

OT Mastery

Behavior Management Across the Lifespan

1. What is OT's role in behavior management?

- A. Teaching patients coping skills and healthier alternatives to maladaptive behaviors
 - B. Managing patient behaviors so they can better engage in functional activities
 - C. None of the above
 - D. Both A & B
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2. What is the difference between mental health and behavioral health?

- A. Behavioral health is an umbrella term that covers any treatment related to behavior; mental health pertains to someone's emotions and cognitive functions
 - B. They are the same and can be used interchangeably
 - C. Mental health is an umbrella term that covers any treatment related to behavior; behavioral health pertains to someone's emotions and cognitive functions
 - D. All of the above
-

3. What is not a theory used as the basis of behavior management?

- A. Operant Conditioning Theory
 - B. Equity Theory of Motivation
 - C. Motor Learning Theory
 - D. Social Learning Theory
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4. What behavioral theory suggests that each person has an innate need for affiliation, achievement, and power?

- A. Social Learning Theory
 - B. The Acquired Needs Theory
 - C. Maslow's Hierarchy of Needs
 - D. Equity Theory of Motivation
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5. What is not a step within Social Learning Theory?

- A. Lacking motivation to replicate someone else's actions
 - B. Consistently attending to someone else's actions
 - C. Observing what others do
 - D. Retaining information about the other person's actions
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6. What is the difference between punishment and reinforcement?

- A. Reinforcement involves adding something to a child's environment while punishment involves removing stimulus from a child's environment
 - B. Punishment is aimed at increasing the occurrence of positive behaviors while reinforcement is intended to lessen the occurrence of problematic behaviors
 - C. Punishment is intended to lessen the occurrence of problematic behaviors while reinforcement is aimed at increasing the occurrence of positive behaviors
 - D. Reinforcement is given internally and punishment comes from an external source
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7. How might a balanced token economy be used?

- A. With patients who attend group therapy in a psychiatric unit
 - B. Children who attend a therapeutic day school and work toward certain prizes
 - C. Employees in a typical workplace
 - D. Both A & B
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8. What is an example of cognitive dissonance?

- A. A child who asks their mom repeatedly for a snack even though there is no food allowed an hour before bed
 - B. Someone who actively smokes cigarettes despite telling their children not to smoke because it's unhealthy
 - C. A teenager who asks to go out with friends despite being grounded
 - D. A therapist asking her patient to stop engaging in unhealthy behaviors
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9. How might an OT encourage their patient to generalize the skill of having appropriate conversation with someone in a clinic?

- A. Having a conversation with the front desk at the clinic
 - B. Role playing a conversation with a cashier at the store
 - C. Practice having a conversation with someone in line at the grocery store
 - D. All of the above
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10. What is not considered a type of behavior therapy?

- A. CBT
 - B. PMR
 - C. CBPT
 - D. DBT
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11. What's the difference between CBT and CBPT?

- A. CBT is intended for people with anxiety and depression; CBPT is intended for those experiencing psychosis
 - B. CBT was designed for those with eating disorders; CBPT is for those with chronic pain
 - C. CBT is cognitive behavioral therapy that focuses on talk therapy to identify and adjust negative thought patterns, emotions, and behaviors; CBPT is cognitive behavioral play therapy that uses a more interactive approach to get kids to talk about their feelings
 - D. CBT is a type of psychoeducation that involves education on coping strategies; CBPT is cognitive based practice therapy that involves putting the coping strategies into practice
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12. How does ACT assist with behavior modification?

- A. ACT encourages healthy behaviors by teaching someone to accept things that are out of their control and commit to changing things in their control
 - B. ACT teaches patients to act more appropriately in front of others, but to be themselves in the privacy of their own homes
 - C. ACT is assistive community integration that helps someone with difficult behaviors integrate into the community more effectively
 - D. ACT is assertive communication training that helps individuals with difficult behaviors interact with others more successfully
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13. How might an SLP assist with behavior management?

