

FUNDAMENTALS OF HEALTH PROMOTION FOR NURSES PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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. An extrinsic factor is defined as what?**
 - A. Comes from internal sources
 - B. Comes from external sources
 - C. Is intrinsic motivation
 - D. Is self-efficacy beliefs
- 2. What does the 'Multisource Method' draw on?**
 - A. Positive deviance practices and processes.
 - B. Single-source data collection.
 - C. Traditional classroom instruction.
 - D. External regulatory guidelines.
- 3. Which of the following is NOT a subtext message component?**
 - A. Verbal content alone.
 - B. Word choice, vocal tone, body language, expression.
 - C. Facial expressions alone.
 - D. Body language only.
- 4. Which option is NOT typically a nurse-led strategy to promote physical activity in communities?**
 - A. Prescribe medications to increase energy.
 - B. Assess barriers, counsel individuals, support group activities, partner with schools/worksites, and advocate for safe spaces.
 - C. Develop and lead community exercise groups.
 - D. Refer clients to local fitness resources.
- 5. Which of the following is an incidence example?**
 - A. Current diabetes prevalence in a community
 - B. Number of people living with hypertension
 - C. New flu infections during a season
 - D. Mortality rate from influenza

- 6. Explain asset-based community development in health promotion.**
- A. Builds on existing community strengths and resources, engaging residents as partners to design and sustain interventions.
 - B. Focuses on deficits and external experts to fix issues.
 - C. Relies solely on external funding without local involvement.
 - D. Prioritizes hospital-led interventions.
- 7. Which of the following illustrates an impact evaluation?**
- A. Reduction in disease incidence or health outcomes in the population
 - B. Participant satisfaction
 - C. Number of training hours
 - D. Attendance
- 8. What characteristics improve the effectiveness of media campaigns in health promotion?**
- A. Evidence-based and culturally sensitive.
 - B. Random unverified messages.
 - C. Only online banners.
 - D. Messages that ignore audience needs.
- 9. What is self-efficacy in Social Cognitive Theory and why is it important in behavior change?**
- A. Belief in one's ability to perform a behavior; higher self-efficacy increases initiation and persistence in health behaviors.
 - B. External motivation solely drives behavior.
 - C. The severity of disease determines outcomes.
 - D. The physician's authority determines adherence.
- 10. What do health-promoting activities aim to do?**
- A. Improve clients overall state of health, assess needs, mediate problems, motivate client for success.
 - B. Diagnose diseases and prescribe medications only.
 - C. Focus solely on lifestyle advice without assessment.
 - D. Increase costs of care.

Answers

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

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Explanations

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1. An extrinsic factor is defined as what?

- A. Comes from internal sources
- B. Comes from external sources**
- C. Is intrinsic motivation
- D. Is self-efficacy beliefs

Extrinsic factors are those that originate outside the individual. They come from external sources such as the environment, social influences, policies, incentives, or barriers that can affect a person's behavior. This is different from intrinsic motivation, which is driven by internal desire, and from self-efficacy beliefs, which are about one's confidence in doing something. So an extrinsic factor is defined as coming from external sources.

2. What does the 'Multisource Method' draw on?

- A. Positive deviance practices and processes.**
- B. Single-source data collection.
- C. Traditional classroom instruction.
- D. External regulatory guidelines.

The multisource method draws on positive deviance practices and processes. This approach looks for people or groups within a community who achieve better outcomes despite having the same challenges as others. It uses information from many sources—interviews, observations, community stories, and available records—to identify the specific, uncommon behaviors these successful individuals use. Those behaviors are then tested and adapted for broader use, with the community involved in refining and spreading them. This differs from relying on a single data source, which can miss the subtle, effective practices being used in real life. It also isn't about traditional classroom instruction or external regulatory guidelines; those don't capture the grassroots, proven actions already working in the local context.

3. Which of the following is NOT a subtext message component?

- A. Verbal content alone.**
- B. Word choice, vocal tone, body language, expression.
- C. Facial expressions alone.
- D. Body language only.

Subtext is the meaning implied or signaled beyond the literal words, carried by how something is said and by nonverbal cues. Verbal content alone is the explicit message and does not reveal that hidden layer of meaning. The nonverbal signals—vocal tone, facial expressions, and body language—shape how the message is interpreted and convey attitudes and emotions the words alone don't express. So verbal content by itself is not a subtext component.

4. Which option is NOT typically a nurse-led strategy to promote physical activity in communities?

- A. Prescribe medications to increase energy.
- B. Assess barriers, counsel individuals, support group activities, partner with schools/worksites, and advocate for safe spaces.**
- C. Develop and lead community exercise groups.
- D. Refer clients to local fitness resources.

Promoting physical activity in communities is most effective when nursing roles focus on direct engagement with individuals and straightforward program facilitation, while broader community action often involves collaboration across multiple professions. The described set of activities includes assessing barriers and counseling individuals, but also leading support groups, forming partnerships with schools or worksites, and advocating for safe spaces. While a nurse may contribute to all these areas, coordinating and leading such extensive cross-sector efforts is typically handled by a team or by public health or community program leaders rather than a single nurse acting alone. That broader, multi component leadership is what makes this option not typically nurse-led, even though nurses can participate in parts of it.

