

# Health Therapist Job Interview Questions And Answers



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## Health Therapist Interview Questions And Answers Guide.

### Question - 1:

What is child Psychiatrist?

### Ans:

A physician who specializes in the diagnosis and treatment of disorders of thinking, feeling and behavior affecting children, adolescents and their families.

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### Question - 2:

Explain me about your former supervisor?

### Ans:

He was a proficient supervisor with outstanding skills and qualities. He was always humble to everyone and working with him was really a great experience.

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### Question - 3:

What is depression?

### Ans:

A type of mood disorder characterized by low or irritable mood or loss of interest or pleasure in almost all activities over a period of time.

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### Question - 4:

What is bipolar Disorder?

### Ans:

A type of mood disorder with marked changes in mood between extreme elation or happiness and severe depression during adolescence.

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### Question - 5:

What is psychotherapy?

### Ans:

A form of psychiatric treatment that involves therapeutic conversations and interactions between a therapist and a child or family.

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### Question - 6:

What is oppositional Defiant Disorder?

### Ans:

An ongoing pattern of uncooperative, defiant, and hostile behavior toward authority figures that seriously interferes with the youngster's day to day functioning.

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### Question - 7:

Tell me how do you go about making important decisions?

### Ans:

Whenever I am in a situation to take an important decision, first of all, I like to stay calm. Then, I like to hear other views and opinions about it, but at the last, I decide what my mind and heart say is right for me.

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### Question - 8:



What is your greatest failure as Health Therapist?

**Ans:**

During my first job, I made a blunder mistake of entering wrong data in a patient's report. Fortunately, it was noticed by my higher authorities. Since then, I started re-checking all the reports and data.

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**Question - 9:**

Can you tell me what do you like to do in your free time?

**Ans:**

It again seems a funny and easy-going kind of question, but actually it is quite tricky. This question is to know about what kind of person you are besides being a professional. Your answer should neither be too honest (especially if you pass most of your idle time on social networking) nor be very fake.

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**Question - 10:**

Where do you see yourself in 5 years as Health Therapist?

**Ans:**

In the coming 5 years, I want to gain deep knowledge of occupational therapy. For this, I want to earn a doctoral degree in occupational therapy while serving patients. I believe, it will enhance my capabilities and skills to aid people with advanced techniques and methodologies.

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**Question - 11:**

Tell us how would you handle a patient who complains about everything?

**Ans:**

Patients' injuries and disabilities make them sad and irritated. Being a nurse, I understand their emotions and situation, try to provide them more care and support and assure them that everything would be fine.

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**Question - 12:**

Tell us how would your friends describe you? How your enemies describe you?

**Ans:**

According to my friends, I am a compassionate, empathetic, ardent, and helpful person. For my enemies, I am competitive and persistent.

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**Question - 13:**

What are developmental Disabilities?

**Ans:**

A disability of a person which is attributable to a condition closely related to mental retardation which results in impairment of intellectual functioning or adaptive behavior.

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**Question - 14:**

Do you know what is system desensitization?

**Ans:**

System desensitization relies heavily on classical conditioning. It's often used to treat phobias. People are taught to replace a fear response to a phobia with relaxation responses. A person is first taught relaxation and breathing techniques. Once mastered, the therapist will slowly expose them to their fear in heightened doses while they practice these techniques.

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**Question - 15:**

Tell us why do you want to work in the health-care sector?

**Ans:**

I can't see anyone going through a trauma and when in pain. I always try my best to serve them. This inspires me to get into this profession. Also, effective therapies and techniques of occupational therapy will guide me to help people more efficiently.

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**Question - 16:**

What is reactive Attachment Disorder (RAD)?

**Ans:**

A complex psychiatric illness that can affect young children. It is characterized by serious problems in emotional attachments to others and usually presents by age 5, but a parent, caregiver or physician may notice that a child has problems with emotional attachment by their first birthday.

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**Question - 17:**

Explain according to you, what is occupational therapy?

**Ans:**

For me, Occupational Therapy is a creative medical process that should be applied to the patients going through some kind of impairment or disability with great care and support, so that they can get relief soon.

[View All Answers](#)

**Question - 18:**

Explain me what are your biggest strengths and weaknesses?

**Ans:**

I have exceptional communication and interpersonal skills, and problem-solving abilities. I believe, I possess a helpful nature and it sometimes becomes my weakness.

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**Question - 19:**

Tell me why should I hire you?

**Ans:**

As I have 2 years of experience in occupational therapy and capable of handling all the issues. Also, I am ready to undertake all the responsibilities related to this job, so you can hire me. I assure you to give my best in improving the health of the patients.

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**Question - 20:**

What is autism?

