

**Padilla: Occupational Therapy with Elders: Strategies for the COTA,  
3<sup>rd</sup> Edition**

**Chapter 02: Biological and Social Theories of Aging**

**Test bank**

**MULTIPLE CHOICE**

1. Which of the following statements best defines nongenetic aging theory?
  - A. Aging is predetermined.
  - B. Aging events occur randomly and accumulate with time.
  - C. The genetic clock is inside all of us.
  - D. Elders withdraw from roles and activities over time.

ANS: B

Nongenetic aging theories presume aging events occur randomly and accumulate over time.

2. Which of the following is NOT considered a social theory on aging?
  - A. Disengagement theory
  - B. Continuity social theory
  - C. Theory of exchange
  - D. Free radical theory

ANS: D

The disengagement, activity, and continuity social theories each presents a different process of aging and focus on different aspects of successful aging. The theory of exchange examines perceptions regarding the value of interactions and the ways these perceptions affect elders' relationships.

3. Which of the following theories attempts to explain the cumulative damage to vital parts of the body, leading to the death of cells, tissues, organs, and the organism?
  - A. Wear and tear theory
  - B. Disengagement theory
  - C. Programmed aging
  - D. Free radical theory

ANS: A

The wear and tear theory explains the cumulative damage to vital parts of the body, leading to the death of cells, tissues, organs, and the organism.

4. Your client, Mr. H, has been withdrawing from activities over the past few years and spending more time thinking about himself. His family believes he is doing this because of something they must have said or done. But the client just explains that it

is his “old age” as the reason. Which of the following theories might help you explain this behavior to the family members?

- A. Wear and tear theory
- B. Disengagement theory
- C. Programmed aging
- D. Cybernetic theory

ANS: B

Disengagement occurs when people withdraw from roles or activities and reduce their activity levels or involvement. One reason elders give for this is their age.

5. An elder in a long-term care facility has begun staying in her room more and more. When a COTA discusses facility activities designed to provide meaningful occupations for elder residents, the elder responds that there are no activities offered that interest her. Select the best COTA response:
- A. “Tell me about the work you used to do before retirement.”
  - B. “Sure there are, we have bingo and exercise groups. Why won’t you join one”?
  - C. “You’re just getting too used to staying in your room. Why don’t you come with me today to the exercise group”?
  - D. “Everybody likes bingo. Let’s go play a game.”

ANS: A

COTAs should discuss the activities that may be similar to the client’s former work or leisure activities. By knowing this, the COTA can plan meaningful occupations for the resident.

6. Much of the work of OTs is based on the assumption that our value of human beings comes from what we know and do rather than on who we are and have been. When COTAs select activities for elders, which of the following should be a primary consideration?
- A. Age and gender
  - B. Preferences of elders and the extent to which they wish to be active
  - C. Their cognitive level
  - D. The wishes of the family members

ANS: B

A component of the activity theory considers the preferences of elders and the extent to which they wish to be active. Setting aside time for quiet reflection may be equally as important as more active pursuits for some elders. The elder should participate in decision making for activities and the timing of those activities.

7. Select the best definition of “internal continuity.”
- A. The strategy of forming personal links between new experiences and memories of previous ones
  - B. Interacting with familiar people and living in familiar environments

C. Functional changes in the human body are accompanied by a decline in functional capacity of all systems.

D. Withdrawal from roles or activities and reducing activity levels or involvement

ANS: A

In continuity theory, internal continuity refers to the strategy of forming personal links between new experiences and memories of previous ones.

8. Select the best definition of “external continuity.”

A. The strategy of forming personal links between new experiences and memories of previous ones

B. Interacting with familiar people and living in familiar environments

C. Functional changes in the human body are accompanied by a decline in functional capacity of all systems

D. Withdrawal from roles or activities and reducing activity levels or involvement

ANS: B

In continuity theory, external continuity refers to interacting with familiar people and living in familiar environments. This leads to the belief that elders should continue to live in their own homes as long as possible.

9. Which of the following statements is true about the social theories on aging?

A. All of them have been proven true to some extent.

B. Theories are just theories and have no real life application for COTAs.

C. None of the theories has been conclusively proven.

D. None of the above

ANS: C

Because none of the three theories has been conclusively proven, COTA practice should not be based on one theory alone but on a combination of theories as they apply and are appropriate to clients.

10. Which of the following is Erickson’s stage of ego development for older adults?

A. Ego identity versus role confusion

B. Intimacy versus isolation

C. Ego integrity versus ego despair

D. Generativity versus stagnation

ANS: C

As seen in Table 2-1, Erickson’s Stages of Ego Development, the stage for late adulthood is “ego integrity versus ego despair.”

11. Which of the following terms is defined as “the elders’ ability to see life as meaningful and to accept both positive and negative personality traits without feeling threatened”?

