

OT Mastery

Biofeedback for Occupational Therapy

1. A patient comes to you expressing that they want something to treat their migraines. What is the best response you can give them?

- A. You say you can do that with biofeedback and ask when they want to schedule their first session.
 - B. You note that there is no evidence supporting the use biofeedback for migraines.
 - C. You note that biofeedback does not treat migraines but it can help you manage the symptoms of migraines and potentially decrease the frequency and intensity of episodes.
 - D. You note that you are not able to treat this patient and refer her elsewhere.
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2. How many biofeedback sessions are necessary for patients to see results?

- A. 15-20
 - B. 1-2
 - C. 10-12
 - D. 4-5
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3. What type of intervention does the American Occupational Therapy Association list biofeedback as?

- A. An alternative modality
 - B. A natural health approach
 - C. Pseudoscience
 - D. A physical agent modality (PAM)
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4. Which biofeedback device is best-suited to measure muscle tension?

- A. Electrocardiogram
 - B. Electromyograph
 - C. Galvanic skin response
 - D. Thermal feedback machine
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5. What is an electrocardiogram intended to measure?

- A. Brain waves
 - B. Heart rate variability
 - C. Muscle tension
 - D. Stress
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6. What condition can thermal measurements in biofeedback effectively manage?

- A. Rheumatoid arthritis
 - B. Raynaud's Disease
 - C. Hypothermia
 - D. Gout
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7. Which of the following devices measures how wide the chest expands?

- A. Electroencephalogram
 - B. Electrocardiogram
 - C. Electromyograph
 - D. Respiratory Inductive Plethysmography
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8. Which of the following is not a low-tech option for practicing biofeedback?

- A. Dancing
 - B. Progressive muscle relaxation
 - C. Breathwork
 - D. Meditation
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9. Biofeedback does NOT have recent research for what health concern?

- A. Raynaud's Disease
 - B. Autism Spectrum Disorder
 - C. Generalized Anxiety Disorder
 - D. Asthma
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10. Which of the following is not a specialty biofeedback certification you can receive?

- A. Heart rate variability biofeedback
 - B. Respiratory biofeedback
 - C. Neurofeedback
 - D. Pelvic floor biofeedback
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