OT Mastery

Sensory Regulation Across the Lifespan

1. According to the course, in addition to naming the sensory system being targeted, what must a sensory goal include?

A. The setting where the goal will be addressed
B. The impact that overcoming the sensory deficit will have on the individual's function
C. The names of all caregivers involved in treatment
D. A general reference to "an adaptive strategy"

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2. What format is most appropriate to use when writing sensory goals for OT?

A. SMART goals
B. SOAP goals
C. COAST goals
D. FEAST goals

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3. Sensory goals for infants and toddlers place a heavy emphasis on what primary occupation?

A. Attention
B. Eye contact
C. Writing skills
D. Play

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4. What might the main purpose of an activity like tug-of-war be for an infant with sensory concerns?

A. Offers olfactory input
B. Offers proprioceptive input
C. Offers tactile input
D. Offers balance training

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5. What aspect of cooking might be part of sensory-based treatment for an older adult with dementia?

A. Using ingredients appropriately to make a meal according to a recipe
B. Gathering ingredients from the store
C. Kneading dough without tactile defensiveness interfering with activity participation
D. Standing for long enough to cook a meal for 3 people

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6. What sensory milestone should a typically developing infant reach by the age of 1?

A. Not wanting to see their own reflection in a mirror
B. Crying to get attention
C. Increasing level of arousal when they are picked up
D. Looking at people as they move

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7. Putting inanimate objects in the mouth to explore them is a typical sensorimotor milestone during which age range?

A. 5-6 years
B. 3-4 years
C. Birth to 1 year
D. 2-3 years

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8. What is an example of something that would likely NOT be included in multisensory intervention for a 2-month-old infant?

A. Skin-to-skin contact with a parent
B. Looking at a light-up mobile while in supine
C. Playing calming, instrumental music
D. Encouraging independent crawling through a tunnel

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9. Which food should be limited during infancy because it may lead to infant botulism?

A. Honey
B. Eggs
C. Fish
D. Pureed vegetables

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10. Which statement about tummy time for infants is NOT true?

A. Tummy time helps strengthen the core muscles in preparation for further motor and sensory development
B. Tummy time is no longer needed after 3 months
C. Tummy time can be done on the floor, on a play mat, or on the parent's chest
D. Tummy time should only be done when parents can supervise the infant

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11. Which game does the course suggest for a 10-year-old who responds well to vestibular stimulation?

A. Chess
B. Meditation
C. Coloring

D. Twister

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12. According to the course, gentle infant massage is most often indicated to help with what?

A. Sleep
B. Visual tracking
C. Speech sound differentiation
D. Balance

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13. What is one of the most evidence-based sensory interventions for children and adolescents?

A. Swaddling
B. Ayres Sensory Integration
C. Life reminiscence therapy
D. Sensory bins

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14. What does the course say about the evidence for digital interventions for children with sensory regulation concerns?

A. There is not enough research about digital interventions to draw any conclusions.
B. Digital interventions are only effective for older adults.
C. Studies support digital interventions aimed at emotion regulation, and digital games had the most consistent evidence.
D. Digital interventions cannot be used to address sensory regulation in OT treatment.

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15. Which sleep-related approach has strong evidence for improving sleep in children with sensory regulation concerns?

A. Consistent environmental and behavioral changes, such as a calming bedroom and a regular sleep schedule
B. Weighted blankets for children with Autism Spectrum Disorder
C. Parent-based sleep education used on its own
D. Body socks

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16. A large systematic review found that experience-dependent interventions were associated with what outcome in children and adolescents?

A. A reduced need for parent involvement in treatment
B. No measurable changes compared to clinic-based treatment
C. Improvements only in children without diagnoses
D. Neuroplastic changes in children and adolescents with and without diagnoses

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17. Which contextual factor does the course connect with sensory concerns in childhood and adolescence?

A. Parental substance misuse
B. Birth order
C. Hand dominance
D. Number of siblings

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18. How can a sensory journal help adolescents and adults engage more actively in sensory-based treatment?

A. Sensory journals are symptom trackers that only doctors should use.
B. Patients record their current regulation techniques, activities that cause overstimulation or understimulation, and their sensory likes and dislikes, then review the journal with their therapist to help create a sensory diet.
C. Therapists use sensory journals to track patient behaviors during sessions for progress reports.
D. Patients must build their own sensory diets and then review them with their therapist.

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19. Which tactile technique could an adult with sensory-seeking behaviors use discreetly at work?

A. Spinning in their desk chair
B. Squeezing a stress ball
C. Clicking their pen top
D. Throwing their pen across the room

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20. What visual strategy may be beneficial to an adult who experiences too much visual stimulation during the evening hours after dinner at home?

A. Doing yoga poses that involve inverting the body
B. Telling their kids to go to bed early
C. Using an eye mask
D. Turning the lights on brighter to see better

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21. What alerting food might be a good part of a sensory diet for someone who seeks oral motor input?

A. Carrots
B. Hot tea
C. Pudding
D. Soup

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22. A child has difficulty with body awareness at school, and their OT recommends proprioceptive activities. Which of the following is NOT a proprioceptive activity?

A. Arm and shoulder squeezes
B. Doing wall push-ups before going to recess
C. Watching a video about body awareness
D. Using a weighted lap pad

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23. What is NOT an example of an activity that addresses both interoception and proprioception?

A. Heavy work
B. Eating crunchy foods
C. Deep breathing
D. Mindfulness

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24. What must therapists keep in mind about sensory concerns related to psychiatric conditions?

A. Sensory concerns do not occur with psychiatric conditions
B. Most conditions have the same sensory concerns, so using the same interventions and strategies across the board is helpful
C. Psychiatric conditions may be managed with sensory interventions alone
D. Each person and their psychiatric condition differs, so therapists must be mindful of that when offering patient-centered services

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25. What evidence is there pertaining to sensory stimulation and its use with patients who have traumatic brain injury?

A. There is not enough evidence about sensory stimulation and TBI to speak on best practice
B. Evidence shows the best results with multisensory intervention
C. Evidence shows comatose patients with TBI respond best to auditory input alone
D. Evidence shows comatose patients with TBI respond best to tactile input alone

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26. For older adults with sensory concerns, changes to the environment such as familiarly decorated hallways, door disguises, and ambient lighting are used mainly to reduce the risk of what?

A. Wandering
B. Weight loss
C. Hearing loss
D. Tactile defensiveness

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27. The course discusses research on the Montessori approach, which uses self-motivated opportunities for growth, with what population?

A. Infants
B. Children
C. Older adults
D. Adolescents

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28. Which of the following sensory modalities has limited evidence supporting its use with older adults?

A. Aromatherapy
B. Massage
C. Gardening-based multisensory activities
D. Dance-based multisensory activities

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29. According to the course, virtual reality interventions with a sensory basis have been shown to help which populations?

A. Infants and toddlers
B. Older adults, children, and adolescents
C. Adults with traumatic brain injury only
D. Infants only

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30. What style of sensory interventions are most widely supported for all populations?

A. Transdisciplinary sensory interventions
B. Multicomponent learning to help with sensory concerns
C. Multisensory interventions
D. Interdisciplinary sensory interventions

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