

COGNITIVE REFLECTION TEST (CRT) PRACTICE (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. When assisting a client with Parkinson disease to ambulate, what advice should the nurse give?**
 - A. Lean slightly forward for better balance
 - B. Avoid distractions while walking
 - C. Avoid leaning forward
 - D. Use a walker at all times
- 2. Which of the following is a personal behavior risk factor for cognitive impairment?**
 - A. Regular exercise
 - B. Substance abuse
 - C. Maintaining healthy relationships
 - D. Healthy diet
- 3. If a pizza is cut into 8 equal slices and you eat 3, how many slices are left?**
 - A. 3 slices
 - B. 5 slices
 - C. 6 slices
 - D. 8 slices
- 4. Which is an example of a health-related condition that may contribute to cognitive impairment?**
 - A. Chronic hypertension
 - B. Regular physical activity
 - C. Social engagement
 - D. A balanced diet
- 5. What adverse effect is most likely to occur with dopamine agonists used in Parkinson's disease?**
 - A. Restlessness
 - B. Weight gain
 - C. Orthostatic hypotension
 - D. Increased appetite

6. If there are 30 students in a class and 24 are present, how many are absent?
- A. 4 students
 - B. 6 students
 - C. 8 students
 - D. 10 students
7. What is a recommended strategy for managing agitation in clients with Alzheimer disease?
- A. Isolate the client from others
 - B. Redirect the client's attention
 - C. Allow the client to express all frustrations
 - D. Implement strict routines without variation
8. In a standard deck of playing cards, how many hearts are there?
- A. 10 hearts
 - B. 12 hearts
 - C. 13 hearts
 - D. 14 hearts
9. Which intervention is essential when developing a care plan for an older client with dementia?
- A. Provide a variety of nursing activities
 - B. Establish comprehensive educational programs
 - C. Provide consistency in carrying out nursing activities for the client
 - D. Encourage frequent changes in routine to stimulate cognitive function
10. How many total degrees are in a circle?
- A. 360 degrees
 - B. 180 degrees
 - C. 90 degrees
 - D. 270 degrees

Answers

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1. C
2. B
3. B
4. A
5. C
6. B
7. B
8. C
9. C
10. A

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Explanations

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1. When assisting a client with Parkinson disease to ambulate, what advice should the nurse give?

- A. Lean slightly forward for better balance
- B. Avoid distractions while walking
- C. Avoid leaning forward**
- D. Use a walker at all times

The advice to avoid leaning forward is grounded in the understanding of how Parkinson's disease affects posture and balance. Individuals with this condition often experience a forward flexed posture due to muscle rigidity and bradykinesia, which can lead to an increased risk of falls. Encouraging clients not to lean forward helps them maintain a more upright position, promoting better balance and stability while ambulating. In contrast, leaning forward can exacerbate postural instability and make it more challenging to control movements, leading to potential accidents or injuries. While other options may have elements that could indirectly support ambulation, avoiding forward leaning directly addresses posture and balance, which are critical for safe movement in individuals with Parkinson's disease.

2. Which of the following is a personal behavior risk factor for cognitive impairment?

- A. Regular exercise
- B. Substance abuse**
- C. Maintaining healthy relationships
- D. Healthy diet

Substance abuse is indeed recognized as a significant personal behavior risk factor for cognitive impairment. Engaging in the excessive use of drugs or alcohol can lead to various neurological issues, including memory deficits, reduced cognitive function, and an increased risk of developing dementia and other cognitive disorders. The neurotoxic effects of substances can impede brain health, contribute to cognitive decline, and impair judgment and decision-making abilities. In contrast, regular exercise, maintaining healthy relationships, and a healthy diet are all positive behaviors associated with cognitive health. Regular physical activity has been shown to enhance blood flow to the brain and promote the growth of new brain cells, while social connections can reduce stress and stimulate cognitive engagement. A well-balanced diet rich in nutrients supports overall brain function and can help prevent cognitive decline.

3. If a pizza is cut into 8 equal slices and you eat 3, how many slices are left?

- A. 3 slices
- B. 5 slices**
- C. 6 slices
- D. 8 slices

To determine how many slices are left after eating 3 out of the 8 equal slices of pizza, you start with the total number of slices, which is 8. When you consume 3 slices, you must subtract that number from the total: $8 \text{ slices} - 3 \text{ slices} = 5 \text{ slices}$. Thus, the remaining number of slices after eating 3 is 5. This calculation highlights the importance of performing basic arithmetic accurately, as it allows you to see the direct relationship between the total quantity and how much has been taken away. The other options do not reflect this straightforward subtraction, leading to incorrect conclusions about the number of slices left.

4. Which is an example of a health-related condition that may contribute to cognitive impairment?

- A. Chronic hypertension**
- B. Regular physical activity
- C. Social engagement
- D. A balanced diet

Chronic hypertension is indeed linked to cognitive impairment because prolonged high blood pressure can lead to vascular damage in the brain. This can result in reduced blood flow and oxygen to brain tissues, ultimately affecting cognitive functions such as memory, attention, and processing speed. Conditions like chronic hypertension can lead to changes in the structure and function of the brain, making individuals more vulnerable to cognitive decline and impairments over time. In contrast, regular physical activity, social engagement, and a balanced diet are generally associated with positive health outcomes and cognitive function enhancement. These factors promote better overall health, reduce stress, and improve mood, all of which can contribute to maintaining cognitive abilities.

