

# Crisis, Intimate Partner, and Sexual Violence Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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. How should crisis professionals support LGBTQIA+ survivors?**
  - A. Use inclusive language and safe pronouns only when convenient.**
  - B. Do not discuss LGBTQIA+ issues.**
  - C. Provide general resources without tailoring to LGBTQIA+ needs.**
  - D. Use inclusive language, respect pronouns/names, address unique risk factors, ensure access to LGBTQIA+ affirming services, and maintain safety considerations.**
  
- 2. A patient reports anxiety, depression, and nightmares after being sexually assaulted. Which response should the nurse give first?**
  - A. You must have imagined it.**
  - B. What you are experiencing must be frightening. These symptoms are shared by many who have been sexually assaulted.**
  - C. You must have caused this yourself.**
  - D. You should try to stay calm and go back to sleep.**
  
- 3. The forms included in the Florida Department of Children and Families definition of domestic violence are pet abuse, physical abuse, and emotional abuse.**
  - A. Pet abuse, physical abuse, and emotional abuse**
  - B. Only physical abuse**
  - C. Only emotional abuse**
  - D. Only pet abuse**
  
- 4. Which of the following is NOT a recommended safety step when dealing with stalking in IPV?**
  - A. Document incidents**
  - B. Increase security**
  - C. Change routines and passwords**
  - D. Publicly announce the situation on social media**

- 5. Which group is listed as part of the Sexual Assault Response Team (SART) in the material?**
- A. Nurses**
  - B. Attorneys**
  - C. Teachers**
  - D. Engineers**
- 6. A patient recently lost all his or her possessions in a fire a month ago. Which assessment data suggests that hospitalization should be considered?**
- A. The patient is sleeping well and eating normally.**
  - B. The patient denies thoughts of self-harm.**
  - C. States, "The fire made my life so hopeless."**
  - D. The patient reports feeling hopeful about recovery.**
- 7. Phase 1 of Crisis occurs when the person confronted by conflict responds with what?**
- A. Increased anxiety.**
  - B. Immediate resolution.**
  - C. Depression.**
  - D. Ignore the conflict.**
- 8. Domestic violence injury patterns are more likely than accidental injuries to involve the extremities.**
- A. True**
  - B. False**
  - C. Only internal injuries**
  - D. Always head injuries**
- 9. Which level provides support for recovery?**
- A. Primary Care**
  - B. Quaternary Care**
  - C. Secondary Care**
  - D. Tertiary Care**

- 10. What are the core goals of crisis intervention for a survivor experiencing intimate partner violence?**
- A. Ensure immediate safety, stabilize distress, connect to ongoing supports, empower choice, and develop a practical safety plan.**
  - B. Provide long-term therapy only.**
  - C. Ignore safety concerns to encourage independence.**
  - D. Focus exclusively on legal action.**

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## **Answers**

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

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## **Explanations**

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- 1. How should crisis professionals support LGBTQIA+ survivors?**
- A. Use inclusive language and safe pronouns only when convenient.**
  - B. Do not discuss LGBTQIA+ issues.**
  - C. Provide general resources without tailoring to LGBTQIA+ needs.**
  - D. Use inclusive language, respect pronouns/names, address unique risk factors, ensure access to LGBTQIA+ affirming services, and maintain safety considerations.**

Supporting LGBTQIA+ survivors requires trauma-informed, affirming, survivor-centered practices that validate identity and address unique barriers. Using inclusive language and respecting pronouns and names from the outset signals safety and respect, which helps build trust and reduces the risk of retraumatization. Recognizing unique risk factors means understanding that LGBTQIA+ individuals may face discrimination, housing instability, or barriers to reporting and care, so safety planning must consider concerns like outing, stigma, and access to affirming services. Providing access to LGBTQIA+-affirming resources ensures referrals and supports are knowledgeable, accessible, and respectful of gender identity and sexual orientation, including inclusive policies, staff training, privacy protections, and appropriate facilities. Keeping safety considerations front and center ensures the response supports ongoing safety, minimizes further harm, and supports hopeful, proactive help-seeking.

