

Fundamentals of Nursing: Health and Wellness 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. In the stages of health behavior, which stage corresponds to not intending to make changes within the next 6 months?**
 - A. Pre-contemplation Stage**
 - B. Preparation Stage**
 - C. Action Stage**
 - D. Contemplation Stage**

- 2. Negative Health Care Behavior is defined as?**
 - A. Practices actually or potentially harmful to health**
 - B. Regular exercise**
 - C. Poor diet**
 - D. Immunizations**

- 3. Which of the following is NOT listed as a genetic or physiological risk factor?**
 - A. Sunbathing**
 - B. Pregnant or overweight**
 - C. Diabetes mellitus**
 - D. Mental illness**

- 4. Health Beliefs are:**
 - A. a fixed trait**
 - B. opinions about a disease by a patient**
 - C. a person's ideas, convictions, and attitudes about health and illness**
 - D. a set of medical myths**

- 5. The Health Belief Model includes three components.**
 - A. All of the above**
 - B. An individual's perception of the susceptibility of the illness**
 - C. An individual's perception of the seriousness of the illness**
 - D. The likelihood that a person will take preventative action**

- 6. Which is a common experience for patients and families?**
- A. Impact on family roles and family dynamics.**
 - B. Immediate cure.**
 - C. Increased wealth.**
 - D. No emotional changes.**
- 7. Spiritual Factors describe**
- A. How a person lives, including values and beliefs, relationships, and meaning in life**
 - B. The color of the hospital room**
 - C. The patient's blood type**
 - D. The equipment in the room**
- 8. Cultural Background shapes health beliefs and practices through**
- A. Genetics**
 - B. Value and tradition shaping health beliefs and practices**
 - C. Hospital policies**
 - D. Weather patterns**
- 9. Which is an internal variable influencing illness?**
- A. Their perceptions of symptoms and the nature of their illness.**
 - B. The visibility of symptoms.**
 - C. Accessibility of the system.**
 - D. Social support.**
- 10. Which factors influence the impact on a person's self-concept?**
- A. Body image, roles, psychology, and spirituality**
 - B. Physical health only**
 - C. Family income only**
 - D. Age and education only**

Answers

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

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Explanations

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1. In the stages of health behavior, which stage corresponds to not intending to make changes within the next 6 months?

A. Pre-contemplation Stage

B. Preparation Stage

C. Action Stage

D. Contemplation Stage

This question assesses readiness to change in the Transtheoretical Model. Not intending to make changes within the next six months aligns with the precontemplation stage. In this stage, individuals may not yet recognize a problem or may minimize its importance, and they have no plan to act in the near future. They aren't considering taking action soon, which distinguishes them from someone in contemplation (thinking about change within six months) or preparation (planning to change within a short timeframe, often within 30 days). Action involves actively making changes, while maintenance focuses on sustaining them. In practice, when a client is in precontemplation, the approach is to provide nonjudgmental information, explore their beliefs and barriers, and gently raise awareness to foster intrinsic motivation without pressuring immediate change.

2. Negative Health Care Behavior is defined as?

A. Practices actually or potentially harmful to health

B. Regular exercise

C. Poor diet

D. Immunizations

Negative health care behavior involves actions that harm health or have the potential to harm health. The option describing practices that are actually or potentially harmful to health best fits this definition because it directly captures actions that can compromise health outcomes or safety. Examples include not following a prescribed treatment, unsafe health-related practices, or neglecting warning signs. The other options describe positive or health-promoting actions (regular exercise, immunizations) or general risk factors (like poor diet) that aren't defined as harmful health care behaviors in themselves.

3. Which of the following is NOT listed as a genetic or physiological risk factor?

A. Sunbathing

B. Pregnant or overweight

C. Diabetes mellitus

D. Mental illness

Understanding risk factors involves distinguishing those that come from biology or genetics from those that come from behavior or lifestyle. Genetic or physiological risk factors are tied to a person's biology—things like hormonal status, metabolic diseases, or inherited traits. Sunbathing, on the other hand, is a behavior—an exposure tendency—not a biological condition itself. The other options describe physiological states or diseases (pregnant or overweight reflects physiological status; diabetes mellitus is a metabolic disease; mental illness has biological and neurological components). So, sunbathing is not listed as a genetic or physiological risk factor, making it the correct choice.

4. Health Beliefs are:

- A. a fixed trait
- B. opinions about a disease by a patient
- C. a person's ideas, convictions, and attitudes about health and illness**
- D. a set of medical myths

Health beliefs are a person's ideas, convictions, and attitudes about health and illness. This description covers more than just opinions about a single disease; it includes how someone understands causes, prevention, treatment, and what makes health meaningful in their life. These beliefs guide decisions about when to seek care, how to respond to symptoms, and whether they will follow medical recommendations. They aren't fixed; culture, experience, education, and interactions with health care can reshape them over time. They aren't simply medical myths, though myths may be part of a belief system; what matters is how these beliefs influence health behaviors and decisions. In practice, understanding a patient's health beliefs helps tailor education, address barriers, and support care that fits the person's values.