- A. Speech-language pathologists run groups focused on psychotherapy related to topics such as anger management and behavior change
 - B. Speech-language pathologists can teach someone better communication skills to improve their self-expression and ability to meet their needs
 - C. Speech-language pathologists prescribe medications to encourage better emotion regulation and, in turn, improved behavior management
 - D. Speech-language pathologists work to improve a patient's daily living skills as they pertain to behavior management
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14. If an OT is using active listening to engage with a patient, what would they not do?

- A. Focus fully on the patient while they are talking
 - B. Use nonjudgmental language
 - C. Paraphrase their words to validate them
 - D. Ask the patient to write down how they are feeling
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15. Which of the following is not considered a first-line aggression control technique?

- A. Competing response training
 - B. Humor
 - C. CBT
 - D. Communicating with "I" statements
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16. If an OT is working with a patient who has a phobia of crowds, which technique might come first?

- A. Systematic desensitization
 - B. Aversion therapy
 - C. Covert sensitization
 - D. Biofeedback
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17. If a therapist instructs a patient about an activity, offers a tactile cue, notes the patient's response, gives an appropriate consequence or response, and takes a slight break before moving on to another trial, what behavioral strategy is this considered?

- A. Spaced retrieval
 - B. Positive programming
 - C. Role playing
 - D. Discrete trial training
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18. Which of the following patients might benefit from the Premack Principle?

- A. A middle-aged man recovering from substance use disorder
 - B. An elderly woman with dementia who wanders
 - C. A child with ASD who struggles without structure
 - D. A teenager who does not understand the concept of role playing and needs an alternative strategy
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19. What might warrant a therapist creating a behavioral contract?

- A. The patient wanting to change their own behaviors but not knowing how to go about it
 - B. A patient in a mental health unit refuses to shower or go to group therapy
 - C. A teenager wants to give the therapist a gift at the holidays and doesn't understand that the therapist doesn't celebrate
 - D. A child comes to therapy but expects a prize at the end of each session
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20. What diagnoses might parent management training (PMT) be effective for?

- A. Autism Spectrum Disorder
 - B. Conduct disorder
 - C. Oppositional defiant disorder
 - D. Both B & C
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21. What treatments assist with behavioral changes related to eating disorders?

- A. DBT
- B. CBT

- C. Supervised weight gain program
 - D. All of the above
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22. Cognitive behavioral therapy is least likely to be effective on a individual with what diagnosis?

- A. Obsessive-Compulsive Disorder
 - B. Antisocial personality disorder
 - C. Anorexia nervosa
 - D. Bulimia nervosa
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23. What is not considered a category of addiction?

- A. Substance addiction
 - B. Behavioral addiction
 - C. Medication addiction
 - D. Impulse addiction
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24. Sensory strategies can be effective for what types of behaviors?

- A. Head banging
 - B. Skin picking or excoriation
 - C. Stimming
 - D. All of the above
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25. What might be a treatment modification for someone who has akathisia?

- A. Allowing plenty of space for movement
 - B. Focusing on improving sitting tolerance
 - C. Both A & D
 - D. Breaking up fine motor tasks with gross motor tasks
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26. How can a therapist decrease difficult behaviors in individuals with dementia?

- A. Offer exposure to sunlight throughout the day
 - B. Keep routines intact as much as possible
 - C. Minimize how many activities are done in one day
 - D. All of the above
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27. How can a therapist promote learning in patients with apraxia?

- A. CBT
 - B. Tactile cueing
 - C. Physical activity
 - D. Focus on only preferred, familiar tasks
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28. What diagnosis responds well to a modified version of CBT?

- A. Oppositional defiant disorder
 - B. Depression
 - C. Tourette syndrome
 - D. Bulimia nervosa
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29. What health concern might make a patient a poor fit for group therapy?

- A. Detoxing from substances
 - B. Active psychosis
 - C. Echolalia
 - D. All of the above
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30. What type of strategies are most ideal for helping manage the behaviors of individuals with neurocognitive disorders?

- A. Environmental modifications
 - B. Talk therapy
 - C. Using familiar objects
 - D. Both A & C
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