

Fundamentals of Health Promotion for Nurses 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. Define schematic models.**
 - A. Visual representations that use concepts as building blocks but model relationships between them using minimal words.**
 - B. Complex mathematical models that require equations to describe relationships.**
 - C. Verbal narratives that explain processes step by step.**
 - D. Diagrams with detailed tables and numerics.**

- 2. An intrinsic factor refers to motivation that comes from where?**
 - A. From within**
 - B. From external rewards**
 - C. From social pressure**
 - D. From chance**

- 3. Which framework integrates social, epidemiological, and educational components to guide program development?**
 - A. PRECEDE-PROCEED framework.**
 - B. Pender Health Promotion Model.**
 - C. Orem Self-Care Model.**
 - D. Health Belief Model.**

- 4. Which statement best describes a theoretical framework?**
 - A. It is a question or problem you wish to investigate, with underlying concepts, identified variables, and clearly delineates what you are attempting to describe or measure.**
 - B. It is a collection of unrelated concepts.**
 - C. It is a summary of clinical experiences.**
 - D. It is a statistical analysis plan.**

- 5. What does a supportive environment program do?**
 - A. Helps to alter aspects of community life to help maintain long term, sustained, healthy lifestyle.**
 - B. Imposes strict penalties for unhealthy choices.**
 - C. Focuses only on individual knowledge increases.**
 - D. Provides medical treatment exclusively.**

- 6. Which statement best reflects the focus of Pender's Health Promotion Model?**
- A. Modifiable behavior-specific variables.**
 - B. Non-modifiable genetic factors.**
 - C. Solely environmental factors.**
 - D. Random chance.**
- 7. Primary disease prevention is best described as**
- A. Can only occur before contracting a disease; aims to prevent disease from occurring; reduces incidence and prevalence**
 - B. Occurs after disease onset**
 - C. Focuses on rehabilitation**
 - D. Cures disease**
- 8. In PRECEDE & PROCEED, Phase 3 is?**
- A. Phase 3: Educational and ecological assessment.**
 - B. Phase 3: Epidemiological and behavioral assessment.**
 - C. Phase 3: Administrative assessment.**
 - D. Phase 3: Policy evaluation.**
- 9. What is 'Levels of Differentiation'?**
- A. Persons ability to separate emotional stimuli from rational thought processes and actions.**
 - B. The degree of physical fitness.**
 - C. The level of education or IQ.**
 - D. The speed of cognitive processing.**
- 10. Which of the following is listed as a design for evaluation?**
- A. Inventory approach.**
 - B. Consumer survey approach.**
 - C. Ethnographic study.**
 - D. Delphi method.**

Answers

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

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Explanations

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1. Define schematic models.

- A. Visual representations that use concepts as building blocks but model relationships between them using minimal words.**
- B. Complex mathematical models that require equations to describe relationships.**
- C. Verbal narratives that explain processes step by step.**
- D. Diagrams with detailed tables and numerics.**

Schematic models are visual representations that use concepts as building blocks and show how they relate to each other with minimal words. This kind of model provides a quick, at-a-glance map of how different factors interact, without getting bogged down in numbers or lengthy descriptions, which is especially useful in health promotion to illuminate relationships among beliefs, behaviors, and environmental influences. The other options describe different types of models: complex mathematical models rely on equations; verbal narratives explain processes step by step in text only; and diagrams with detailed tables and numerics emphasize data and quantitative detail rather than concise conceptual mapping. So the definition that captures a simple, concept-based visual network with few words is the most accurate.

2. An intrinsic factor refers to motivation that comes from where?

- A. From within**
- B. From external rewards**
- C. From social pressure**
- D. From chance**

The question is about intrinsic motivation, which is the internal drive that moves people to act. When motivation comes from within, a person is driven by personal interest, enjoyment, curiosity, or a sense of satisfaction they get from the activity itself. That internal origin is what defines intrinsic motivation, so it comes from within the person rather than from external factors. In contrast, motivation driven by external rewards, like praise or prizes, is extrinsic because the incentive comes from outside. Social pressure also counts as external influence, while chance isn't a purposeful source of motivation at all. Therefore, motivation that originates from inside the person is described as coming from within.

3. Which framework integrates social, epidemiological, and educational components to guide program development?

- A. PRECEDE-PROCEED framework.**
- B. Pender Health Promotion Model.**
- C. Orem Self-Care Model.**
- D. Health Belief Model.**

This framework integrates social context, epidemiological data, and educational planning to guide program development. It guides planners to start with the community's social conditions and quality of life, then examine disease patterns and risk factors in the population, and finally analyze behavioral and environmental factors that education and policy can influence. This diagnostic process informs the design of interventions and the enabling conditions, followed by implementation and evaluation. Its structure—assessing social, epidemiological, and educational factors before moving to action—embodies a comprehensive planning approach. In contrast, other models tend to focus on individual beliefs or self-care concepts rather than providing a full, multi-level planning framework for program development.

4. Which statement best describes a theoretical framework?

- A. It is a question or problem you wish to investigate, with underlying concepts, identified variables, and clearly delineates what you are attempting to describe or measure.**
- B. It is a collection of unrelated concepts.**
- C. It is a summary of clinical experiences.**
- D. It is a statistical analysis plan.**

A theoretical framework sets up a study by outlining the concepts involved, identifying the variables you will examine, and clarifying what you intend to describe or measure. In health promotion for nurses, this framework acts as a map that links ideas like health behaviors, determinants, and outcomes, showing how they relate and guiding what data you collect and how you interpret it. It provides coherence for the research questions and helps determine which tools or measures fit best to capture the intended concepts. This differs from descriptions of unrelated concepts, which lack a coherent structure; from a summary of clinical experiences, which is narrative and descriptive rather than a guiding set of theories and variables; and from a statistical analysis plan, which focuses on how you will analyze data rather than outlining the theoretical relationships and concepts you're testing.

