

# 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
- 

**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
- 

**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
- 

**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
- 

**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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