

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

- A. Self-care
 - B. Psychoeducation
 - C. Transference
 - D. Projection theory
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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
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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
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6. What is an example of a grounding strategy?

- A. Deep breathing

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