

OT Mastery

Sensory Processing

1. What is an occupational therapist's main role in sensory processing?

- A. To help someone avoid sensory triggers
- B. To help them better integrate and process sensory information in a way that promotes function
- C. To find environments that do not trigger patients
- D. To tell them to stay in their room if they are feeling triggered

2. How can an occupational therapist help someone with auditory processing deficits?

- A. Give them earbuds
- B. Tell them to cover their ears when they are upset
- C. Schedule times for uncomfortable but predictable noises
- D. Both 1 and 3

3. Which of the following is NOT a reliable sensory processing assessment?

- A. Sensory Processing Measure
- B. Sensory Integration and Praxis Tests
- C. DeGangi-Berk
- D. All of the above are reliable assessments for this area

4. What is an appropriate recommendation for someone with visual processing deficits?

- A. Practice scavenger hunts
- B. Avoid looking at fast-moving objects
- C. Wear an eye patch
- D. Play sports with fast-moving objects

5. Which of the following is NOT a type of sensory modulation?

- A. Over-responsive
- B. Under-responsive
- C. Somewhat-responsive
- D. Sensory seeking

6. Which type of sensory input is almost always of benefit for someone with sensory concerns?

- A. Tactile input
- B. Proprioception
- C. Visual input
- D. Auditory input

7. People may be mistaken as lazy or tired if they have which classification of sensory concerns?

- A. Sensory-based motor disorders
- B. Sensory seeking
- C. Poor discrimination
- D. Hyper-reactive

8. Which is not considered a sensory-based motor concern?

- A. Dyspraxia
- B. Developmental coordination disorder (DCD)
- C. Postural control concerns
- D. All of the above are sensory-based motor concerns

9. Which of the following may be a reaction to uncomfortable sensory input?

- A. Running away and screaming
- B. Looking for more of the input
- C. Not reacting at all
- D. Asking thoughtful questions about the input

10. What is the best definition of an adaptive response?

- A. A healthy response to something
- B. A natural response to any kind of input that allows someone to engage in learning and exploration
- C. A strategy that someone uses to avoid something they don't like
- D. A misperception of sensory input

11. What is the best definition of sensory discrimination?

- A. Not knowing when sensory input will get processed
- B. The ability to differentiate between different types of sensory input
- C. Trouble knowing what sensory input they like vs. what they don't like
- D. Misunderstanding what is going on around them

12. A child who has difficulty tolerating new foods may have difficulty processing what type of sensory input?

- A. Visual
- B. Gustatory
- C. Tactile
- D. Both 2 and 3

13. A child who often bites on or mouths inedible objects may have what sensory concern?

- A. Seeking tactile input
- B. Defensive to gustatory input
- C. Seeking gustatory input
- D. Both 2 and 3

14. What are food bridges?

- A. Foods that should never be eaten together
- B. Foods that should not touch on the dinner plate
- C. Foods that have similar properties, such as colors, patterns, shapes, and textures
- D. Foods that must be eaten in between two other foods

15. What essential oils may help calm someone who is defensive to olfactory input?

- A. Lavender
- B. Spearmint
- C. Peppermint
- D. Lemon

16. How can sensory bins help someone with tactile defensiveness?

- A. Sensory bins get someone used to feeling various textures in a functional way
- B. Sensory bins force someone to repeatedly dunk their hand in unpleasant materials all at once
- C. Sensory bins are only to be used under the close supervision of a therapist, since they can be dangerous to use at home
- D. Sensory bins can encourage playfulness

17. Someone who often breaks pencils when writing may have what sensory concern?

- A. Sensory-based motor concern
- B. Under-responsive to tactile input
- C. Over-responsive to tactile input
- D. Both 1 and 2

18. What type of child may get a recommendation to wear tight-fitting or compression clothing?

- A. Someone in need of proprioception
- B. Someone who is under-responsive to tactile input
- C. Someone who is over-responsive to tactile input
- D. Both 1 and 2

19. Which of the following is NOT a way to build oral motor strength for those with tactile sensitivity?

- A. Slowly guide them through eating chewier or tougher foods
- B. Encourage the use of straws
- C. Use manipulatives like fidget spinners
- D. Use pinwheels, kazoos, whistles, and other similar toys in therapy

20. Someone with poor body awareness might be mistaken for having visual concerns if they do what?

- A. Cover their ears and run away
- B. Bump into things
- C. Ask for help with certain objects
- D. Don't like playing sports

21. What is one of the best recommendations for children with motor-based sensory concerns?

- A. Give verbal and visual instructions one at a time
- B. Offer as much tactile information as you can
- C. Avoid giving instruction at all and let them figure it out
- D. Give them extra time to complete tasks

22. What is helpful for computer users who have visual issues?

- A. When possible, work outside where there is plenty of light
- B. Use an eye mask to help sleep at night
- C. Adjust brightness, blue light settings, and minimize glare on the screen
- D. Only use a pen and paper to get work done

23. What is a good activity that offers proprioception?

- A. Weight-bearing activities like push-ups and yoga
- B. Swimming
- C. Using an elliptical to get cardiovascular activity
- D. Wear loose clothing to let your skin breathe better

24. What type of vestibular input is alerting?

- A. Swaying side to side
- B. Rocking
- C. Rotational spinning
- D. Running in place

25. What type of over-responsiveness might gentle stretching help with?

- A. Tactile
- B. Vestibular
- C. Proprioception
- D. Visual

26. Motor planning deficits can impact someone's ability to do what?

- A. Do tasks in the right order
- B. Sit upright in a chair
- C. Learn any new motor action
- D. All of the above

27. Kids with poor core strength can benefit from what?

- A. Laying down while doing activities
- B. Modified seating that encourages the use of their stomach muscles
- C. Sitting on the floor
- D. Running more often

28. Writing on a slant board may be a recommendation for a child with what concern?

- A. Low proprioception
- B. Dyspraxia
- C. Tactile defensiveness
- D. Vestibular sensitivities

29. What is important to remember when writing sensory goals?

- A. Don't add any milestones
- B. Specify what time of day it should be achieved in
- C. Connect each sensory concern with function and make it measurable
- D. Make it short and something a child can achieve in 2 weeks at most

30. At what age is a child's sensory systems be nearly fully developed?

- A. Age 6
- B. Birth

- C. Age 5
- D. Age 8

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