5. What adverse effect is most likely to occur with dopamine agonists used in Parkinson's disease?

- A. Restlessness
- B. Weight gain
- C. Orthostatic hypotension**
- D. Increased appetite

Dopamine agonists, commonly used in the treatment of Parkinson's disease, can lead to orthostatic hypotension, which is characterized by a significant drop in blood pressure when a person stands up. This occurs due to the medications affecting the autonomic nervous system and can lead to symptoms such as dizziness, lightheadedness, and fainting upon standing. The association with orthostatic hypotension is particularly relevant because patients with Parkinson's disease already experience autonomic dysfunction, and adding dopamine agonists can exacerbate this condition. Recognizing this potential side effect is crucial for patient safety and management, as it impacts daily activities and mobility. While restlessness, weight gain, and increased appetite can be considerations with some medications, they are not as directly linked to the pharmacological effects of dopamine agonists in the same way that orthostatic hypotension is. Understanding this helps patients and healthcare providers to better monitor and manage the effects of treatment for Parkinson's disease.

6. If there are 30 students in a class and 24 are present, how many are absent?

- A. 4 students
- B. 6 students**
- C. 8 students
- D. 10 students

To determine the number of students who are absent, you can subtract the number of students present from the total number of students in the class. Here, there are 30 students in total. If 24 of those students are present, the calculation is straightforward: Total students - Present students = Absent students $30 - 24 = 6$. This calculation shows that 6 students are absent. Therefore, the correct answer aligns with this calculation. It highlights the importance of simple arithmetic in solving problems effectively.

7. What is a recommended strategy for managing agitation in clients with Alzheimer disease?

- A. Isolate the client from others
- B. Redirect the client's attention**
- C. Allow the client to express all frustrations
- D. Implement strict routines without variation

Redirecting the client's attention is a recommended strategy for managing agitation in individuals with Alzheimer disease. This approach focuses on shifting the individual's focus from a distressing stimulus or situation to something more pleasant or neutral. By doing this, caregivers can help prevent escalation of agitation and promote a sense of calm. This technique is beneficial because it recognizes that individuals with Alzheimer's may become easily overwhelmed or frustrated by their environment or circumstances due to cognitive decline. Redirecting their attention can help them engage in a more positive activity, such as looking at a photo album, listening to music, or participating in a simple game. This strategy not only aids in reducing agitation but also helps maintain the individual's dignity and encourages interaction. In contrast, isolating the client from others could enhance feelings of loneliness and anxiety, which may further exacerbate agitation instead of alleviating it. Allowing individuals to express all their frustrations might not always be beneficial, as it could lead to increased agitation without constructive resolution. Similarly, implementing strict routines without variation may not accommodate the client's fluctuating abilities and emotional needs, potentially increasing their distress rather than providing stability.

8. In a standard deck of playing cards, how many hearts are there?

- A. 10 hearts
- B. 12 hearts
- C. 13 hearts**
- D. 14 hearts

In a standard deck of playing cards, there are four suits: hearts, diamonds, clubs, and spades. Each suit contains an equal number of cards, specifically 13 cards. This includes the numbers 2 through 10, along with the face cards: Jack, Queen, King, and the Ace. When considering hearts, there are indeed 13 cards within the hearts suit. This is true regardless of how the other suits are constructed, as they all follow the same structure of having 13 cards each. Thus, identifying that there are 13 hearts is consistent with the overall design of a standard deck of cards, making this the correct answer.

9. Which intervention is essential when developing a care plan for an older client with dementia?

- A. Provide a variety of nursing activities
- B. Establish comprehensive educational programs
- C. Provide consistency in carrying out nursing activities for the client**
- D. Encourage frequent changes in routine to stimulate cognitive function

Providing consistency in carrying out nursing activities for a client with dementia is crucial because individuals with this condition often experience confusion and distress when faced with unexpected changes. Consistency helps create a stable environment that can reduce anxiety and improve the client's sense of safety. By following a predictable routine, caregivers can assist the client in feeling more oriented and secure, facilitating better engagement and care. Establishing set patterns of care offers a familiar structure, which is particularly beneficial for cognitive function that may be compromised due to dementia. It allows clients to anticipate and understand the daily flow of activities, reducing potential frustration and the risk of escalation in challenging behaviors. Consistent communication and routines also foster better relationships between the caregiver and the client, enhancing trust and cooperation in the care process.

10. How many total degrees are in a circle?

- A. 360 degrees**
- B. 180 degrees
- C. 90 degrees
- D. 270 degrees

A circle is defined as the set of all points in a plane that are at a given distance from a center point. The total degrees in a circle is established based on the definitions and properties of angles. Mathematically, a full rotation around a point represents a complete circle, which is measured as 360 degrees. This value is fundamental in geometry and is utilized in numerous applications, such as navigation, engineering, and art. The other values presented—180 degrees, 90 degrees, and 270 degrees—represent portions of a circle. For instance, 180 degrees corresponds to a straight line, while 90 degrees is a right angle, and 270 degrees reflects three-quarters of a full rotation. Each of these angles is less than a full circle, reinforcing the concept that 360 degrees is the correct measure for the total degrees in a complete circle.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://crt.examzify.com>

We wish you the very best on your exam journey. You've got this!

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