- 2. A patient reports anxiety, depression, and nightmares after being sexually assaulted. Which response should the nurse give first?**
- A. You must have imagined it.**
  - B. What you are experiencing must be frightening. These symptoms are shared by many who have been sexually assaulted.**
  - C. You must have caused this yourself.**
  - D. You should try to stay calm and go back to sleep.**

Validation and normalization of trauma responses is crucial when supporting someone who has experienced sexual assault. A response that acknowledges the patient's fear and explains that these symptoms are common after such an experience demonstrates empathy and reduces isolation and self-blame. It communicates that their reactions are understood and expected, which helps the patient feel seen and safe enough to continue sharing and seeking help. This approach aligns with trauma-informed care, emphasizing safety, autonomy, and support, and it lays the groundwork for assessing immediate needs and discussing treatment options. In contrast, responses that doubt, blame, minimize, or instruct the patient to calm down or go back to sleep undermine safety and can retraumatize the survivor. By first validating the patient's experience, the nurse helps the patient feel respected and supported, which is essential for moving forward with care.

**3. The forms included in the Florida Department of Children and Families definition of domestic violence are pet abuse, physical abuse, and emotional abuse.**

**A. Pet abuse, physical abuse, and emotional abuse**

**B. Only physical abuse**

**C. Only emotional abuse**

**D. Only pet abuse**

The key idea here is that domestic violence definitions, like the one used by the Florida Department of Children and Families, recognize multiple forms of abuse, not just physical harm. The best answer lists all three: pet abuse, physical abuse, and emotional abuse. Pet abuse is included because harming or threatening a pet is a way to control, intimidate, or punish the victim and to create fear in the household. It signals an unsafe environment and can be a coercive tactic used within a violent dynamic. Physical abuse covers bodily harm and injury, which is a central and often most visible aspect of violence in relationships. Emotional abuse encompasses degradation, manipulation, threats, and ongoing coercive control that erodes a person's self-worth and autonomy. Options that include only one form miss part of the danger and the impact of the abusive environment, so they don't fully reflect the definition.

**4. Which of the following is NOT a recommended safety step when dealing with stalking in IPV?**

**A. Document incidents**

**B. Increase security**

**C. Change routines and passwords**

**D. Publicly announce the situation on social media**

The important idea here is that safety planning for stalking in IPV relies on actions that reduce risk and keep information private. Documenting incidents creates a clear record that can support reporting to police, protective orders, and coordinated safety planning. Increasing security adds physical and digital barriers to a stalker, making it harder for them to reach you. Changing routines and passwords disrupts the stalker's ability to predict where you'll be and to access your accounts. Publicly announcing the situation on social media, however, tends to increase risk by exposing your location, movements, and vulnerabilities to the stalker and potentially to others who may enable or misinterpret the situation. It can undermine safety and support efforts. So the option that does not fit safe practice is publicly sharing the situation online.

**5. Which group is listed as part of the Sexual Assault Response Team (SART) in the material?**

- A. Nurses
- B. Attorneys**
- C. Teachers
- D. Engineers

SARTs are multidisciplinary teams that coordinate a survivor-centered response to sexual assault, bringing together medical, investigative, and legal expertise to support the survivor from first contact through any legal proceedings. Attorneys are included to provide legal guidance, help survivors understand their reporting options, navigate evidence and rights, and coordinate with prosecutors and other agencies to move the case forward while respecting the survivor's choices. While nurses are often part of the medical response, teachers and engineers are not typical members of a Sexual Assault Response Team, and the material specifically lists attorneys as part of the team. That's why attorneys are the correct choice.

**6. A patient recently lost all his or her possessions in a fire a month ago. Which assessment data suggests that hospitalization should be considered?**

- A. The patient is sleeping well and eating normally.
- B. The patient denies thoughts of self-harm.
- C. States, "The fire made my life so hopeless."**
- D. The patient reports feeling hopeful about recovery.

