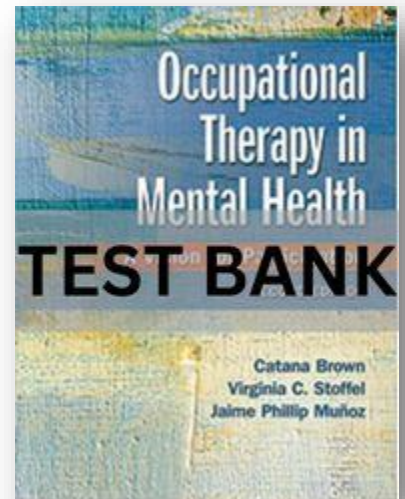


Occupational Therapy in Mental Health: A Vision for Participation 2nd Edition Test Bank

Chapter 1: Recovery

Multiple Choice



1. Which of the following best describes recovery?
 - a. Recovery is a personal, holistic process.
 - b. Recovery defines a sense of purpose focused on the limitations of the disability.
 - c. Recovery means being disease-free.
 - d. Recovery is a process where individuals learn to rely on others to achieve their goals.

ANS: a

Topic: Definitions of Recovery

LO: 1.1

2. A client with schizophrenia is working with her occupational therapist on achieving her goal of returning to work. During your last session, she told you that for the first time she was feeling motivated to return to work and was beginning to see a brighter future. Which of the 10 Guiding Principles of Recovery does this best represent?
 - a. Respect
 - b. Strengths and responsibilities
 - c. Hope
 - d. Person-driven

ANS: c

Topic: Principles of Recovery

LO: 1.1

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3. During an inpatient group, the occupational therapy group members are asked to identify social supports, including family, friends, community members, and so on, who they find supportive and offer hope and encouragement. Which principle of recovery does this represent?

- a. Respect
- b. Relational
- c. Peer support
- d. Hope

ANS: b

Topic: Principles of Recovery

LO: 1.1

4. The Substance Abuse and Mental Health Services Administration identifies four dimensions of recovery: health, home, purpose, and community. The ability to engage in meaningful daily activities is an example of _____.

- a. Health
- b. Home
- c. Purpose
- d. Community

ANS: c

Topic: Dimensions of Recovery

LO: 1.2

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5. A client with depression has come to the local community center to learn more about health and wellness. Which of the following best describes health, as defined by the Substance Abuse and Mental Health Services Administration?

- a. Managing one's disorder(s) and making healthy choices that support physical and emotional well-being
- b. Focusing on the physical aspects of one's well-being
- c. Fulfillment of one's potential through meaningful activities
- d. Full engagement in one's community

ANS: a

Topic: Dimensions of Recovery

LO: 1.2

6. Which of the following most accurately defines how an occupational therapist can support someone in recovery?

- a. The occupational therapist should set goals for the individual based on the individual's deficit areas.
- b. The occupational therapist should encourage the individual to maintain medication compliance.
- c. The occupational therapist should focus on improving client factors.
- d. The occupational therapist should assess areas of occupation the individual wants to engage in and complete an analysis of occupational performance to identify skills and abilities that support or impede engagement.

ANS: d

Topic: Dimensions of Recovery

LO: 1.1 & 1.2

7. Recovery has not only changed people's lives but it has changed policy as well. Which of the following U.S. policies has been cited as moving the health system toward a more integrated, holistic model of care addressing physical and behavioral health needs?

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- a. Recovery-to-Practice Act
- b. Affordable Care Act
- c. Excellence in Mental Health Act
- d. Return to Work Act

ANS: b

Topic: Recovery as a Change Agent

LO: 1.4

Chapter 2: The Unfolding History of Occupational Therapy in Mental Health

Multiple Choice

1. A humanistic treatment approach had a major impact on the formation of occupational therapy and is still an important aspect of occupational therapy's philosophy. Which 19th century theory can this approach be attributed to?
- a. Moral Treatment
 - b. Arts and Crafts Movement
 - c. Mental Hygiene Movement
 - d. Reductionistic Movement

ANS: a

Topic: History of Occupational Therapy

LO: 2.1

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2. Which of the following models was initiated in response to industrialization of society and can be described as “reestablishing harmony between environment, occupation and the person”?

- a. Moral Treatment
- b. Arts and Crafts Movement
- c. Mental Hygiene Movement
- d. Reductionistic Movement

ANS: b

Topic: History of Occupational Therapy

LO: 2.1

3. Which occupational therapy founder was most closely associated with the development of performance-based tests?

- a. William Rush Dunton, Jr.
- b. Eleanor Clarke Slagle
- c. Susan Tracy
- d. George Barton

ANS: c

Topic: Founding of Occupational Therapy

LO: 2.2

4. Which occupational therapy founder was most closely associated with habit training?

- a. William Rush Dunton, Jr.

