

OT Mastery

Interoception: A Foundation for Occupational Participation

1. Which of the following are the chief occupations impacted by interoception skills?

- A. Doing laundry, grocery shopping, and completing grooming/hygiene
 - B. Toileting, bathing, eating, and symptom/health management
 - C. Money management, toileting, dressing, and cooking
 - D. Driving, eating, attending school, and working
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2. Which describes some bodily functions that are associated with interoception?

- A. Joint pain, swelling, hair growth, nail growth
 - B. Hair loss, headaches, fatigue, blushing, and itching
 - C. Headaches, dizziness, goosebumps, fatigue, and hunger
 - D. Pain, headaches, bathing, cooking, and dressing
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3. What term is used to describe the frequency with which someone identifies internal bodily signals and sensations?

- A. Interoceptive accuracy
 - B. Interoceptive sensibility
 - C. Interoceptive overload
 - D. Interoceptive attention
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4. What term is used to describe someone's ability to correctly identify internal bodily signals and sensations?

- A. Interoceptive accuracy
 - B. Interoceptive attention
 - C. Interoceptive sensibility
 - D. Interoceptive overload
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5. What is the first step in interoception?

- A. Neurons that sense bodily functions send information to the skin, muscles, and joints
 - B. The brain stem sends sensory information to the thalamus
 - C. Neurons that sense bodily functions are triggered
 - D. The thalamus sends sensory information to the anterior cingulate cortex
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6. After the brain interprets information about bodily functions, what happens?

- A. A person makes a decision (good, bad, or neutral) to act on those bodily signals
 - B. The information stays as objective so someone can make a decision about how to act on it
 - C. Neurons that sense bodily functions send information to the skin, muscles, and joints
 - D. The information also becomes subjective once we added emotion and meaning to it
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7. There are several actions available when someone uses interpreted sensory information. Which of the following is NOT one of those options?

- A. Ignoring what they feel
 - B. Making the sensation worse
 - C. Waiting until they have more information to make a decision
 - D. Acting on the sensation
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8. Which of the following is NOT a sign that indicates a person is under-responsive to interoceptive input?

- A. Experiencing dulled pain signals
 - B. Alternating between high pain signals and low pain signals
 - C. Rarely feeling hungry or thirsty
 - D. Having difficulty identifying early-stage emotions or sensations
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9. A 15-year-old boy with autism is being treated in an outpatient clinic for executive functioning. During the evaluation, his therapist notices he says he doesn't feel well, but doesn't elaborate on what is wrong. After the evaluation, the OT spoke to his mom, who said he often reports that. What should the therapist classify this behavior as?

- A. Normal interoception skills
 - B. Under-responsive interoception
 - C. Discrimination difficulties related to interoception
 - D. Over-responsive interoception
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10. While an OT treats a 10-year-old girl, the girl's mother reports she often chugs water until her mom tells her to stop. It's possible that this behavior is due to what concern?

- A. Over-responsive interoception
 - B. Discrimination difficulties related to interoception
 - C. Oral motor defensiveness
 - D. Under-responsive interoception
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11. What type(s) of interoception might lead someone to seek medical care for minor or vague health issues?

- A. Discrimination difficulties related to interoception and normal interoception skills
 - B. Discrimination difficulties related to interoception
 - C. Under-responsive interoception and discrimination difficulties
 - D. Discrimination difficulties related to interoception and over-responsive interoception
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12. What external support may be used to assist someone in building interoception skills?

- A. A digital calendar
 - B. A smart watch
 - C. An ipad
 - D. A grooming set
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13. Heavy work activities can be used to target interoception along with what other sensory system?

- A. Auditory system
 - B. Proprioceptive system
 - C. Emotion regulation systems
 - D. Visual system
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14. Which of the following aspects of interoception is daily journaling less likely to help with?

- A. Being more creative
 - B. Regulating emotions
 - C. Tracking symptoms and/or bodily signals
 - D. Logging health behaviors
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15. Which of the following yoga poses are considered the simplest, but can be used to assist with emotion regulation as well as breathing?

- A. Tree pose and pigeon pose
 - B. Forward fold and camel pose
 - C. Child's pose and corpse pose
 - D. Downward dog and warrior pose
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16. Deep breathing exercises are best paired with which of the following?

- A. Heavy work activities
 - B. Calming and regulating activities
 - C. Fine motor activities
 - D. Gross motor activities
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17. What traditional, talk-based mental health approach can be used to assist individuals of all ages in building interoception skills?

- A. Eye Movement Desensitization and Reprocessing
 - B. Dialectical Behavior Therapy
 - C. Yoga
 - D. Cognitive Behavioral Therapy
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18. Which approach combines mindfulness, manual techniques, and psychoeducation to teach the fundamentals of interoception?

- A. Yoga
 - B. Cognitive Behavioral Therapy
 - C. Mindful Awareness in Body-Oriented Therapy (MABT)
 - D. Dialectical Behavior Therapy
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19. What techniques can help therapists structure sessions in a way that integrates interoception education?

- A. Dynamic interactional theory and Allen's Cognitive Levels
 - B. Social learning theory and modeling
 - C. Motor learning theory and dynamic interactional theory
 - D. Cognitive Behavioral Therapy and Dialectical Behavior Therapy
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20. How can body scans help build interoception?

- A. Body scans help someone retain information previously given to them about interoception
 - B. When paired with deep breathing, body scans allow you to feel deep breaths in various parts of your body, which offers new sensory input for many people
 - C. Taking the time to concentrate on how each body part feels for a set period of time can help someone identify areas of concern
 - D. Body scans help relieve joint pain and fatigue on their own
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