When assessing safety after a disaster, hopelessness signals potential risk for self-harm and the need to consider inpatient care to protect the person and ensure a safety plan is in place. The statement that the fire made life feel hopeless reflects despair about the future and can be a warning sign of suicidality, which warrants close evaluation and possible hospitalization for safety and stabilization. In contrast, sleeping well and eating normally suggests adequate functioning, denying thoughts of self-harm indicates lower immediate risk, and feeling hopeful about recovery points to resilience. Therefore, the expression of hopelessness is the data that most strongly indicates hospitalization should be considered.

**7. Phase 1 of Crisis occurs when the person confronted by conflict responds with what?**

- A. Increased anxiety.**
- B. Immediate resolution.**
- C. Depression.**
- D. Ignore the conflict.**

When a crisis first hits, the person's reaction is a surge of emotional arousal. Phase I is marked by increased anxiety and tension as the individual confronts the conflict, which can disrupt thinking and functioning. They may feel overwhelmed, restless, and fearful, reaching for quick, defensive ways to cope. Immediate resolution isn't typically the outcome at this stage because the emotional surge overshadows clear problem-solving. Depression and deliberate ignoring of the issue aren't the hallmark responses in this initial phase—the former tends to develop if the crisis remains unresolved, while the latter is a withdrawal pattern rather than the immediate reaction to the conflict. Understanding this heightened anxiety helps explain why the focus of early intervention is calming and support to stabilize the person so they can begin to cope and move toward resolution in later phases.

**8. Domestic violence injury patterns are more likely than accidental injuries to involve the extremities.**

- A. True**
- B. False**
- C. Only internal injuries**
- D. Always head injuries**

Injury patterns used to evaluate possible domestic violence often show injuries to the face, head, and neck, and they may appear in multiple injuries at different healing stages. Accidents, by contrast, more commonly involve the extremities due to falls, slips, or impact. That makes the statement about domestic violence being more likely to involve the extremities not accurate. While you can see arm or leg injuries in abuse, they aren't the hallmark, and head/face injuries are more characteristic. So the best conclusion is that the claim is not true.

**9. Which level provides support for recovery?**

- A. Primary Care**
- B. Quaternary Care**
- C. Secondary Care**
- D. Tertiary Care**

Recovery relies on a coordinated, multidisciplinary approach that goes beyond initial treatment. Primary care focuses on prevention and routine health, while secondary care covers specialist inpatient or hospital-based services for acute issues. Tertiary care brings in highly specialized teams and facilities for complex conditions, including rehabilitation and long-term recovery plans, with access to physical, occupational, and mental health therapies, as well as ongoing follow-up. Quaternary care is an even more specialized, research-oriented level not typically used for standard recovery support. So, the level that best provides structured support for recovery is tertiary care.

**10. What are the core goals of crisis intervention for a survivor experiencing intimate partner violence?**

- A. Ensure immediate safety, stabilize distress, connect to ongoing supports, empower choice, and develop a practical safety plan.**
- B. Provide long-term therapy only.**
- C. Ignore safety concerns to encourage independence.**
- D. Focus exclusively on legal action.**

In crisis intervention for a survivor experiencing intimate partner violence, the priorities are immediate safety, stabilizing distress, connecting to ongoing supports, empowering choice, and developing a practical safety plan. Ensuring safety addresses the most immediate risk and protects the survivor from further harm. Stabilizing distress helps reduce panic, fear, and emotional overload so the person can think clearly and make informed choices under pressure. Connecting to ongoing supports—such as hotlines, shelters, medical care, and community services—reduces isolation and provides resources that sustain safety beyond the immediate moment. Empowering choice respects autonomy, avoids coercion, and helps the survivor decide what steps to take next, whether that’s staying, leaving, or creating a plan tailored to their situation. Developing a practical safety plan translates decisions into concrete actions, like identifying safe locations, keeping important documents accessible, establishing trusted contacts, and knowing how to seek help quickly if danger escalates. The other options miss essential elements: focusing only on long-term therapy neglects the urgent safety and stabilization needs that must be addressed first; ignoring safety to push independence can put the survivor at immediate risk; concentrating solely on legal action overlooks emotional support, practical resources, and the survivor’s current capacity to engage with the process.

## 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](mailto:hello@examzify.com).**

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

**<https://crisisintimatepartnersexviolence.examzify.com>**

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

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