

# 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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