**Ans:**

A neuro-developmental condition which is usually diagnosed in the first 3 years of life. Generally parents become concerned when their child has delays in speech development, limited social relatedness, and restricted interests and activities.

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**Question - 21:**

What is physical Abuse?

**Ans:**

Physical abuse occurs when a person responsible for a child or adolescent's welfare causes physical injury or harm to the child.

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**Question - 22:**

Do you know what is cognitive behavioral therapy?

**Ans:**

Cognitive behavioral therapy is extremely popular. It combines behavioral therapy with cognitive therapy. Treatment is centered around how someone's thoughts and beliefs influence their actions and moods. It often focuses on a person's current problems and how to solve them. The long-term goal is to change a person's thinking and behavioral patterns to healthier ones.

[View All Answers](#)

**Question - 23:**

Why do you want to work here as Health Therapist?

**Ans:**

Sir/Madam, I have heard a lot about your institute. You are serving the patients since long and are a renowned name in the field of occupational therapy. I would feel the prestige to be a part of such a college/school/hospital where I could get more chances to help disable people and of course, for a bright future.

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**Question - 24:**

Please explain how do you measure progress?

**Ans:**

Progress doesn't look the same for every client. It's your job to help them move forward in their lives by looking at the past, patterns, and ways of thinking that are keeping them from living a full life. They may never reach their full potential through the time you are counseling them, but you have the opportunity to show them what they are capable of.

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**Question - 25:**

Tell us what's your biggest professional accomplishment till date?

**Ans:**

I have numerous remarkable achievement in my career till date. The most notable for me was a case in which the patient was severely injured. There were mere chances of his survival and unfortunately, some members of the staff were absent that day. I was posted as an occupational therapist in the hospital. Luckily, I didn't have any patient for the treatment that time. When I get to know about the situation, I asked the case administrator to allow me to assist him. He agreed, and I handled



all the tasks with confidence that he asked me to do. Fortunately, all our efforts became fruitful, and we were able to save his life. Later, I helped the same person to lead a normal life using occupational therapy.

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**Question - 26:**

What is conduct Disorder?

**Ans:**

A repetitive and persistent pattern of behavior among teenagers in which they violate the rights of others, or violate norms or rules that are appropriate to their age.

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**Question - 27:**

What is eating Disorder?

**Ans:**

Unhealthy pattern of eating characterized by preoccupation with food and distorted body image.

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**Question - 28:**

Do you know what is cognitive behavioral play therapy?

**Ans:**

Cognitive behavioral play therapy is commonly used with children. By watching children play, therapists are able to gain insight into what a child is uncomfortable expressing or unable to express. Children may be able to choose their own toys and play freely. They might be asked to draw a picture or use toys to create scenes in a sandbox. Therapists may teach parents how to use play to improve communication with their children.

[View All Answers](#)

**Question - 29:**

What is mental illness?

**Ans:**

Disorder of thinking, feeling, and behaving.

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**Question - 30:**

What is anxiety?

**Ans:**

The fearful anticipation of further danger or problems accompanied by an intense unpleasant feeling (dysphoria) or physical symptoms. Anxiety is not uncommon in children and adolescents.

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**Question - 31:**

Can you tell me what would you do if the work of a subordinate or team member was not up to expectations?

**Ans:**

I have already worked in an institute and in my 2 years of experience I met different kinds of people so, I am quite familiar with such situations and know how to handle them. While dealing with an under-performing subordinate, first of all, I will try to find out some quick solution to the problems occurring due to that and then, try to find out the reasons for which he/she was not able to perform well.

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**Question - 32:**

Tell us according to you, what are the negative and positive features of being an occupational therapist?

**Ans:**

The positive thing what I think about occupational therapy and being an occupational therapist is that it provides me a platform to take care of emotionally, physically or mentally disabled patients. Along with that, this profession has many work settings and one can choose that suits him/her the most. Though according to me, there is nothing negative about this job, occupational therapists and related professionals may need to work long hours, during night shifts and even on weekends, thus, it can be very stressful.

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**Question - 33:**

Explain me why is medication important for some clients to progress in their counseling?

**Ans:**

Share your knowledge! Tell the interviewer what you learned from your education that supports medication for specific disorders and illnesses. While you cannot diagnose mental illnesses or prescribe medication, you can encourage your clients to take their medication as recommended by their doctor. You may have worked with clients who did not take their medication or stopped taking it during therapy.

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**Question - 34:**



What is substance Abuse / Dependence?

**Ans:**

Use and abuse of drugs and alcohol.

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**Question - 35:**

What is clinical Social Worker?

**Ans:**

Provides mental health services for the prevention, diagnosis, and treatment of mental, emotional, and behavioral disorders in individuals, families, and groups.

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**Question - 36:**

Explain me a situation where you did not agree with management and how did you handle it?