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- b. Eleanor Clarke Slagle
- c. Susan Tracy
- d. George Barton

ANS: b

Topic: Founding of Occupational Therapy

LO: 2.2

5. Habit training can best be described as _____.
- a. A well-balanced daily routine that contributes to health and wellness
 - b. A program that encourages highly structured, monotonous daily routines
 - c. A program that requires equal time in each area of work, leisure, and self-care
 - d. A program that teaches specific behavior patterns for completion of activities of daily living

ANS: a

Topic: Founding of Occupational Therapy

LO: 2.2

6. Habit training is still seen in occupational therapy practice today. Which domain of the American Occupational Therapy Association Practice Framework best reflects this concept?
- a. Areas of occupation
 - b. Performance skills
 - c. Performance patterns
 - d. Client factors

ANS: c

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Topic: Founding of Occupational Therapy

LO: 2.3

7. A 10-year-old with anxiety disorder is experiencing difficulty at school. As the occupational therapist at that school, which of the following best describes your role related to this child?
- a. Promote inclusion and increased understanding of mental health issues in the classroom, at recess, and before and after school activities
 - b. Work on handwriting skills
 - c. Facilitate the development of a productive daily routine
 - d. Engage the child in sensory integration activities

ANS: a

Topic: Mental Health Settings Where Occupational Therapists Practice

LO: 2.4

Chapter 3: Person-Environment-Occupation Model

Multiple Choice

- 1. The Person-Environment-Occupation (PEO) model was developed based on the work of other prominent theorists. Environmental press is one of the model's concepts. Which of the following best describes environmental press?
 - a. The individual is able to mold or "press" the environment into a structure that is beneficial to him or her.
 - b. Press is considered to be the supportive aspect of the environment.

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- c. Press is defined as aspects of the environment that constrain occupational performance.
- d. Press consists of aspects of the environment, coupled with the needs of an individual that evoke a specific response.

ANS: d

Topic: Development of the PEO Model

LO: 3.1

- 2. Which of the following best describes the Person-Environment-Occupation (PEO) model?
 - a. It is a transactive model that states a change in one part of the model affects other parts of the model, influencing occupational performance.
 - b. It is a model that focuses on the specific parts of an individual and occupational performance.
 - c. It is a model that describes a relationship between the person, environment, and occupation that is static over time.
 - d. It is a model framed in the concepts of occupational identity, competence, and adaptation.

ANS: a

Topic: Description of the PEO Model

LO: 3.2

- 3. The Person-Environment-Occupation (PEO) model describes the person as being composed of spirituality, social and cultural experiences, and observable occupational performance components. Which of these is considered to be at the core of all PEO interactions?
 - a. Spirituality
 - b. Social experiences
 - c. Cultural experiences
 - d. Observable performance components

ANS: a

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Topic: Description of the model

LO: 3.3

4. According to the Person-Environment-Occupation (PEO) model, the environment is “the context within which occupational performance takes place” and is composed of four environmental elements. Which of the following is an environmental element according to this model?
- a. Spiritual
 - b. Temporal
 - c. Institutional
 - d. Virtual

ANS: c

Topic: Description of the Model

LO: 3.3

5. Which of the following most accurately reflects occupational performance as described by the Person-Environment-Occupation (PEO) model?
- a. It is the result of the interaction between volition, habituation, and performance skills.
 - b. It is the result of the dynamic interaction between the person, environment, and occupation.
 - c. It is mastery of a task caused by the interaction between volition, habituation, and performance skills.
 - d. It is mastery of a task caused by the interaction between the person, environment, and occupation.

ANS: b

Topic: Description of the Model

LO: 3.3

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6. Occupational performance is impacted by the congruence between the person, environment, and occupation (PEO). This congruence can best be described as _____.
- a. PEO adaptation
 - b. PEO fit
 - c. PEO flow
 - d. PEO press

ANS: b

Topic Occupational Performance

LO: 3.5

7. You are working with an individual who is 65 years old who started experiencing depression following his retirement. During your initial interview this gentleman tells you about his interest in fishing. He says he loves it and did it often as a child and teenager but had less time to do it while he was working full-time as an accountant. He says the one thing he is looking forward to in retirement is returning to this activity. When you ask what he enjoyed about it he says it was a great way to spend time with his father and now he is looking forward to spending time fishing with his son and grandchildren. This is an example of how _____ impacts occupational performance.
- a. Dimension of time
 - b. Dimension of space
 - c. Occupational fit
 - d. Occupational adaptation

ANS: a

Topic: Occupational Performance

LO: 3.5 & 3.8