

Test CPT Score Report | Test CPT Preparation

Continuous Performance Test (CPT) for ADHD

Patient Information
Name: Claire A. Toothman
Age: 72 years old
Gender: Female
Date of Birth: 6/29/1951
Date of Test: April 7, 2024
Referring Physician: Dr. Emily Johnsons
Instructions
Please carefully read the instructions before starting the test. This test aims to assess your attention and impulsivity. You will be presented with a series of visual and auditory stimuli. Your task is to respond promptly to the target stimuli while ignoring non-target stimuli.
Test of Variables of Attention (TOVA)
Visual Test:
<ul style="list-style-type: none">The patient will be presented with geometric shapes on the screen.They are instructed to click the designated button or switch when they see the target shape.They should refrain from clicking when they see a non-target shape.
Auditory Test:
<ul style="list-style-type: none">The patient will hear sounds through headphones or speakers.They should press the designated button or switch when they hear the target sound.They should not respond when they hear a non-target sound.
Test Duration:
<ul style="list-style-type: none"><u>Visual Test</u>: Approximately 10.9 minutes for children ages 4-5, and 21.6 minutes for ages 6 and up.<u>Auditory Test</u>: Same duration as the visual test.
Scoring:
<ul style="list-style-type: none"><u>Correct Responses</u>: Number of accurate responses to target stimuli.<u>Omission Errors</u>: Number of missed responses to target stimuli.<u>Commission Errors</u>: Number of incorrect responses to non-target stimuli.<u>Reaction Time</u>: Average time taken to respond to target stimuli.

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NASM Certified Personal Trainer Exam Sample Questions (Q44-Q49):

NEW QUESTION # 44

Which of the following is a strong stretchy band of fibrous tissue that connects bones to other bones?

- A. Muscle
- **B. Ligament**
- C. Cartilage
- D. Tendon

Answer: B

NEW QUESTION # 45

A client who is seeking an equally committed workout partner is in which of the following stages of change?

- **A. Preparation**
- B. Action
- C. Maintenance
- D. Contemplation

Answer: A

Explanation:

In the Stages of Change Model, the preparation stage is when a client intends to start exercising soon (within the next 30 days) and may already be taking small steps toward change, such as seeking a workout partner.

In contrast:

Contemplation = thinking about change but not ready to start soon.

Action = actively engaging in new behavior.

Maintenance = sustaining the behavior for 6+ months.

Therefore, actively looking for a committed workout partner indicates preparation.

NEW QUESTION # 46

Body weight alone does not distinguish between which of the following body composition factors?

- A. Lean mass and bone mass
- B. Fat mass and water mass
- C. Lean mass and water mass
- **D. Fat mass and lean mass**

Answer: D

NEW QUESTION # 47

Protein that is broken down in the stomach and then further broken down in the small intestine forms

- **A. amino acids**
- B. complex carbs
- C. simple sugars
- D. fatty acids

Answer: A

NEW QUESTION # 48

Which of the following is the third step in the Stages of Change model?

- A. Preparation
- B. Precontemplation
- C. Action
- **D. Contemplation**

Answer: D

Explanation:

The third step in the Stages of Change model is contemplation. NASM describes this stage as when individuals are aware of the benefits of exercise and are thinking about starting, but have not yet committed to taking action. They often weigh pros and cons, and motivation is inconsistent. The sequence is: 1.

Precontemplation, 2. Preparation, 3. Contemplation, 4. Action, 5. Maintenance. Correctly identifying the stage allows the trainer to use strategies like motivational interviewing to encourage commitment.

NEW QUESTION # 49

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