

OT Mastery

Sensory Processing

1. What is an occupational therapist's main role in sensory processing?

- A. To help someone avoid sensory triggers
 - B. To help them better integrate and process sensory information in a way that promotes function
 - C. To find environments that do not trigger patients
 - D. To tell them to stay in their room if they are feeling triggered
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2. How can an occupational therapist help someone with auditory processing deficits?

- A. Give them earbuds
 - B. Tell them to cover their ears when they are upset
 - C. Schedule times for uncomfortable but predictable noises
 - D. Both 1 and 3
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3. Which of the following is NOT a reliable sensory processing assessment?

- A. Sensory Processing Measure
 - B. Sensory Integration and Praxis Tests
 - C. DeGangi-Berk
 - D. All of the above are reliable assessments for this area
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4. What is an appropriate recommendation for someone with visual processing deficits?

- A. Practice scavenger hunts
 - B. Avoid looking at fast-moving objects
 - C. Wear an eye patch
 - D. Play sports with fast-moving objects
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5. Which of the following is NOT a type of sensory modulation?

- A. Over-responsive
 - B. Under-responsive
 - C. Somewhat-responsive
 - D. Sensory seeking
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6. Which type of sensory input is almost always of benefit for someone with sensory concerns?

- A. Tactile input
 - B. Proprioception
 - C. Visual input
 - D. Auditory input
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7. People may be mistaken as lazy or tired if they have which classification of sensory concerns?

- A. Sensory-based motor disorders
 - B. Sensory seeking
 - C. Poor discrimination
 - D. Hyper-reactive
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8. Which is not considered a sensory-based motor concern?

- A. Dyspraxia
 - B. Developmental coordination disorder (DCD)
 - C. Postural control concerns
 - D. All of the above are sensory-based motor concerns
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9. Which of the following may be a reaction to uncomfortable sensory input?

- A. Running away and screaming
 - B. Looking for more of the input
 - C. Not reacting at all
 - D. Asking thoughtful questions about the input
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10. What is the best definition of an adaptive response?

- A. A healthy response to something
 - B. A natural response to any kind of input that allows someone to engage in learning and exploration
 - C. A strategy that someone uses to avoid something they don't like
 - D. A misperception of sensory input
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11. What is the best definition of sensory discrimination?

- A. Not knowing when sensory input will get processed
 - B. The ability to differentiate between different types of sensory input
 - C. Trouble knowing what sensory input they like vs. what they don't like
 - D. Misunderstanding what is going on around them
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12. A child who has difficulty tolerating new foods may have difficulty processing what type of sensory input?

- A. Visual
 - B. Gustatory
 - C. Tactile
 - D. Both 2 and 3
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13. A child who often bites on or mouths inedible objects may have what sensory concern?

- A. Seeking tactile input
 - B. Defensive to gustatory input
 - C. Seeking gustatory input
 - D. Both 2 and 3
-

14. What are food bridges?

- A. Foods that should never be eaten together
 - B. Foods that should not touch on the dinner plate
 - C. Foods that have similar properties, such as colors, patterns, shapes, and textures
 - D. Foods that must be eaten in between two other foods
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15. What essential oils may help calm someone who is defensive to olfactory input?

- A. Lavender
 - B. Spearmint
 - C. Peppermint
 - D. Lemon
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16. How can sensory bins help someone with tactile defensiveness?

- A. Sensory bins get someone used to feeling various textures in a functional way
 - B. Sensory bins force someone to repeatedly dunk their hand in unpleasant materials all at once
 - C. Sensory bins are only to be used under the close supervision of a therapist, since they can be dangerous to use at home
 - D. Sensory bins can encourage playfulness
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17. Someone who often breaks pencils when writing may have what sensory concern?

- A. Sensory-based motor concern
 - B. Under-responsive to tactile input
 - C. Over-responsive to tactile input
 - D. Both 1 and 2
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18. What type of child may get a recommendation to wear tight-fitting or compression clothing?

- A. Someone in need of proprioception
 - B. Someone who is under-responsive to tactile input
 - C. Someone who is over-responsive to tactile input
 - D. Both 1 and 2
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19. Which of the following is NOT a way to build oral motor strength for those with tactile sensitivity?

- A. Slowly guide them through eating chewier or tougher foods
 - B. Encourage the use of straws
 - C. Use manipulatives like fidget spinners
 - D. Use pinwheels, kazoo's, whistles, and other similar toys in therapy
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20. Someone with poor body awareness might be mistaken for having visual concerns if they do what?

- A. Cover their ears and run away
 - B. Bump into things
 - C. Ask for help with certain objects
 - D. Don't like playing sports
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21. What is one of the best recommendations for children with motor-based sensory concerns?

- A. Give verbal and visual instructions one at a time
 - B. Offer as much tactile information as you can
 - C. Avoid giving instruction at all and let them figure it out
 - D. Give them extra time to complete tasks
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22. What is helpful for computer users who have visual issues?

- A. When possible, work outside where there is plenty of light
 - B. Use an eye mask to help sleep at night
 - C. Adjust brightness, blue light settings, and minimize glare on the screen
 - D. Only use a pen and paper to get work done
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23. What is a good activity that offers proprioception?

- A. Weight-bearing activities like push-ups and yoga
 - B. Swimming
 - C. Using an elliptical to get cardiovascular activity
 - D. Wear loose clothing to let your skin breathe better
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24. What type of vestibular input is alerting?

- A. Swaying side to side
 - B. Rocking
 - C. Rotational spinning
 - D. Running in place
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25. What type of over-responsiveness might gentle stretching help with?

- A. Tactile
 - B. Vestibular
 - C. Proprioception
 - D. Visual
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26. Motor planning deficits can impact someone's ability to do what?

- A. Do tasks in the right order
 - B. Sit upright in a chair
 - C. Learn any new motor action
 - D. All of the above
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27. Kids with poor core strength can benefit from what?

- A. Laying down while doing activities
 - B. Modified seating that encourages the use of their stomach muscles
 - C. Sitting on the floor
 - D. Running more often
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28. Writing on a slant board may be a recommendation for a child with what concern?

- A. Low proprioception
 - B. Dyspraxia
 - C. Tactile defensiveness
 - D. Vestibular sensitivities
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29. What is important to remember when writing sensory goals?

- A. Don't add any milestones
 - B. Specify what time of day it should be achieved in
 - C. Connect each sensory concern with function and make it measurable
 - D. Make it short and something a child can achieve in 2 weeks at most
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30. At what age is a child's sensory systems be nearly fully developed?

- A. Age 6
- B. Birth

- C. Age 5
 - D. Age 8
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