

Growth and Development Nursing Health Promotion Practice Test (Sample)

Study Guide



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Questions

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- 1. Which of the following behaviors indicates a preschool child is ready to socialize with peers?**
 - A. Sharing toys regularly**
 - B. Playing alone consistently**
 - C. Seeking adult approval**
 - D. Avoiding eye contact**
- 2. Which of the following is a common risk factor for developing chronic diseases in adulthood?**
 - A. Engaging in regular physical activity**
 - B. Mild stress management**
 - C. Unhealthy eating habits**
 - D. Positive social interactions**
- 3. Which finding in a 12-month-old infant should a nurse report to the provider?**
 - A. Closed anterior fontanel**
 - B. Eruption of 6 teeth**
 - C. Birth weight has doubled**
 - D. Birth length increased by 50%**
- 4. What is the recommended approach to discipline in young children?**
 - A. Using punishment strategies**
 - B. Ignoring bad behavior**
 - C. Using positive reinforcement and setting clear boundaries**
 - D. Shaming the child**
- 5. How does Erikson's theory view psychosocial development?**
 - A. Linear and sequential without overlap**
 - B. As a series of eight distinct and isolated stages**
 - C. As a combination of cognitive and emotional factors**
 - D. As a series of stages that involve conflict resolution**

- 6. What is the role of play in child development?**
- A. It enhances mathematical skills.**
 - B. It reduces anxiety only.**
 - C. It enhances social, emotional, and cognitive skills.**
 - D. It solely improves physical fitness.**
- 7. Why is screening for mental health concerns during adolescence important?**
- A. To encourage academic achievement**
 - B. To identify and address potential mental health issues early**
 - C. To determine social skills**
 - D. To focus on physical health exclusively**
- 8. Which behavior is expected during toddlerhood related to negativism and ritualism?**
- A. Frequent requests for snacks**
 - B. Attachment to specific toys or blankets**
 - C. Refusal to try new foods**
 - D. Preference for repetitive play activities**
- 9. Which stage is included in the first level of Kohlberg's moral development?**
- A. Instrumental relativist orientation**
 - B. Good boy nice girl orientation**
 - C. Society maintaining orientation**
 - D. Universal ethical principle**
- 10. What developmental milestone is typically expected by the age of 2?**
- A. Ability to walk independently**
 - B. Use of two-word phrases**
 - C. Development of fine motor skills**
 - D. Understanding of basic commands**

Answers

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

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Explanations

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1. Which of the following behaviors indicates a preschool child is ready to socialize with peers?

- A. Sharing toys regularly**
- B. Playing alone consistently**
- C. Seeking adult approval**
- D. Avoiding eye contact**

Sharing toys regularly is a significant indicator that a preschool child is ready to socialize with peers. At this stage of development, children begin to understand the concept of cooperative play, which includes sharing and taking turns. By sharing toys, the child demonstrates an ability to engage with others, show consideration for their friends, and participate in group activities. This behavior reflects an emotional and social readiness to interact and build relationships with peers, which is crucial for their social development. In contrast, playing alone consistently indicates a tendency toward solitary play, which may suggest that the child is not yet comfortable or interested in engaging with peers. Seeking adult approval, while a common behavior in young children, primarily reflects a desire for validation from caregivers rather than a readiness to socialize. Avoiding eye contact can be a sign of shyness or social anxiety, which may hinder the development of social skills needed for peer interactions. Thus, sharing toys is a clear, positive sign of a child's readiness to socialize and engage with others in a meaningful way.

2. Which of the following is a common risk factor for developing chronic diseases in adulthood?

- A. Engaging in regular physical activity**
- B. Mild stress management**
- C. Unhealthy eating habits**
- D. Positive social interactions**

Unhealthy eating habits are a significant risk factor for developing chronic diseases in adulthood because poor nutrition can lead to a variety of health issues. Diets high in processed foods, sugars, and unhealthy fats contribute to obesity, diabetes, heart disease, and other conditions. These unhealthy dietary patterns often lack essential nutrients, which are crucial for maintaining overall health, and can lead to long-term health consequences. In contrast, engaging in regular physical activity helps to maintain a healthy weight, strengthens the heart, and improves overall well-being, while mild stress management techniques are beneficial in reducing the risk of stress-related health problems. Positive social interactions have also been shown to promote mental and physical health, as they can help reduce feelings of loneliness and depression, which are linked to chronic disease development. All these other options contribute positively to health and reduce the risk factors for chronic diseases.

