

OT Mastery

Mental Health and OT

1. What practice area did OTs first work in?

- A. Psychiatric hospitals
- B. Vocational training
- C. War rehabilitation
- D. Musculoskeletal rehabilitation

2. What is an example of primary prevention?

- A. An anti-bullying rally
- B. Alzheimer's prevention given to random older adults in the community
- C. 1:1 intervention for a child whose parents are getting divorced
- D. Handing out educational pamphlets to at-risk kids

3. What theory is at the core of all mental health treatment?

- A. Self-care
- B. Psychoeducation
- C. Transference
- D. Projection theory

4. What is the average length of stay in an inpatient psychiatric hospital?

- A. 10-14 days
- B. 10-12 days
- C. 5-7 days
- D. 7-10 days

5. What does NGRI stand for?

- A. Never getting really independent
- B. Not guilty by reason of insanity
- C. Never getting really inclusive
- D. Not going realistically inclusive

6. What is an example of a grounding strategy?

- A. Deep breathing

- B. Mindfulness
- C. Yoga
- D. All of the above

7. According to Every Moment Counts, what is a universal strategy?

- A. A technique that teaches kids mindfulness
- B. A strategy that is good for someone at any age
- C. A part of core education that teaches kids about mental health
- D. A strategy that addresses mental health using a systemic approach

8. What tier does teaching staff about mental health warning signs fall under?

- A. Tier 1
- B. Tier 3
- C. Tier 2
- D. Tier 4

9. What is the aim of ACT?

- A. It helps build resilience
- B. It helps people move on from their current life
- C. It helps build psychological flexibility and an adaptive mindset
- D. It helps people talk about their feelings

10. What two types of treatment strategies cannot be combined?

- A. Environmental and physiological
- B. Cognitive and environmental
- C. Environmental and skill-based
- D. All of the above can be combined according to each patient's needs

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