

OCCUPATIONAL THERAPY FOUNDATIONS PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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1. Which scenario exemplifies occupational deprivation?

- A. Exposure to war or natural disaster limiting daily activities
- B. A person with unrestricted access to activities
- C. A person choosing to retire early for leisure
- D. A person with a long daily routine that satisfies needs

2. The OTPF is NOT a

- A. A Taxonomy, Theory, Frame of Reference, or Model of Practice
- B. A Summary of Constructs that Define and Guide OT Practice
- C. A Standard Language for Describing Health and Function
- D. A Guide for Terminology Use within OT

3. What is a client-centered approach in OT?

- A. A collaborative process where goals and interventions reflect the client's priorities, values, and life context, promoting autonomy and engagement.
- B. Therapist makes all decisions.
- C. Focus only on impairment.
- D. Avoid client input.

4. Which statement best reflects client-centered practice in OT?

- A. Therapist's preferences guiding goals.
- B. A collaborative process where goals and interventions reflect the client's priorities, values, and life context, promoting autonomy and engagement.
- C. Focus only on impairment.
- D. Avoid client input.

5. Which category in OTPF-4 includes physical, social, cultural, temporal, and virtual aspects that influence performance?

- A. Client factors
- B. Occupations
- C. Contexts and environments
- D. Performance skills

- 6. A collection of tasks performed together to accomplish a goal is best described as which term?**
- A. Activity
 - B. Task
 - C. ICF
 - D. Occupation
- 7. Which components are included in occupational balance?**
- A. Work, rest, play, and self-care
 - B. Education, travel, shopping, and banking
 - C. Only rest
 - D. Diet and hydration
- 8. How do OTs address falls risk in older adults?**
- A. Prescribe medication to improve balance.
 - B. Assess balance, gait, and home safety; implement home modifications, exercise programs, assistive devices, and education.
 - C. Require all older adults to use a walker at all times.
 - D. Ignore home environment.
- 9. Which approach is appropriate for tailoring OT interventions for autism spectrum disorder across ages?**
- A. Developmentally appropriate, structured routines, sensory supports, play-based activities, caregiver involvement, and collaboration with school or family.
 - B. One-size-fits-all protocol.
 - C. Isolating therapy from family and school.
 - D. Limiting routines to adults.
- 10. Payer criteria in OT service eligibility primarily influence what?**
- A. They may affect coverage and access to services.
 - B. They determine the therapeutic approach.
 - C. They replace the need for referral.
 - D. They have no impact on service delivery.

Answers

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1. A
2. A
3. A
4. B
5. C
6. A
7. A
8. B
9. A
10. A

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Explanations

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1. Which scenario exemplifies occupational deprivation?

- A. Exposure to war or natural disaster limiting daily activities
- B. A person with unrestricted access to activities
- C. A person choosing to retire early for leisure
- D. A person with a long daily routine that satisfies needs

Occupational deprivation happens when external circumstances prevent a person from participating in meaningful occupations for an extended period, harming health and well-being. Exposure to war or natural disaster fits this idea because the environment itself blocks daily activities—work, self-care, education, and leisure become inaccessible or unsafe—so participation is forced to halt or drastically reduce. In such situations, the person loses control over their routine and sense of purpose, not because of personal choice, but because the world around them has become hazardous or uninhabitable. Having unrestricted access to activities means participation is possible, so deprivation isn't occurring. Choosing to retire early is a personal life decision; many people still engage in meaningful occupations after retirement, so it isn't inherently depriving. A lengthy routine that fulfills needs reflects ongoing engagement and balance, not deprivation.

2. The OTPF is NOT a

- A. A Taxonomy, Theory, Frame of Reference, or Model of Practice
- B. A Summary of Constructs that Define and Guide OT Practice
- C. A Standard Language for Describing Health and Function
- D. A Guide for Terminology Use within OT

The main idea here is how the OTPF functions in occupational therapy. It serves as a framework that provides a common language and a structured way to describe what OT addresses—the domains of occupation, performance, context, and the process of evaluation, intervention, and outcomes. It is not a taxonomy, theory, frame of reference, or model of practice. It doesn't classify phenomena into a hierarchical system, it doesn't posit testable explanations about how or why things happen, and it doesn't prescribe a specific intervention approach for particular conditions. Instead, it describes broad constructs and the overall process used in OT, offering a shared vocabulary and structure rather than a prescriptive treatment method. Because of that, the OTPF functions well as a standard language for describing health and function and as a concise summary of the constructs that guide OT practice, while also serving as a guide for terminology used within the profession.

3. What is a client-centered approach in OT?

- A. A collaborative process where goals and interventions reflect the client's priorities, values, and life context, promoting autonomy and engagement.
- B. Therapist makes all decisions.
- C. Focus only on impairment.
- D. Avoid client input.

A client-centered approach means partnering with the client in every step to shape goals and interventions around what matters to them—their priorities, values, and life context—so they can participate autonomously and be engaged in meaningful occupations. It starts with listening to what's important to them, understanding their daily routines and roles, and using that understanding to guide goal setting and the choices of strategies, supports, and environmental adjustments. When decisions are made by the therapist alone, the client's perspective and motivation can be overlooked, making the plan less relevant and harder to stick with. Focusing only on impairment reduces OT to a cure-by-partial-fix model and misses how the person will actually use skills in real life. Avoiding client input deprives the process of collaboration and meaningful ownership. The best approach centers the client's voice and context, ensuring goals are relevant and achievable.

4. Which statement best reflects client-centered practice in OT?

- A. Therapist's preferences guiding goals.
- B. A collaborative process where goals and interventions reflect the client's priorities, values, and life context, promoting autonomy and engagement.**
- C. Focus only on impairment.
- D. Avoid client input.

