

Grief, Death, and Dying 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. Which experiences are considered 'looking for' behaviors in grief?**
 - A. Hallucinations**
 - B. All of the above**
 - C. Dreams of the deceased**
 - D. Observing illusions of the deceased**

- 2. What is the role of rituals in normal grief?**
 - A. They have no impact.**
 - B. They help lessen the burden of grief and provide a structured way to mourn.**
 - C. They prolong the mourning process.**
 - D. They replace professional support.**

- 3. Which statement best describes the role of culture in grief?**
 - A. Culture influences grief solely through medical beliefs**
 - B. Culture has no impact**
 - C. Culture shapes how grief is experienced through beliefs, values, and rituals**
 - D. Culture only affects language**

- 4. Which of the following is NOT a common manifestation of grief?**
 - A. Crying spells**
 - B. Difficulty sleeping**
 - C. Increased productivity**
 - D. Changes in appetite**

- 5. Which scenario describes a typical behavioral response in school-age children after a loss?**
 - A. Aggressive behavior or withdrawal**
 - B. Increased social engagement**
 - C. Enhanced athletic performance with no emotional affect**
 - D. Immediate clear understanding of death**

- 6. Which statement best distinguishes prolonged grief disorder from normal grief?**
- A. It lasts longer and interferes with functioning.**
 - B. It is less intense but longer.**
 - C. It is unrelated to the loss.**
 - D. It always ends within 2 weeks.**
- 7. What is mourning?**
- A. The private coping process**
 - B. The public expression of grief**
 - C. A medical term for grief**
 - D. A stage of acceptance**
- 8. Losing a pet can affect a person emotionally by causing intense sorrow and other emotions. Which is a correct description?**
- A. It has no emotional impact.**
 - B. It causes immediate relief.**
 - C. It can cause intense sorrow, anxiety, stress, shame, and grief.**
 - D. It leads to financial prosperity.**
- 9. Which are physical self-care activities for nurses?**
- A. Skipping meals**
 - B. Eating healthy, getting regular exercise, and maintaining a healthy weight**
 - C. Excessive caffeine**
 - D. Ignoring sleep**
- 10. Which of the following is a common cause of grief?**
- A. Getting a promotion at work.**
 - B. The death of a loved one.**
 - C. Traveling for vacation.**
 - D. Winning a prize.**

Answers

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

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Explanations

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1. Which experiences are considered 'looking for' behaviors in grief?

A. Hallucinations

B. All of the above

C. Dreams of the deceased

D. Observing illusions of the deceased

In grief, looking for behaviors are ways the grieving person seeks to reconnect with the person who died. This longing can show up across different sensory forms. Hallucinations are vivid experiences of the deceased while awake, perceived as real and tangible, often providing a sense of presence. Dreams of the deceased are common and can carry messages or sustain the bond, reflecting how the mind processes loss during sleep. Observing illusions of the deceased involve misperceptions or sensory misattributions, such as briefly seeing or sensing the presence of the deceased in the environment. Each of these channels expresses the same underlying process—the wish to reconnect—and so all of these experiences can be considered looking for behaviors in grief.

2. What is the role of rituals in normal grief?

A. They have no impact.

B. They help lessen the burden of grief and provide a structured way to mourn.

C. They prolong the mourning process.

D. They replace professional support.

Rituals organize and validate the experience of loss, giving people a way to express grief, be seen by others, and mark a transition. They provide a predictable path—funerals, memorials, anniversaries—that helps people arrange their complicated emotions and reduces isolation. By creating space to grieve, share memories, and honor the person who died, rituals lessen the emotional burden and offer social support, which is crucial in normal grieving. They don't erase sadness or rush the process; rather, they give grieving a meaningful structure that can make it more manageable. They also signal to others that support is available and that mourning is a normal response. Rituals should complement, not replace, professional help if grief becomes overwhelming or persistent.

3. Which statement best describes the role of culture in grief?

- A. Culture influences grief solely through medical beliefs**
- B. Culture has no impact**
- C. Culture shapes how grief is experienced through beliefs, values, and rituals**
- D. Culture only affects language**

Culture shapes how grief is experienced through beliefs, values, and rituals. This means that the way people think about death, what they consider appropriate to feel or say, and the practices they follow after a loss all flow from cultural norms. Some cultures encourage outward, communal expressions of mourning with public rituals and extended support, while others prioritize private reflection and shorter public displays. Rituals like wakes, funerals, and mourning periods provide structure for the bereaved and signal who participates, how long mourning lasts, and what responsibilities family and friends have. Valuing family, community roles, and gender expectations also influences who offers support and how it is given. This view is broader than saying culture is only about medical beliefs, or that culture has no impact, or that it only affects language; culture actually shapes the entire lived experience of grief through these intertwined beliefs, values, and practices.

4. Which of the following is NOT a common manifestation of grief?

- A. Crying spells**
- B. Difficulty sleeping**
- C. Increased productivity**
- D. Changes in appetite**

Grief typically shows up as changes in emotional and physical functioning as a person processes a loss. Crying spells are a direct emotional response to sorrow, and trouble sleeping often results from ongoing rumination and arousal caused by the loss. Changes in appetite commonly occur because grief can disrupt usual eating patterns, leading to either reduced intake or comfort eating. Increased productivity, in contrast, is not a typical reaction to grief. Most people experience fatigue, reduced energy, and difficulties concentrating rather than a surge in work pace or efficiency. If someone seems unusually productive while grieving, it may reflect coping strategies like avoidance or external pressures, but it does not align with the common pattern of grief reactions.