3. Which finding in a 12-month-old infant should a nurse report to the provider?

- A. Closed anterior fontanel**
- B. Eruption of 6 teeth**
- C. Birth weight has doubled**
- D. Birth length increased by 50%**

The correct choice is that the nurse should report to the provider when the birth weight has doubled. While it is expected for a baby to have weight gain as they grow, by 12 months, typically the birth weight will have tripled, not just doubled. Doubling the birth weight at this age might indicate potential issues such as inadequate nutrition or a growth disorder, and it warrants further investigation by the provider. On the other hand, the closure of the anterior fontanel is expected around this age; it usually closes between 9 to 18 months. The eruption of six teeth is also a normal finding for a 12-month-old, as babies often have several teeth by this age. Lastly, an increase in birth length by 50% is a typical growth milestone for infants and doesn't raise red flags for health concerns. Thus, only the finding of the birth weight doubling requires immediate concern and further evaluation.

4. What is the recommended approach to discipline in young children?

- A. Using punishment strategies**
- B. Ignoring bad behavior**
- C. Using positive reinforcement and setting clear boundaries**
- D. Shaming the child**

The recommended approach to discipline in young children focuses on using positive reinforcement and setting clear boundaries. This method emphasizes encouraging desirable behaviors rather than solely focusing on punishing undesirable ones. Positive reinforcement involves acknowledging and rewarding good behavior, which can foster a child's self-esteem and motivate them to continue behaving appropriately. Setting clear boundaries is crucial, as it helps children understand the expectations and limits within their environment. When children know what is acceptable and what isn't, they are better equipped to make choices and understand the consequences of their actions. This approach promotes a supportive learning environment and encourages children to develop self-discipline and problem-solving skills. Using punishment strategies or shaming the child can create fear or resentment and may lead to issues in the child's emotional development. Similarly, ignoring bad behavior can be counterproductive as it may allow negative behaviors to escalate or reinforce them, leading to a lack of understanding of acceptable conduct.

5. How does Erikson's theory view psychosocial development?

- A. Linear and sequential without overlap
- B. As a series of eight distinct and isolated stages
- C. As a combination of cognitive and emotional factors
- D. As a series of stages that involve conflict resolution**

Erikson's theory of psychosocial development is characterized as a series of stages that involve conflict resolution. Each of the eight stages represents a critical period in an individual's life where they must confront and resolve different psychosocial challenges, such as trust versus mistrust in infancy or identity versus role confusion during adolescence. Successfully navigating these conflicts helps individuals develop a healthy personality and a strong sense of self. This emphasis on conflict resolution highlights the dynamic nature of human development, where individuals build upon previous stages while addressing new challenges throughout their lifespan. In this context, the other perspectives would not capture the essential nature of Erikson's theory. For instance, viewing development as linear and sequential without overlap does not acknowledge how individuals may revisit or struggle with earlier stages as they encounter new life experiences. Similarly, the notion of distinct and isolated stages overlooks the interconnectedness of experiences and the potential for individuals to grapple with multiple psychosocial conflicts at once. Lastly, defining the theory merely as a combination of cognitive and emotional factors neglects the specific emphasis on social interactions and the influences of culture and society in shaping identity and development, which are central to Erikson's framework.

6. What is the role of play in child development?

- A. It enhances mathematical skills.
- B. It reduces anxiety only.
- C. It enhances social, emotional, and cognitive skills.**
- D. It solely improves physical fitness.

The role of play in child development is multifaceted, significantly enhancing social, emotional, and cognitive skills. Engaging in play allows children to explore their environment, engage with peers, and develop critical thinking and problem-solving abilities. Through various forms of play, children learn to express their emotions, understand social cues, and develop empathy as they interact with others. Play also fosters cognitive development as children manipulate objects, navigate challenges, and experiment with different scenarios. This experiential learning is crucial for brain development, helping children make connections and understand complex concepts. Additionally, through cooperative play, children learn negotiation, teamwork, and conflict resolution, which are vital social skills. The other choices focus on more narrow aspects of development. While play can contribute to enhanced mathematical skills, it is not its primary function. Similarly, reducing anxiety is a benefit of play but does not encompass its broader developmental roles. Lastly, physical fitness is an important component of play, but play goes beyond just the physical dimension, making the correct choice a comprehensive reflection of its overall impact on child growth.