5. Which of the following is an incidence example?

- A. Current diabetes prevalence in a community
- B. Number of people living with hypertension
- C. New flu infections during a season**
- D. Mortality rate from influenza

Incidence is the number of new cases of a disease that develop in a population during a defined period. It focuses on the flow of new events, not the total number of people who already have the condition. Counting new flu infections during a season fits this exactly because it tracks who becomes ill for the first time within that season. The other options describe existing cases or outcomes rather than new occurrences. Current diabetes prevalence is all people with diabetes at a given time, not new cases. The number of people living with hypertension reflects prevalence as well. Mortality rate from influenza measures deaths, which is an outcome, not new infections. Remember, incidence uses "new" and a specific time period, while prevalence reflects all existing cases.

6. Explain asset-based community development in health promotion.

- A. Builds on existing community strengths and resources, engaging residents as partners to design and sustain interventions.**
- B. Focuses on deficits and external experts to fix issues.
- C. Relies solely on external funding without local involvement.
- D. Prioritizes hospital-led interventions.

Asset-based community development in health promotion centers on turning a community's existing strengths and resources into the basis for health interventions. It treats residents as equal partners, inviting their knowledge, skills, networks, and local assets to co-design, implement, and sustain health solutions. This approach tends to produce more relevant, culturally appropriate, and durable outcomes because the work arises from the people most affected and fits the community's context. That's why the best description is: it builds on existing community strengths and resources, engaging residents as partners to design and sustain interventions. It contrasts with deficit-focused or externally driven models, where problems are viewed from outside the community, or where resources come from outside with little local involvement, including hospital-led or grant-driven initiatives that don't center local ownership.

7. Which of the following illustrates an impact evaluation?

- A. Reduction in disease incidence or health outcomes in the population
- B. Participant satisfaction
- C. Number of training hours
- D. Attendance

Impact evaluation asks whether a health promotion program leads real changes in the health of the population it serves. It focuses on ultimate effects, such as a reduction in disease incidence or other health outcomes that can be attributed to the intervention. This is why the option showing a population-level health change best fits impact evaluation. Other metrics like participant satisfaction reflect perceptions of the program and are more about process or quality. The number of training hours and attendance measure inputs or engagement with the program rather than its health impact. To attribute changes to the program, you'd typically compare health indicators before and after the intervention, ideally with a comparison group and adjustments for other factors.

8. What characteristics improve the effectiveness of media campaigns in health promotion?

- A. Evidence-based and culturally sensitive.
- B. Random unverified messages.
- C. Only online banners.
- D. Messages that ignore audience needs.

Effective health promotion media campaigns work best when the messages are grounded in evidence and tailored to the audience's culture. Being evidence-based means using research, theory of how people change, formative studies to understand the target group, pretesting messages, and ongoing evaluation to see what works and adjust accordingly. Culturally sensitive communication respects language, values, beliefs, and norms, involves community input, uses appropriate messengers, and chooses channels that fit how the audience already receives information. This combination boosts credibility, relevance, trust, and willingness to act, making behavior change more likely. Messages that aren't evidence-based lack proven methods and risk inefficacy, while focusing only on one channel or ignoring audience needs limits reach and relevance.

9. What is self-efficacy in Social Cognitive Theory and why is it important in behavior change?

- A. Belief in one's ability to perform a behavior; higher self-efficacy increases initiation and persistence in health behaviors.
- B. External motivation solely drives behavior.
- C. The severity of disease determines outcomes.
- D. The physician's authority determines adherence.

Self-efficacy in Social Cognitive Theory is the belief that you can successfully perform a specific behavior. This belief shapes whether you even try, how much effort you put in, and how long you persist when obstacles arise. It's not a general sense of worth, but a domain-specific confidence about your capability to achieve a task like exercising regularly, sticking to a healthy eating plan, or quitting smoking. Why this matters for behavior change is that people with higher self-efficacy expect to succeed, so they initiate action, invest more effort, and keep going after challenges or setbacks. This leads to better adherence to health behaviors because the task feels within reach, and setbacks are seen as surmountable rather than as proof of failure. Strategies to boost self-efficacy include mastery experiences (starting with small, achievable steps and gradually increasing difficulty), modeling or observing others succeed, verbal encouragement, and helping individuals manage physiological and emotional states (reducing stress or anxiety that might undermine confidence). In practice, a nurse might support a patient by setting realistic, incremental goals, providing positive feedback on progress, demonstrating techniques, and connecting the patient with peers who have effectively adopted the behavior. External motivation or pressure alone doesn't reliably produce lasting change if the person doesn't believe they can perform the behavior. Building belief in one's capabilities is central to initiating and sustaining healthier choices.

10. What do health-promoting activities aim to do?

- A. Improve clients overall state of health, assess needs, mediate problems, motivate client for success.
- B. Diagnose diseases and prescribe medications only.
- C. Focus solely on lifestyle advice without assessment.
- D. Increase costs of care.

Health-promoting activities center on enhancing a person's overall health by actively assessing needs, addressing barriers, and supporting motivation and problem-solving to achieve lasting well-being. This broad approach isn't just about giving advice; it involves understanding the individual's situation, coordinating resources, and guiding the client toward successful changes. That's why improving the overall state of health, assessing needs, mediating problems, and motivating the client for success best captures what health promotion aims to do. Diagnosing diseases and prescribing medications focuses on treating illness rather than promoting overall health. Focusing only on lifestyle advice without assessment misses the essential step of understanding the person's unique context and obstacles. Increasing costs of care runs counter to health promotion's goal of preventing problems and improving efficiency.

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://fundhealthpromoformurses.examzify.com>

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

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