

OT Mastery

Adult ADHD

1. Why might more males be diagnosed with ADHD than females?

- A. Males have a more obvious presentation of ADHD with impulsivity being one of the most common symptoms in that population
 - B. Males have more inattention, which is why teacher reports lead them to be diagnosed more often than females are
 - C. Males go to the doctor's more often than females do
 - D. None of the above
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2. What is the main difference between the presentation of ADHD in adults and children?

- A. There is no difference in the presentation between age groups
 - B. Adults experience inattention and anxiety as the two main symptom categories, while kids experience only hyperactivity
 - C. Adults and children with ADHD can both experience inattention AND hyperactivity/impulsivity, but adults typically experience hyperactivity in the form of restlessness, anxiety, etc. whereas children are more overtly hyperactive if they possess that symptom
 - D. Adults experience hyperactivity and impulsivity while children experience inattention and neglect
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3. What is not a negative outcome of untreated ADHD in adults?

- A. Irregular performance, achievement in adult education and work settings
 - B. Inability to marry
 - C. Chronic emotional distress with impaired self-image, shame, guilt, and anxiety related to mistakes
 - D. Risky behaviors
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4. What may be a differential diagnosis for ADHD as well as a condition that co-occurs with ADHD?

- A. Anxiety disorders
 - B. Tourette syndrome
 - C. Speech and/or hearing problems
 - D. All of the above
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5. What type of approach do occupational therapists use when treating adults with ADHD?

- A. Bottom-up approach
 - B. Top-down approach
 - C. Strengths-based approach
 - D. Both B & C
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6. In addition to ADHD-specific evaluations, what general types of outcome measures may be used to assess adults with ADHD?

- A. Sensory processing assessments
 - B. Executive function assessments
 - C. Attentional assessments
 - D. All of the above
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7. Which of the following models is not used to guide an OT's treatment of adult ADHD?

- A. Neurodevelopmental
 - B. MOHO
 - C. CMOP-E
 - D. CBT
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8. What is one of the most common cognitive distortions that an OT might need to address in an adult with ADHD?

- A. Mental filtering
 - B. Personalization
 - C. All-or-nothing thinking
 - D. Minimization
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9. What is not a mental organization strategy that may help an adult with ADHD?

- A. Enter planning mode rather than reacting mode
 - B. Decluttering your area
 - C. Use checklists to help plan and organize certain tasks or an entire day
 - D. Body doubling
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10. Who might benefit from the concept of body doubling?

- A. An adult with ADHD who does not leave the house much and struggles with loneliness and distraction
 - B. An adult with ADHD who wants someone else to do things for them so they can be more productive
 - C. A child with ADHD who needs help organizing
 - D. An adult with ADHD who thrives off being held accountable
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11. A single mom of three who was recently diagnosed with ADHD needs help decluttering her home to help improve her parenting and work function. What options are most likely the best for her situation?

- A. Breaking down the task into smaller parts (rooms, parts of rooms, etc.) and getting it done over the course of a month
 - B. Taking two weeks off work to declutter her whole home
 - C. Paying an organizer to help with the initial process and learning from them regarding upkeep
 - D. Both A & C
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12. What environmental change might not help improve focus at work if you are often visually distracted?

- A. Placing a room divider between your desk and other parts of the room
 - B. Using noise-canceling headphones
 - C. Facing your desk toward a wall
 - D. Using color to make certain important items or notes stand out
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13. What is the most important aspect of lifestyle redesign that OTs should address with adults who have ADHD?

- A. Medication management
 - B. Mindfulness meditation
 - C. Exercise regimens
 - D. Sleep and rest
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14. What executive function skills might an OT address with adults who have ADHD?

- A. Self-awareness, motivation, frustration tolerance, self-management
 - B. Short-term memory, working memory, organization, planning, judgment, critical thinking
 - C. Task initiation, sequencing, task completion, following multi-step directions
 - D. All of the above
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15. What is an OT's main role in helping adults with ADHD who also have sensory concerns?

- A. Working with adults who have ADHD to connect them with providers who can offer sensory integration therapy alongside their ADHD treatment
 - B. Educating adults who have ADHD about the connection between their mood, level of stimulation, and performance; engaging them in discussion about person-specific triggers and the subsequent use of coping skills to manage their symptoms
 - C. Providing sensory integration treatment for all adults who have ADHD
 - D. None of the above
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16. What is not considered a coping skill for adults with ADHD?

- A. Journaling to get to the root of certain emotions associated with their performance and ADHD symptoms
 - B. Joining a support group to connect with like-minded individuals
 - C. Using mantras and affirmation to manage negative self-talk and strong emotions
 - D. Managing expectations with family members, friends about one's ADHD symptoms and how that impacts your life
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17. What is an alternative treatment for ADHD that lacks any evidence and is not recommended for management of the condition?

- A. Cognitive Behavioral Therapy
 - B. Mindfulness meditation
 - C. Vision therapy
 - D. Skills training focused on executive function
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18. What is the difference between complementary treatments and alternative treatments?

- A. Complementary treatments are provided alongside traditional medical care while alternative treatments are provided in lieu of traditional medical care
 - B. Complementary treatments are provided in lieu of traditional medical care and alternative treatments are provided alongside traditional medical care
 - C. Complementary treatments are defined the same as alternative treatments; it varies depending on the type of treatment being used
 - D. Complementary treatments are disciplines such as OT, PT, and ST while alternative treatments behavior therapy, chiropractic care, and massage therapy
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19. What aspects of sleep hygiene may be especially helpful for adults with ADHD?

- A. Maintaining a regular sleep schedule each day of the week
 - B. Recommend caffeine after lunch
 - C. Creating a routine surrounding sleep to assist with relaxation and preparation
 - D. Both A & C
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20. What type of exercise is helpful for adults with ADHD?

- A. Pilates
 - B. While any form of consistent exercise is good for those with ADHD, long walks can be especially beneficial for organization and mental clarity
 - C. Tai chi
 - D. Yoga
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