

Test Preparation

Validated Domain, Task, Knowledge and Skills Statements

Background:

Following certification industry standards, NBCOT certification examinations are constructed based on the results of practice analysis studies. The ultimate goal of practice analysis studies are to ensure that there is a representative linkage to test content to practice, making certain that the credentialing examination contains meaningful indicators of competence, and providing evidence that supports the examination's content validity of current occupational therapy practice. The periodic performance of practice analysis studies assists NBCOT with evaluating the validity of the test specifications that guide content distribution of the credentialing examinations. Because the practice of occupational therapy changes and evolves over time, practice analysis studies are conducted by NBCOT on a regular basis.

NBCOT conducted a practice analysis study of OTR practice in 2007. The results from this study were used to construct examination test blueprints for administrations starting January 2009.

Building upon previous studies, a large-scale survey was used with entry-level OTR practitioners who were asked to evaluate job requirements on criticality and frequency rating scales. The job requirements were classified as the domains, tasks, knowledge and skills required for current occupational therapy practice.

- Domains broadly define the major performance components of the profession.
- Tasks describe activities that are performed in each domain (i.e., things that practitioners do).
- Knowledge statements describe the information required to perform each task competently.
- Skills describe the abilities needed by the certificants to implement the task.

Full [Validated Domain, Task, Knowledge and Skill Statements for the Certification](#)

[Examinations](#) overview

Examination Blueprint

An OTR test blueprint was constructed that reflects the proportion of the examination assigned to each domain and task based on the practice analysis validation survey results. The test blueprint described in this document identifies the percentage of the OTR examination at the domain level. These blueprint specifications guide the examination development for the NBCOT OTR certification examination.

OTR Certification Examination Blueprint Specifications Based on the 2007 Practice Analysis Study

Domain	Description	Percent of Exam
01	Gather information regarding factors that influence occupational performance	16%
02	Formulate conclusions regarding the client's needs and priorities to develop	28%
03	Select and implement evidence-based interventions that support participation	39%
04	Uphold professional standards and responsibilities to promote quality in practice	17%

The NBCOT Official OTR Study Guide

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A complete resource for exam preparation, the Official NBCOT Study Guides contain all the information the applicant will need to know about the certification examination. The Official Study Guide includes:

- A comprehensive overview of what to expect on the actual examination - Each guide contains information about the format of the examination, what to expect on the test day, and

how the examinations are scored.

- Proven strategies for taking high stakes examinations - Ideal for learning effective study habits, the official NBCOT study guides contain information about using adult learning strategies to set study goals, and using resources effectively when preparing for the examination.
- Sample Practice Items – The sample practice items mirror ones candidates see on the actual examination, and include answer keys, rationales, and references to help develop a personal study plan.
- Screen shots of the OTR Clinical Simulation test items –The OTR study includes information about the clinical simulation testing format.

[NBCOT Official Study Guide Order Form](#)

Free Self-Assessment Tools

As a free service to OTR examination candidates, NBCOT offers self assessment tools. These tools are designed to provide the candidate with a snapshot of their current level of competence across the domains of occupational therapy.

The OTR self-assessment is divided into sections based on the domain areas of occupational therapy as outlined in the latest NBCOT Practice Analysis Study. Each of the 4 domain sections consist of task statements and associated skill statements. Candidates have the option of completing one or all of the tools as many times as needed. These tools are available in each of the following practice areas:

- General Practice
- Mental Health
- Pediatrics
- Physical Disabilities
- Older Adults
- Orthopedics
- Community Mobility

[Access the Free Self-Assessment Tools](#)

Online Tests

NBCOT has developed several online practice tests designed to mirror the experience of taking the examinations on the computer. These tests are available for candidates to take 24 hours a day from anywhere there is access to the internet.

[Online Practice Exams](#) information and order form