

***Occupational Therapy for Physical Dysfunction 8th
edition Dirette Test Bank***

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Test Bank, Chapter 2, Occupation: Philosophy and Concepts

1. Which of the following statements pertains to habits?
- A) Habits are ingrained and cannot be changed.
 - B) Habits are no longer helpful to patients with brain damage.
 - C) Habits are unaffected by environment.
 - D) Habits promote occupational performance.

Answer: D

2. Which of the following is descriptive of ideal occupational balance?
- A) The therapist prescribes a patient's day be divided into 8 hours sleep, 8 hours work, and 8 hours of care of self & others and recreation.
 - B) A teenage girl spends 6 hours in school, 2 hours on homework, 2 hours on Facebook, and 4 hours reading before bedtime.
 - C) A computer programmer alternates between computing, studying printed code, and volley ball in the company's gym during his 10-hour work day.
 - D) An accountant works 18 hours per day during tax time but "veges out" at his vacation home in the mountains in August.

Answer: C

3. What is the just-right challenge applied to occupation?
- A) The demands of the occupation are the same as the person's skills.
 - B) The person likes the occupation chosen as therapy.
 - C) The person's skills are not quite what the occupation demands.
 - D) The challenge prevents the person's performance of the occupation.

Answer: C

4. Which statement regarding the evidence for effectiveness of occupation as therapy is true?
- A) Evidence is strong that occupation restores self-esteem and self-efficacy.
 - B) Evidence is strong that occupation-as-means remediates impairments.
 - C) Evidence is strong that occupation-as-end restores BADL.
 - D) Evidence is strong for occupation-as-end to improve IADLs and leisure activities.

Answer: C

5. Which of the following is true? Meaningfulness as a therapeutic mechanism:
- A) promotes participation.
 - B) has no effect on the central nervous system.
 - C) organizes patient responses.
 - D) depends on therapist's instruction or context.

Answer: A

6. Which of the following pertains to occupation-as-end?

- A) Involves activities to change impaired abilities.
- B) Promotes balance of life occupations.
- C) Teaches activities of daily living.
- D) Task-specific training.

Answer: D

7. The definition of occupation in this textbook is limited to which of the following?

- A) Work
- B) ADL
- C) Purposeful activity
- D) All activities a person does

Answer: D

8. Purposefulness as a therapeutic mechanism is generated by all of the following EXCEPT which one?

- A) Patient's goal
- B) Weather conditions impacting occupational participation
- C) Objects or implements available to do the activity.
- D) Therapist's instructions.

Answer: B

9. Purposeful activity is defined as which of the following?

- A) The same as occupation
- B) Meaningful to the person's definition of self
- C) Used to remediate impairments
- D) Used to restore role performance

Answer: C

10. Which of the following statements is true? In a person's life, occupational engagement:

- A) is always therapeutic.
- B) can improve abilities and capacities.
- C) constitutes busywork.
- D) is unrelated to self-esteem.

Answer: B

11. Occupation-as-means involves which of the following?

- A) Adaptation of method
- B) Task-specific training
- C) Appropriate feedback and practice schedules
- D) Teaching activities of daily living

Answer: D

12. Every occupational therapist has the skill to do all of the following EXCEPT for which one?

- A) Perform any task a patient may need to relearn
- B) Interpret radiological images in the patient's chart
- C) Address the acute psychiatric needs of a patient
- D) Analyze the person, the activity, and/or the environment

Answer: B