5. Which scenario describes a typical behavioral response in school-age children after a loss?

- A. Aggressive behavior or withdrawal**
- B. Increased social engagement**
- C. Enhanced athletic performance with no emotional affect**
- D. Immediate clear understanding of death**

School-age children typically express grief through behavior rather than words, using actions to show they're distressed. Aggressive behavior or withdrawal are common ways they cope with the surge of emotions from a loss. Acting out can be a way to vent anger, fear, or helplessness, while withdrawal may reflect sadness, anxiety, or a need to protect themselves from overwhelmed feelings. These responses often accompany changes in sleep, appetite, concentration, and school performance, signaling that the child is trying to reestablish safety and predictability after the loss. While some children might seek more social interaction, the most typical pattern for this age is either increased irritability and acting out or pulling away from peers and activities. The scenario of no emotional affect despite athletic success doesn't fit the usual grieving process, which commonly includes emotional reactions. And instant, fully accurate understanding of death is unlikely; comprehension develops over time with explanations from adults and repeated exposure to discussions about death.

6. Which statement best distinguishes prolonged grief disorder from normal grief?

- A. It lasts longer and interferes with functioning.**
- B. It is less intense but longer.**
- C. It is unrelated to the loss.**
- D. It always ends within 2 weeks.**

Prolonged grief disorder is defined by a persistent, intense grief reaction that lasts well beyond what is culturally expected and that causes clear impairment in daily functioning. The key distinction is not just how strong the distress is, but how long it endures and how it interferes with life. In normal grief, pain and yearning are real but typically lessen over time, and people gradually reconnect with daily activities, relationships, and responsibilities. In prolonged grief disorder, the distress remains prolonged and pervasive, with symptoms like persistent yearning, preoccupation with the deceased, trouble accepting the death, and significant impairment in work, social life, or self-care, all closely tied to the loss. That combination of extended duration and functional disruption is what sets it apart.

7. What is mourning?

- A. The private coping process
- B. The public expression of grief**
- C. A medical term for grief
- D. A stage of acceptance

Mourning is the public, social expression of grief. It refers to the outward rituals, ceremonies, and observable behaviors that signal a loss to the community and invite support or acknowledgment from others. This contrasts with the internal experience of grief, which is the private emotional process happening inside the person. Mourning isn't a medical term, nor is it a specific stage in the sequence of grief—stages like denial or acceptance describe internal emotional states, while mourning describes outward, culturally guided responses to death. So, mourning focuses on how people and communities publicly respond to a loss through acts, rituals, and shared expressions.

8. Losing a pet can affect a person emotionally by causing intense sorrow and other emotions. Which is a correct description?

- A. It has no emotional impact.
- B. It causes immediate relief.
- C. It can cause intense sorrow, anxiety, stress, shame, and grief.**
- D. It leads to financial prosperity.

Losing a pet often triggers a real grieving process with a mix of emotions, not just sadness. The best description is that it can cause intense sorrow, anxiety, stress, shame, and grief. This captures how pet loss can affect mood, thoughts, and even physical feelings, and how those emotions may come and go in waves. Some people may also feel guilty or ashamed about their feelings or how they handled things, which fits into the broader picture of mourning. The key point is that the emotional impact is multi-faceted and deeply felt, rather than nonexistent. The other ideas don't fit because losing a pet does not produce no emotional impact, nor is relief the typical immediate response for most people. Financial prosperity is unrelated to the emotional experience of bereavement. If you're grieving a pet, remember that it's normal to experience a range of emotions and consider reaching out to supportive friends, family, or pet-loss resources.

9. Which are physical self-care activities for nurses?

- A. Skipping meals**
- B. Eating healthy, getting regular exercise, and maintaining a healthy weight**
- C. Excessive caffeine**
- D. Ignoring sleep**

Physical self-care for nurses means taking care of the body to sustain energy, focus, and safety during demanding shifts. The best approach is to eat healthy, engage in regular exercise, and maintain a healthy weight. Nourishing meals provide steady energy, support immune function, and prevent energy crashes that can impair judgment. Regular physical activity builds stamina, reduces fatigue, and helps manage stress. Maintaining a healthy weight supports comfort, mobility, and long-term health, all of which reinforce consistent, safe patient care. Skipping meals deprives the body of fuel, leading to low energy and impaired concentration. Excessive caffeine can mask fatigue temporarily but often disrupts sleep and may elevate anxiety or dehydration, undermining long-term well-being. Ignoring sleep harms alertness, memory, and decision-making, increasing the risk of errors.

10. Which of the following is a common cause of grief?

- A. Getting a promotion at work.**
- B. The death of a loved one.**
- C. Traveling for vacation.**
- D. Winning a prize.**

Grief is the emotional response to loss, especially the loss of someone you are deeply attached to. The death of a loved one is the most common trigger because it takes away the person you rely on for support, role in daily life, and a vision of the future with them in it. That sense of absence can bring intense sadness, longing, confusion, and a feeling that life has changed in a way that can't be easily repaired. The other scenarios describe positive or neutral experiences—promotions, travel, or prizes—that generally enhance life rather than signify a loss, so they don't typically provoke grief in the same way. Grief can show up in many forms and times, but its primary root in everyday understanding is the experience of losing someone important.

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://griefdeathdying.examzify.com>

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

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