# **OT Mastery**

### **Behavior Management Across the Lifespan**

#### 1. What is OT's role in behavior management?

- A. Teaching patients coping skills and healthier alternatives to maladaptive behaviors
- B. Managing patient behaviors so they can better engage in functional activities
- C. None of the above
- D. Both A & B

#### 2. What is the difference between mental health and behavioral health?

A. Behavioral health is an umbrella term that covers any treatment related to behavior; mental health pertains to someone's emotions and cognitive functions

B. They are the same and can be used interchangeably

C. Mental health is an umbrella term that covers any treatment related to behavior; behavioral health pertains to someone's emotions and cognitive functions D. All of the above

#### 3. What is not a theory used as the basis of behavior management?

- A. Operant Conditioning Theory
- B. Equity Theory of Motivation
- C. Motor Learning Theory
- D. Social Learning Theory

# 4. What behavioral theory suggests that each person has an innate need for affiliation, achievement, and power?

- A. Social Learning Theory
- B. The Acquired Needs Theory
- C. Maslow's Hierarchy of Needs
- D. Equity Theory of Motivation

#### 5. What is not a step within Social Learning Theory?

- A. Lacking motivation to replicate someone else's actions
- B. Consistently attending to someone else's actions
- C. Observing what others do
- D. Retaining information about the other person's actions

#### 6. What is the difference between punishment and reinforcement?

A. Reinforcement involves adding something to a child's environment while punishment involves removing stimulus from a child's environment

B. Punishment is aimed at increasing the occurrence of positive behaviors while reinforcement is intended to lessen the occurrence of problematic behaviors

C. Punishment is intended to lessen the occurrence of problematic behaviors while reinforcement is aimed at increasing the occurrence of positive behaviors

D. Reinforcement is given internally and punishment comes from an external source

#### 7. How might a balanced token economy be used?

- A. With patients who attend group therapy in a psychiatric unit
- B. Children who attend a therapeutic day school and work toward certain prizes
- C. Employees in a typical workplace

D. Both A & B

#### 8. What is an example of cognitive dissonance?

A. A child who asks their mom repeatedly for a snack even though there is no food allowed an hour before bed

B. Someone who actively smokes cigarettes despite telling their children not to smoke because it's unhealthy

C. A teenager who asks to go out with friends despite being grounded

D. A therapist asking her patient to stop engaging in unhealthy behaviors

## 9. How might an OT encourage their patient to generalize the skill of having appropriate conversation with someone in a clinic?

- A. Having a conversation with the front desk at the clinic
- B. Role playing a conversation with a cashier at the store
- C. Practice having a conversation with someone in line at the grocery store
- D. All of the above

#### 10. What is not considered a type of behavior therapy?

A. CBT

B. PMR

C. CBPT

D. DBT

11. What's the difference between CBT and CBPT?

A. CBT is intended for people with anxiety and depression; CBPT is intended for those experiencing psychosis

B. CBT was designed for those with eating disorders; CBPT is for those with chronic pain C. CBT is cognitive behavioral therapy that focuses on talk therapy to identify and adjust negative thought patterns, emotions, and behaviors; CBPT is cognitive behavioral play therapy that uses a more interactive approach to get kids to talk about their feelings

D. CBT is a type of psychoeducation that involves education on coping strategies; CBPT is cognitive based practice therapy that involves putting the coping strategies into practice

#### 12. How does ACT assist with behavior modification?

A. ACT encourages healthy behaviors by teaching someone to accept things that are out of their control and commit to changing things in their control

B. ACT teaches patients to act more appropriately in front of others, but to be themselves in the privacy of their own homes

C. ACT is assistive community integration that helps someone with difficult behaviors integrate into the community more effectively

D. ACT is assertive communication training that helps individuals with difficult behaviors interact with others more successfully

#### 13. How might an SLP assist with behavior management?

A. Speech-language pathologists run groups focused on psychotherapy related to topics such as anger management and behavior change

