All the answered marked in yellow are correct. More than one answer may be correct.

Question 1

Stress experienced by occupational therapy students has been associated with:

1. The need to manage time,
2. To deal with excessive workloads,
3. Coping with the emotional demands of care when dealing with patients in under-resourced health care facilities,
4. Student protest action,
5. Extremely ill clients.

Question 2

Literature reports Occupational Therapy students in South Africa, experience other stressors in addition to their educational challenges, which include:

* Family poverty, financial and accommodation concerns,
* General violence and criminality,
* High family expectations,
* Cost of transport,
* Concerns around power outages,
* Limited clinical practice opportunities.

Question 3

The prevalence of severe depression and anxiety amongst health care students has been reported to be greater in South Africa than in the USA.

True

False

Question 4

Literature confirms that female students experience more stress than male students.

Yes

No

Question 5

Resilience has been defined as:

1. An ability,
2. A process,
3. An inherent ability,
4. A skill that can be learnt,
5. All of the above.

Question 6

Which of the following best describes the research method used in this study:

1. Descriptive quantitative cross-sectional survey design,
2. Descriptive quantitative longitudinal survey design,
3. Descriptive qualitative cross-sectional survey design,
4. On-line qualitative survey design,
5. Descriptive quantitative longitudinal on-line survey design.

Question 7

The data for this study was collected using:

1. Five on-line data collection tools,
2. A demographic questionnaire and 4 other data collection tools,
3. The same four data collection tools used by Ahern,
4. Five data collection tools and two open ended questions,
5. An adapted biographical questionnaire and the 3 same data collection tools as used by Ahern in her study.

Question 8

In this study, the Kruskal-Wallis ANOVA test was used to determine:

1. Associations between the results of the total scores of all questionnaires as well as their subtests,
2. Associations between the results of the total scores of all questionnaires but not their subtests,
3. Significant difference between the four years of students for all questionnaires but not their subtests,
4. Significant difference between the four years of students for all questionnaires as well as their subtests,
5. Similarities between the four years of students for all questionnaires as well as their subtests.

Question 9

This research found that the association between stress and resilience and the health behaviours: these students:

1. No significant association was found on any of the variables,
2. Only one variable was found to be significant,
3. One variable was found to be clinically but not statistically significant,
4. Two variables were almost statistically significant,
5. Emotional risk was almost significant with the p value 0.04.

Question 10

This study found that occupational therapy students:

1. Do not require resilience training as they all had medium levels of resilience,
2. Could all benefit from resilience training to manage their high stress levels,
3. Who lived away from home and had poor social support needed resilience training,
4. In first year should routinely get resilience training as they had the highest stress levels,
5. Only the final year students who had high personal stress should be targeted to have resilience training.