

OT Mastery

Trauma-Informed Care in OT: Biological Foundations and Practical Interventions

1. What involves exposure to prolonged, repeated, and often severe trauma?

- A. Acute trauma
 - B. Complex trauma
 - C. Chronic trauma
 - D. Severe trauma
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2. Which of the following is NOT a symptom cluster in Post-Traumatic Stress Disorder?

- A. Functional changes
 - B. Intrusion
 - C. Avoidance
 - D. Reactivity or arousal changes
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3. What mental health condition presents similarly to PTSD, but more so impacts interpersonal function, self-concept, and affect?

- A. Adjustment disorder
 - B. Disinhibited social engagement disorder
 - C. Complex PTSD
 - D. Delayed expression PTSD
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4. Cortisol levels are known to increase as a result of trauma, which stems from activation of a certain part of the brain. What part is this?

- A. Hypothalamic-pituitary-adrenal axis
 - B. Blood-brain barrier
 - C. Pituitary gland
 - D. Adrenal glands
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5. Some neurotransmitters increase as a result of trauma while others decrease. Which of the following is known to decrease as a result of trauma?

- A. Norepinephrine
 - B. GABA
 - C. Glutamate
 - D. Catecholamine
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6. According to the Developmental Frame of Reference, what are the six adaptive skills that must be addressed?

- A. Sexual identity, self-identity, cognition, sensory integration, ADLs, and social interaction
 - B. Sexual identity, self-identity, cognition, sensory integration, group interaction, and dyadic interaction
 - C. ADL, IADL, leisure, productive play, safety awareness, and sensory integration
 - D. Rest/sleep, self-identity, sexual identity, cognition, language, and social-emotional wellness
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7. If an OT is using the Frame of Reference for Motor Skill Acquisition, what aspects must they look at?

- A. A child's abilities, task conditions required, the complexity of the task, and the task environment
 - B. The person, the environment, the task, the parents, and the social interaction with peers
 - C. The person, the environment, and the occupation
 - D. A child's abilities, a motor task's skills/qualities, task conditions required, and task environment
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8. There are many steps therapists can take to ensure the OT evaluation is trauma-informed. Which of the following does NOT coincide with a trauma-sensitive approach?

- A. Use shared experiences to offer peer support
 - B. End each session by asking the patient about their personal safety plan, what they may do later, and other grounding questions
 - C. Only use informal outcome measures, as they are less threatening
 - D. Ensure the evaluation's focus is on the patient's level of function rather than their trauma history
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9. An OT is working with a 20-year-old patient who is experiencing traumatic after-effects from a major motor vehicle accident. The therapist has been using activity diaries, systematic desensitization, and deep breathing as part of treatment. What frame of reference are these activities consistent with?

- A. Psychodynamic Frame of Reference
 - B. Psychospiritual Frame of Reference
 - C. Cognitive-Behavioral Frame of Reference
 - D. Developmental Frame of Reference
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10. When implementing Trauma-Focused Cognitive Behavioral Interventions in the school system, what intervention tier does this fall under?

- A. Tier 4
- B. Tier 3
- C. Tier 2

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