B. Speech-language pathologists can teach someone better communication skills to improve their self-expression and ability to meet their needs

C. Speech-language pathologists prescribe medications to encourage better emotion regulation and, in turn, improved behavior management

D. Speech-language pathologists work to improve a patient's daily living skills as they pertain to behavior management

#### 14. If an OT is using active listening to engage with a patient, what would they not do?

A. Focus fully on the patient while they are talking

- B. Use nonjudgmental language
- C. Paraphrase their words to validate them
- D. Ask the patient to write down how they are feeling

#### 15. Which of the following is not considered a first-line aggression control technique?

- A. Competing response training
- B. Humor
- C. CBT
- D. Communicating with "I" statements

## **16.** If an OT is working with a patient who has a phobia of crowds, which technique might come first?

- A. Systematic desensitization
- B. Aversion therapy
- C. Covert sensitization
- D. Biofeedback

17. If a therapist instructs a patient about an activity, offers a tactile cue, notes the patient's response, gives an appropriate consequence or response, and takes a slight break before moving on to another trial, what behavioral strategy is this considered?

- A. Spaced retrieval
- B. Positive programming
- C. Role playing
- D. Discrete trial training

#### 18. Which of the following patients might benefit from the Premack Principle?

- A. A middle-aged man recovering from substance use disorder
- B. An elderly woman with dementia who wanders
- C. A child with ASD who struggles without structure

D. A teenager who does not understand the concept of role playing and needs an alternative strategy

#### 19. What might warrant a therapist creating a behavioral contract?

A. The patient wanting to change their own behaviors but not knowing how to go about it

B. A patient in a mental health unit refuses to shower or go to group therapy

C. A teenager wants to give the therapist a gift at the holidays and doesn't understand that the therapist doesn't celebrate

D. A child comes to therapy but expects a prize at the end of each session

#### 20. What diagnoses might parent management training (PMT) be effective for?

- A. Autism Spectrum Disorder
- B. Conduct disorder
- C. Oppositional defiant disorder
- D. Both B & C

#### 21. What treatments assist with behavioral changes related to eating disorders?

A. DBT

B. CBT

#### C. Supervised weight gain program

#### D. All of the above

#### 22. Cognitive behavioral therapy is least likely to be effective on a individual with what diagnosis?

- A. Obsessive-Compulsive Disorder
- B. Antisocial personality disorder
- C. Anorexia nervosa
- D. Bulimia nervosa

#### 23. What is not considered a category of addiction?

- A. Substance addiction
- B. Behavioral addiction
- C. Medication addiction
- D. Impulse addiction

#### 24. Sensory strategies can be effective for what types of behaviors?

- A. Head banging
- B. Skin picking or excoriation
- C. Stimming
- D. All of the above

#### 25. What might be a treatment modification for someone who has akathisia?

- A. Allowing plenty of space for movement
- B. Focusing on improving sitting tolerance
- C. Both A & D
- D. Breaking up fine motor tasks with gross motor tasks

#### 26. How can a therapist decrease difficult behaviors in individuals with dementia?

- A. Offer exposure to sunlight throughout the day
- B. Keep routines intact as much as possible
- C. Minimize how many activities are done in one day
- D. All of the above

#### 27. How can a therapist promote learning in patients with apraxia?

A. CBT

- B. Tactile cueing
- C. Physical activity
- D. Focus on only preferred, familiar tasks

#### 28. What diagnosis responds well to a modified version of CBT?

- A. Oppositional defiant disorder
- **B.** Depression
- C. Tourette syndrome
- D. Bulimia nervosa

#### 29. What health concern might make a patient a poor fit for group therapy?

- A. Detoxing from substances
- B. Active psychosis
- C. Echolalia
- D. All of the above

**30.** What type of strategies are most ideal for helping manage the behaviors of individuals with neurocognitive disorders?

- A. Environmental modifications
- B. Talk therapy
- C. Using familiar objects
- D. Both A & C

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