**Ans:**

This question is quite tricky to answer as you have not necessarily confronted such a situation with management officials. But, even if you have never been through all this, saying 'no' to this question is not a correct choice. Instead, you must think about what you would do if you confront such circumstances. This will let them know your ability to handle such cases. Always give a positive reply to such questions. Don't bad mouth about the officials as it may put a negative impact on the interviewer.

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**Question - 37:**

Tell us when you feel most satisfied with your job?

**Ans:**

I will feel satisfied in my job only if I would be able to provide satisfactory treatment to my patients.

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**Question - 38:**

Tell us what brings you the most satisfaction as a Mental Health Counselor?

**Ans:**

Your motivation for entering the mental health field may be similar to what gives you the most satisfaction in your job. Helping others get on the right path of self-care is extremely rewarding. Offer up an example of a time when you felt most pleased with your work. Think of your client interactions that have proven you made a direct impact on their life. How have your clients changed since you started working with them? What practices and techniques have contributed to your ability to help others in your job?

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**Question - 39:**

Why are you leaving your current job as Health Therapist?

**Ans:**

Criticizing about your previous job doesn't make sense here, this is the time to be optimistic. Don't give any negative feedback, mention only the positive aspects. Also, avoid bad-mouthing about your boss, coworkers, and other team members. Instead, concentrate on the moment and future opportunities.

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**Question - 40:**

Tell us what motivates you to work as an Occupational Therapist?

**Ans:**

Disabilities and injuries of patients motivate me to do my best in order to relieve them from pain. In my last job, I was in-charge of an emotionally broken patient. He has no hopes of getting normal. His disability prompted me a lot, and I encouraged him a lot to regain his normal life again. In the end, he began leading a peaceful and comfortable life, and I achieved my target.

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**Question - 41:**

Tell us if you get a chance to specialize, which field would you choose?

**Ans:**

I have always loved serving old people and taking care of their health. So, I think I can give my best while treating aged patients and that's why I wish to practice as a geriatric occupational therapist.

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**Question - 42:**

What are your salary requirements as Health Therapist?

**Ans:**

To answer this question, you can refer to the various authorized sites where you can find how much is the salary of an occupational therapist and related job titles for the position you are applying for. Do proper research and always answer in a range, don't say exact figures. With this, your interviewer comes to know that you are aware of everything regarding this job.



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**Question - 43:**

Please explain something about our hospital/ school/ clinic?

**Ans:**

Do proper research to answer this question. You should know about all the current achievements of the company, names of executives or managers sitting at higher posts in the Institute, places where the school/hospital is having its branches, services provided, etc.

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**Question - 44:**

What is child Psychologist?

**Ans:**

A trained professional who provides treatment to children with mental health issues.

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**Question - 45:**

What is evidence Based Practice?

**Ans:**

Evidence-Based Practice (EBP) comprises empirically-validated processes that facilitate the conscientious, explicit and judicious integration of individual clinical expertise with the best available external clinical evidence from systematic research in making decisions about the care of individual patients.

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**Question - 46:**

What is sexual Abuse?

**Ans:**

Teenage sexual abuse occurs when an adolescent is used for gratification of an adult's sexual needs or desires. Severity of sexual abuse can range from fondling to forcible rape.

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**Question - 47:**

What is obsessive Compulsive Disorder?

**Ans:**

Teenagers with OCD have obsessions and/or compulsions. An obsession refers to recurrent and persistent thoughts, impulses, or images that are intrusive and cause severe anxiety or distress. Compulsions refer to repetitive behaviors and rituals (like hand washing, hoarding, ordering, checking) or mental acts (like counting, repeating words silently, avoiding).

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**Question - 48:**

What is post Traumatic Stress Disorder (PTSD)?

**Ans:**

PTSD can occur when a teenager experiences a shocking, unexpected event that is outside the range of usual human experience. The trauma is usually so extreme that it can overwhelm their coping mechanisms and create intense feelings of fear and helplessness.

[View All Answers](#)

**Question - 49:**

Explain me what is aversion therapy?

**Ans:**

Aversion therapy is often used to treat problems such as substance abuse and alcoholism. It works by teaching people to associate a stimulus that's desirable but unhealthy with an extremely unpleasant stimulus. The unpleasant stimulus may be something that causes discomfort. For example, a therapist may teach you to associate alcohol with an unpleasant memory.

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**Question - 50:**

Tell us how do you help clients set goals for counseling?

**Ans:**

Give the interviewer a step-by-step approach to how you would help your client. Give an example to make it more concrete. You could start by talking about one or two issues your hypothetical client might be dealing with. Paint a picture using examples and talk about results. Tell the interviewer how you were effective in helping your client set and attain their goals.

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