Client-centered practice in OT means collaborating with the client to set goals and choose interventions that reflect the client's priorities, values, and life context. This approach promotes autonomy and engagement by ensuring therapy is meaningful and relevant to daily life. The statement that describes a collaborative process where goals and interventions align with the client's priorities and context best reflects this. In contrast, relying on the therapist's preferences, focusing only on impairment, or excluding client input fails to honor the client's autonomy and real-life goals, which can reduce motivation and the relevance of therapy.

5. Which category in OTPF-4 includes physical, social, cultural, temporal, and virtual aspects that influence performance?

- A. Client factors
- B. Occupations
- C. Contexts and environments**
- D. Performance skills

Performance is shaped by the environment and context in which a person performs tasks. In OTPF-4, the category that captures this is the contexts and environments domain, which describes physical surroundings (like space layout, lighting, noise), social expectations and supports (family, coworkers, cultural norms), cultural influences, temporal factors (time of day, duration, life stage), and virtual spaces (online platforms and remote communication). These aspects can either help or hinder how well someone can engage in activities, depending on how well the environment matches the person's goals and abilities. This differs from client factors, which are internal attributes such as values, beliefs, body functions, and body structures; from occupations, which are the everyday activities and tasks people want or need to do; and from performance skills, which are the actual observable actions used to perform those tasks.

6. A collection of tasks performed together to accomplish a goal is best described as which term?

- A. Activity**
- B. Task
- C. ICF
- D. Occupation

An activity is a collection of related actions performed together to achieve a specific goal. Here, several tasks are grouped to reach a goal, which matches the idea of an activity. A single task is just one action, not a group. An occupation refers to meaningful, everyday pursuits that people do as part of their life roles, which is broader and more personally meaningful than a simple collection of actions. The ICF is a framework for describing health, functioning, and disability, not a term for a bundle of actions. So the best description for a collection of tasks performed together to accomplish a goal is an activity.

7. Which components are included in occupational balance?

- A. Work, rest, play, and self-care
- B. Education, travel, shopping, and banking
- C. Only rest
- D. Diet and hydration

Occupational balance means distributing meaningful daily activities across key life areas so a person feels satisfied and energized. The four components that define this balance are work (including paid or unpaid roles), rest, play (leisure and social activities), and self-care (daily personal activities like hygiene and grooming). When time and effort are reasonably balanced among these domains, a person's daily routine supports health, function, and well-being. Education, travel, shopping, and banking are specific activities people do, but they don't define the overarching balance pattern. Rest alone doesn't capture the need for engagement in work, play, and self-care, and diet and hydration, while important for health, are not one of the four occupational balance domains.

8. How do OTs address falls risk in older adults?

- A. Prescribe medication to improve balance.
- B. Assess balance, gait, and home safety; implement home modifications, exercise programs, assistive devices, and education.
- C. Require all older adults to use a walker at all times.
- D. Ignore home environment.

Falls risk reduction in older adults is addressed through a comprehensive, function-focused approach that targets both the person and their environment. An OT starts with assessing balance and gait to understand functional mobility and safety during daily activities, then evaluates the home and surrounding environment to identify hazards, lighting, entryways, flooring, and the need for adaptive equipment. The intervention brings together home modifications (like grab bars, improved lighting, removal of trip hazards, and safe bathroom setups), a tailored exercise program to improve strength and balance, and the recommended use of assistive devices when appropriate. Education is provided on safe strategies, proper footwear, medication awareness, and how to adapt tasks to reduce fall risk, often coordinating with the broader healthcare team as needed. This approach reflects the OT focus on enabling independence while minimizing risk, rather than pharmacologic management, universal device requirements, or neglecting the living environment.

9. Which approach is appropriate for tailoring OT interventions for autism spectrum disorder across ages?

- A. Developmentally appropriate, structured routines, sensory supports, play-based activities, caregiver involvement, and collaboration with school or family.**
- B. One-size-fits-all protocol.
- C. Isolating therapy from family and school.
- D. Limiting routines to adults.

Tailoring OT interventions for autism across ages relies on using developmentally appropriate, structured routines and supports that fit each person's current skills and daily contexts. Structured routines provide predictability, which helps reduce anxiety and supports participation in daily activities like self-care, school tasks, and leisure. Sensory supports address common sensory processing differences, enabling the person to engage more comfortably and effectively in activities. Play-based activities align with motivation and typical learning patterns, making skill development meaningful and engaging across childhood, adolescence, and adulthood. Involving caregivers and collaborating with schools or families ensures strategies are consistent across settings and over time, helping skills generalize from therapy to home, school, and community environments. This approach better fits autism across ages than a one-size-fits-all protocol, which ignores individual differences and developmental stages. It also avoids isolating therapy from family and school, which can hinder real-world application and generalization, and it recognizes that routines and supports should be relevant beyond childhood, not limited to adults.

10. Payer criteria in OT service eligibility primarily influence what?

- A. They may affect coverage and access to services.**
- B. They determine the therapeutic approach.
- C. They replace the need for referral.
- D. They have no impact on service delivery.

Payer criteria determine whether OT services are covered by insurance, which directly shapes who can access those services. These criteria define medical necessity, require specific documentation, and may mandate prior authorization. Because coverage is the gatekeeper to what can be funded, they influence how many sessions a client can receive, in what settings, and under what conditions. In practice, this means access to services and the ability to continue or initiate a plan of care often hinge on meeting payer requirements. The therapeutic approach, while influenced by clinical judgment, client goals, and evidence, is not dictated by payer criteria. They may constrain documentation or logistics but do not set the actual methods or goals of therapy. Also, payer criteria do impact service delivery by determining coverage and access, not by being irrelevant.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://otfoundations.examzify.com>

We wish you the very best on your exam journey. You've got this!

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