5. The Health Belief Model includes three components.

- A. All of the above**
- B. An individual's perception of the susceptibility of the illness
- C. An individual's perception of the seriousness of the illness
- D. The likelihood that a person will take preventative action

Understanding how the Health Belief Model predicts health actions starts with how a person views their risk and the potential impact of a disease, and whether they intend to act to prevent it. The model says people are more likely to take preventive steps if they feel personally susceptible to the illness and believe the illness would have serious consequences. It also matters whether they think taking preventive action will actually reduce risk and be doable, which translates into the likelihood of acting. These aspects—perceived susceptibility, perceived seriousness, and the likelihood of taking preventive action—cover the main ideas the model uses to explain behavior, so choosing the option that includes all of them is the best fit. Some texts distinguish additional components as part of the model, but for this question the three elements shown are central to predicting preventive action.

6. Which is a common experience for patients and families?

- A. Impact on family roles and family dynamics.**
- B. Immediate cure.
- C. Increased wealth.
- D. No emotional changes.

Experiencing illness commonly affects the entire family system. When someone is ill, family members often take on new or altered roles—such as primary caregivers, decision-makers, or coordinators of treatment—and daily routines shift to support care. This can change how family members communicate, interact, and function together, leading to emotional stress, adjustments in responsibilities, and new coping strategies. Because of these dynamics, the impact on family roles and family dynamics is the most typical experience for both patients and their families. Immediate cure is not common for many conditions, increased wealth is not a typical outcome, and emotional changes are a normal part of the process rather than no change.

7. Spiritual Factors describe

- A. How a person lives, including values and beliefs, relationships, and meaning in life**
- B. The color of the hospital room**
- C. The patient's blood type**
- D. The equipment in the room**

Spiritual factors describe a person's beliefs, values, relationships, and sense of meaning in life. In nursing, these elements shape how a patient copes with illness, makes treatment choices, and finds comfort and hope. Spiritual well-being encompasses what gives life purpose, how suffering is understood, and the sources of support a person relies on, whether that's faith communities, family, personal practices, or inner strength. When caring for someone, you'd ask about what matters most to them, any spiritual or religious practices they want honored, and who they turn to for support, so care aligns with their beliefs and values. The other aspects describe physical or environmental factors—such as the room's appearance, biological attributes like blood type, or the equipment present—not the person's inner beliefs, meaning, or faith-based needs.

8. Cultural Background shapes health beliefs and practices through

- A. Genetics**
- B. Value and tradition shaping health beliefs and practices**
- C. Hospital policies**
- D. Weather patterns**

Cultural background shapes health beliefs and practices through the values people hold and the traditions they observe. These values and traditions guide what is considered healthy or acceptable, influence decisions about care, and shape how families and individuals approach remedies, preventive measures, and healing rituals. In other words, culture provides the meaning and norms that people use to interpret illness and decide how to respond. By contrast, genetics involves inherited biology, hospital policies are institutional rules that influence care delivery, and weather patterns are environmental factors; none of these primarily explains why health beliefs and behaviors vary across cultures.

9. Which is an internal variable influencing illness?

- A. Their perceptions of symptoms and the nature of their illness.**
- B. The visibility of symptoms.**
- C. Accessibility of the system.**
- D. Social support.**

Internal variables are the personal beliefs and interpretations that shape how a person experiences illness and decides what to do about it. A person's perceptions of the symptoms, what they think the illness is, and how serious it seems drive when they acknowledge illness, seek care, and follow treatment. These mental processes occur within the individual and can vary widely, making them powerful influencers of illness behavior. In contrast, the other factors are external: how visible the symptoms are to others, how easy it is to access healthcare, and the level of social support all come from outside the person and affect health in different ways.

10. Which factors influence the impact on a person's self-concept?

- A. Body image, roles, psychology, and spirituality**
- B. Physical health only**
- C. Family income only**
- D. Age and education only**

Self-concept grows from how you view yourself across several areas that shape your identity. Body image matters because how you perceive your appearance and physical abilities affects confidence and how you present yourself to others. The roles you occupy—such as being a student, family member, or employee—provide identity cues and expectations that reinforce who you are and how you fit into the world. Psychological factors, including self-esteem, mood, and your habitual way of thinking about yourself, influence your overall sense of worth and capability. Spiritual beliefs or a sense of meaning offer values and purpose that anchor your self-image. When these dimensions align positively, your self-concept is strong; if one area is negative, it can pull down your overall self-view. Focusing only on physical health, or only on income, age, or education, misses these broader influences that collectively shape how you see yourself.

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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://fundofnursinghealthwellness.examzify.com>

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

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