements. Adding graded difficulty keeps the challenge appropriate, allowing progression from easier components to more complex variations without overwhelming the learner, which helps build confidence and precision. Timely feedback—about both the outcome and the movement quality—helps detect errors, correct strategies, and fine-tune motor control, promoting durable changes in how the task is performed. Without active, repeated, task-focused practice and constructive feedback, learning tends to be shallow and less transferable to everyday function.

7. After electroconvulsive therapy, how long is rest typically recommended before resuming activities?

- A. Six hours**
- B. Twenty-four hours**
- C. One hour**
- D. Twelve hours**

Recovery after ECT centers on giving the anesthesia time to wear off and ensuring your brain and vital signs are stable before you resume activities. Six hours is the typical rest window because it aligns with how long the short-acting anesthetic and muscle relaxant used during ECT take to wear off and for grogginess or confusion to fade. This period allows staff to monitor vital signs, mental status, and comfort, reducing the risk of falls or accidents if you try to resume tasks too soon. Shorter rests, like one hour, may not be enough for complete recovery from anesthesia, while longer rests—such as twelve or twenty-four hours—are usually unnecessary for outpatient treatment and can unnecessarily delay returning to routine activities. Aftercare often includes avoiding driving for at least 24 hours, but the initial rest to resume activities is commonly about six hours.

8. In a child with suspected visual deficits, which professional evaluation should be obtained first to assess visual acuity?

- A. Optometrist**
- B. Optician**
- C. Ophthalmologist**
- D. Neurologist**

The first step when a child may have visual deficits is to have a vision professional measure visual acuity. An optometrist is trained to perform comprehensive vision testing in children, including measuring how well the child sees at various distances, identifying refractive errors that cause blurred vision, and assessing binocular function. They can prescribe corrective lenses or refer for further medical evaluation if needed. An optician mainly dispenses glasses and does not diagnose or measure acuity. An ophthalmologist handles medical or surgical eye issues and is usually seen after an initial screen or when pathology is suspected. A neurologist addresses brain and nerve-related visual problems, not the standard acuity assessment. So, the best first evaluation for visual acuity is an optometrist.

9. A patient with borderline personality disorder asks to meet privately with the OT after orientation; best response?

- A. Refer the patient to the assigned individual therapist**
- B. Agree to meet with the patient since a positive therapeutic connection has been expressed**
- C. Tell the patient that an OT provides only occupation-based group treatment**
- D. Explain that this manipulative behavior is not acceptable**

Maintaining professional boundaries is essential when working with patients who have borderline personality disorder. A request for a private one-on-one meeting after orientation creates a boundary risk and potential dual relationship. The safest, most appropriate response is to refer the patient to the assigned individual therapist who can assess the need, maintain clear boundaries, and provide care within the established treatment plan. This protects both patient and staff and ensures continuity of care through the proper therapeutic relationship. If a private discussion is ever needed, the assigned therapist handles it within the appropriate framework. The other options either overstep the OT's scope, mislabel the patient's behavior, or ignore boundary considerations.

10. Which FOR emphasizes motivation, routines, and the environment's impact on performance?

- A. Model of Human Occupation (MOHO)**
- B. Biomechanical FOR**
- C. Sensorimotor FOR**
- D. Ecological Systems Model**

MOHO centers on how motivation, routines, and the environment shape occupational performance. It posits that a person's engagement in activities is driven by volition—motivation, interests, and values; habituation—how activities become learned patterns, routines, and roles; and performance capacity—the physical and mental abilities to perform. The environment plays a crucial role by providing or limiting opportunities, supports, and constraints that influence whether a person will initiate, persist, and adapt in everyday occupations. This integrated view—where motivation drives engagement, routines organize behavior into meaningful patterns, and environmental context shapes the fit between person and activity—directly explains how performance emerges from these interrelated factors. The other approaches focus more on physical mechanics, sensorimotor processes, or broader ecological context without centering motivation and habitual patterns as core elements in determining performance.

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://therapydota.examzify.com>

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

SAMPLE