5. What does a supportive environment program do?

- A. Helps to alter aspects of community life to help maintain long term, sustained, healthy lifestyle.**
- B. Imposes strict penalties for unhealthy choices.**
- C. Focuses only on individual knowledge increases.**
- D. Provides medical treatment exclusively.**

A supportive environment program works by shaping the places where people live, work, and socialize so healthy choices are easier, more accessible, and more normal over time. It aims to alter aspects of community life—such as access to healthy foods, safe spaces for activity, workplace supports, and policies that encourage well-being—to help people maintain a long-term, sustained healthy lifestyle. This approach focuses on changing the context, not just telling individuals what to do. Why the other ideas don't fit: penalizing unhealthy choices relies on punishment rather than enabling healthy behavior; focusing only on increasing knowledge ignores how environment and access influence decisions; and providing medical treatment exclusively addresses illness after it occurs rather than preventing it by creating healthier surroundings.

6. Which statement best reflects the focus of Pender's Health Promotion Model?

- A. Modifiable behavior-specific variables.**
- B. Non-modifiable genetic factors.**
- C. Solely environmental factors.**
- D. Random chance.**

Pender's Health Promotion Model focuses on how people actively choose to adopt health-promoting behaviors by changing beliefs and feelings that drive action. The core emphasis is on modifiable behavior-specific variables—factors that individuals can alter to increase the likelihood of engaging in healthy actions. These include perceptions of benefits and barriers, self-efficacy, activity-related affect, and the influence of interpersonal and situational factors, which can be targeted through education, support, and supportive environments. Because the model centers on changing cognition and affect related to specific behaviors, genetic factors that cannot be changed and environmental factors alone do not capture its main idea. Random chance is not a mechanism proposed by the model to explain health-promoting behavior.

7. Primary disease prevention is best described as

- A. Can only occur before contracting a disease; aims to prevent disease from occurring; reduces incidence and prevalence**
- B. Occurs after disease onset**
- C. Focuses on rehabilitation**
- D. Cures disease**

Primary prevention targets disease before it develops. It aims to prevent the disease from occurring by reducing exposure to risk factors and promoting protective behaviors. It includes actions like vaccines, immunization programs, health education about nutrition and exercise, smoking cessation, and environmental safeguards. Because it stops new cases from arising, it reduces the incidence of disease; as fewer people contract the disease, the prevalence in the population tends to be lower over time. Interventions that occur after disease onset, such as early detection, rehabilitation, or cures, are not primary prevention.

8. In PRECEDE & PROCEED, Phase 3 is?

- A. Phase 3: Educational and ecological assessment.**
- B. Phase 3: Epidemiological and behavioral assessment.**
- C. Phase 3: Administrative assessment.**
- D. Phase 3: Policy evaluation.**

Phase three centers on mapping how education and the broader ecological context influence the target behavior. This educational and ecological assessment identifies the factors that can be changed through learning and environmental adjustments: predisposing factors such as knowledge, beliefs, and attitudes; enabling factors like skills, resources, and barriers; and reinforcing factors such as social support and feedback, all viewed across multiple levels of the environment (individual, interpersonal, organizational, community, policy). The goal is to determine what educational approaches and environmental changes will most effectively influence behavior, using information gathered in the prior epidemiological assessment to guide design. Administrative and policy considerations come next in Phase four, focusing on how the program will be organized and supported, while there isn't a phase named policy evaluation in this model.

9. What is 'Levels of Differentiation'?

- A. Persons ability to separate emotional stimuli from rational thought processes and actions.**
- B. The degree of physical fitness.**
- C. The level of education or IQ.**
- D. The speed of cognitive processing.**

Levels of Differentiation is about how well a person can keep emotional responses separate from their thoughts and actions, while staying connected to others. This means maintaining personal autonomy—thinking and acting based on values and reason—even when under pressure, rather than being swept up by anxiety or emotional turmoil. That's why this option aligns with the concept: it captures the ability to distinguish between feelings and rational processing and to act accordingly. The other choices describe physical fitness, general education or IQ, and speed of thinking, none of which address the capacity to differentiate emotion from thought or to regulate behavior under stress.

10. Which of the following is listed as a design for evaluation?

A. Inventory approach.

B. Consumer survey approach.

C. Ethnographic study.

D. Delphi method.

Cataloging what exists is a foundational step in evaluation design. The inventory approach involves creating a comprehensive list of current resources, services, policies, and activities related to the program. This provides a clear baseline, helps identify gaps and redundancies, and shows capacity and constraints. With a solid inventory, you can plan what to measure, interpret findings in context, and determine where improvements are needed, making it the most practical design for evaluating the existing setup. A consumer survey approach centers on gathering feedback from the people served to understand their experiences and outcomes, which is valuable but not about mapping the program's components. An ethnographic study delves into culture and everyday practices to gain deep contextual understanding, which is excellent for formative insights but not primarily used for inventorying resources. The Delphi method gathers expert opinions to reach consensus on priorities or forecasts, again more about judgment and planning than cataloging current assets.

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://fundhealthpromofornurses.examzify.com>

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

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