A. Ego integrity

B. Autonomy

- C. Despair
- D. Generativity

ANS: A

Ego integrity involves elders' ability to see life as meaningful and to accept both positive and negative personality traits without feeling threatened.

12. Select the most appropriate strategy for a COTA working with a client in Erickson's stage of "ego integrity versus ego despair."
- A. Assist elders with learning to trust the OT staff working with them.
  - B. Assist elders in expressing feelings of inferiority for life work and relationships with their peers.
  - C. Help elders to develop self-empathy and the ability to bounce back from change.
  - D. Help elders to restore intimacy to their lives by building friendships with persons of the opposite sex.

ANS: C

Helping elders develop self-empathy, the ability to bounce to back from change, and a focus on the completeness of their lives supports elders' efforts to deal with life in this stage.

13. In Erickson's time, few people lived to be more than 75 years of age. What did Erickson discover as he himself aged?
- A. The image of old age was different from what he first formulated.
  - B. The image of old age was exactly what he first formulated.
  - C. The image of old age society has doesn't reflect the true experience of aging, so he lost faith in his theory.
  - D. It was too soon to contemplate the needs and ego development of persons age 75 years and older.

ANS: A

As Erik Erikson himself reached later life, he noted that the predominant image of old age was quite different from when he had first formulated his theory. To fit with the increasingly older population, Joan M. Erikson published a ninth stage of development. This ninth stage applicable to elders in their 80s and 90s enhanced her husband's well-known eight-stage theory of development.

14. Your client is an 80-year old man who has been athletic all of his life and remained active into retirement. He is verbalizing that he is very concerned about his body's inability to recover and his physical decline. Which stage of Peck's psychological stages is this client experiencing?
- A. Middle age or fourth stage
  - B. Old age or first stage
  - C. Old age or second stage
  - D. Old age or third stage

ANS: C

The second stage of old age is body transcendence versus body preoccupation. Physical decline along with a marked decline in recuperative powers and increased body aches and pains occurs in many elders in this stage.

15. Your client is a 65-year-old woman who recently retired. In which stage of Peck's psychological stages would this client likely be?
- A. Middle age or fourth stage
  - B. Old age or first stage
  - C. Old age or second stage
  - D. Old age or third stage

ANS: B

The first stage of old age is ego differentiation versus work-role preoccupation. The effect of retirement is the issue at this stage.

16. A COTA is working with a client who is outgoing and motivated and has a "fun" personality. The COTA observes that this client receives a lot of attention and care from the OT department as well as from employees of other departments. The COTA identifies this client's relationships with others as an example of which social theory?
- A. Life course theory
  - B. Erickson's stages of ego integrity
  - C. Peck's psychological stages
  - D. Exchange theory

ANS: D

In clinical practice, the OT practitioner may find it more rewarding to work with an elder who is motivated and has a "fun" personality than with an elder who does not relate well with others. COTAs may observe that the client who displays a winning personality receives more attention from everyone. This is an example of exchange theory. Care should be taken that all elders receive the care they need regardless of how easy they are to engage socially.

17. Which of the following is a definition of the term "failure to thrive"?
- A. Presence of health and wellness
  - B. Presence of illness in an elder
  - C. Sharp decline in health for no real physical reason
  - D. Long-term decline in health over the senior years

ANS: C

Failure to thrive in elders is a sharp decline for no real physical or illness-related reason.

18. The risk of having cancer increases significantly as people grow older. Which of the following theories best explains this?
- A. Somatic mutation theory

- B. Cybernetic theory
- C. Disengagement theory
- D. Nongenetic theory

ANS: A

The somatic mutation theory is one explanation for the greater frequency of cancer in the elderly or the aging of the immune system of elders.

19. A COTA decided to include reminiscence and life review as part of her therapeutic interventions with elders in the nursing home. Which aging theory supports the selection of these activities?
- A. Life course theory
  - B. Erickson's stages of ego integrity
  - C. Peck's psychological stages
  - D. Exchange theory

ANS: B

Brown and Lowis purported the results of surveying individuals near or in the ninth stage of Erickson's framework showed a sense of peace and acceptance, including a decreased fear of death, closeness to those who have gone before, acceptance of age-related changes, and increased understanding of the meaning of life. Reminiscence groups and other life review activities conducted as part of a treatment program by COTAs can be effective in helping elders work through developmental stages.

20. An 85-year-old woman with severe Parkinson's disease has requested that during her activities of daily living with the COTA she receive help dressing and applying her makeup. The staff do not see the need for makeup at her age. Which theory supports the COTA assisting with the makeup application?
- A. Programmed aging
  - B. Disengagement theory
  - C. Continuity theory
  - D. Cybernetic theory

ANS: C

Continuity theory is compatible with OT in that it assumes that performance of meaningful activities promotes competence, independence, and well-being. Applying makeup is one of those activities for this client.