

# 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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