7. Why is screening for mental health concerns during adolescence important?

- A. To encourage academic achievement**
- B. To identify and address potential mental health issues early**
- C. To determine social skills**
- D. To focus on physical health exclusively**

Screening for mental health concerns during adolescence is crucial because it allows for the early identification and intervention of potential mental health issues. Adolescence is a period of significant emotional, social, and psychological changes, making teenagers particularly vulnerable to various mental health disorders, such as depression and anxiety. Early detection through screening can facilitate timely support and treatment, which can lead to improved outcomes and resilience in young individuals. Addressing mental health at this stage is vital because untreated issues can significantly impact various aspects of life, including academic performance, relationships, and overall well-being. By identifying these concerns early, healthcare providers can connect adolescents to the necessary resources, such as counseling or therapy, and provide an environment that supports mental wellness, thereby encouraging a healthier transition into adulthood. This proactive approach not only benefits the individual but also contributes to overall public health by reducing the long-term societal impact of untreated mental health challenges.

8. Which behavior is expected during toddlerhood related to negativism and ritualism?

- A. Frequent requests for snacks**
- B. Attachment to specific toys or blankets**
- C. Refusal to try new foods**
- D. Preference for repetitive play activities**

During toddlerhood, a common behavior observed is negativism, which often manifests as a refusal to try new foods. This developmental stage is characterized by a child's burgeoning sense of independence and autonomy. As toddlers begin to assert their preferences and make choices, they may resist new experiences, including unfamiliar foods. This refusal can be a way of expressing control and preference, which is typical of this age group. Ritualism, on the other hand, refers to the adherence to routines and rituals in a child's daily activities. This helps toddlers feel secure and provides them with a sense of predictability in their environment. While attachment to specific toys or blankets and a preference for repetitive play activities are also behaviors associated with toddlerhood, they are more reflective of comfort-seeking and the natural inclination toward routine rather than outright negativism. Frequent requests for snacks, while common, do not encapsulate the defiance implied by negativism as prominently as refusing new foods does.

9. Which stage is included in the first level of Kohlberg's moral development?

- A. Instrumental relativist orientation**
- B. Good boy nice girl orientation**
- C. Society maintaining orientation**
- D. Universal ethical principle**

The correct answer corresponds to the stage known as "Good boy nice girl orientation," which is part of the conventional level of Kohlberg's moral development theory. This stage primarily emphasizes the importance of social approval and maintaining relationships through good behavior. Individuals at this stage make moral decisions based on societal expectations and the desire to be seen as a "good" person by others. In this stage, moral reasoning is largely influenced by how actions impact relationships with peers and the approval of authority figures. The focus is on the intention behind actions, where individuals strive to live up to the standards of family, friends, and society. It represents a significant step in moral development where interpersonal relationships become a central focus, highlighting the importance of trust, caring, and loyalty in moral reasoning. In contrast, the other stages listed involve different aspects of moral reasoning. The "Instrumental relativist orientation" emphasizes the pursuit of one's own interests and recognizing that others have their own interests as well, showing a more self-centered point of view. "Society maintaining orientation" involves understanding societal rules and laws, highlighting a sense of duty but still within a narrower framework than the next level. The "Universal ethical principle" stage represents a more advanced level of moral reasoning where moral principles transcend laws

10. What developmental milestone is typically expected by the age of 2?

- A. Ability to walk independently**
- B. Use of two-word phrases**
- C. Development of fine motor skills**
- D. Understanding of basic commands**

The ability to use two-word phrases is a significant developmental milestone that typically emerges around the age of 2. This marks a key point in language development, as children begin to combine words to convey more complex ideas and express their needs or desires. By this age, toddlers have often developed a basic vocabulary of around 50 words and can start to string them together, which demonstrates their growing understanding of grammar and sentence structure. While walking independently is generally achieved around the age of 1, it is quite common for children to refine their walking skills after that age. Fine motor skills, such as stacking blocks or scribbling, begin to develop during the second year but tend to be emerging skills rather than fully developed milestones. Understanding of basic commands also develops around this age, but the use of two-word phrases indicates a more advanced level of verbal communication that sets a foundation for future language skills. Thus, the expectation of using two-word phrases best aligns with the typical developmental progress seen in children at the age of 2.