

ICHWC National Board Practice Exam (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

- 1. What do positive interactions contribute to, according to the AI Simultaneity Principle?**
 - A. Enhanced problem identification**
 - B. Increased positive outcomes through discussion**
 - C. Negative experiences**
 - D. Reduced communication effectiveness**
- 2. Which symptom is commonly associated with hypoglycemia?**
 - A. Headaches**
 - B. Shakiness**
 - C. Blurred vision**
 - D. Chest pain**
- 3. What condition is characterized by a burst of arterial walls?**
 - A. Ischemic stroke**
 - B. Hemorrhagic stroke**
 - C. Transient Ischemic Attack**
 - D. Cerebral embolism**
- 4. What are the primary components involved in summarizing statements?**
 - A. Collecting, linking, and transitioning**
 - B. Identifying, analyzing, and presenting**
 - C. Describing, interpreting, and recommending**
 - D. Assessing, reflecting, and concluding**
- 5. What expression best describes the Maintenance phase of TTM?**
 - A. Continuing to deal with distress**
 - B. Planning future actions**
 - C. Successfully maintaining change**
 - D. Feeling a sense of demand**

- 6. What blood pressure range indicates pre-hypertension?**
- A. Less than 120/80**
 - B. 120-139/80-89**
 - C. 140/90 and above**
 - D. Under 140/80**
- 7. What is the most common symptom of Coronary Artery Disease (CAD)?**
- A. Dizziness**
 - B. Chest pain**
 - C. Angina**
 - D. Fatigue**
- 8. What is the most common mental illness affecting the adult population in the US?**
- A. Anxiety**
 - B. Schizophrenia**
 - C. Depression**
 - D. ADHD**
- 9. What is the recommended ratio of positive to negative emotions for optimal emotional health?**
- A. 2:1**
 - B. 3:1**
 - C. 5:1**
 - D. 1:1**
- 10. Questions in coaching typically lead to what kind of brain activation?**
- A. Right prefrontal cortex**
 - B. Left prefrontal cortex**
 - C. Limbic region**
 - D. Hippocampus**

Answers

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

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Explanations

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1. What do positive interactions contribute to, according to the AI Simultaneity Principle?

- A. Enhanced problem identification**
- B. Increased positive outcomes through discussion**
- C. Negative experiences**
- D. Reduced communication effectiveness**

Positive interactions are fundamental to fostering an environment that promotes increased positive outcomes through discussion. According to the AI Simultaneity Principle, every interaction has the potential to influence the collective understanding and frame of reference. When individuals engage in constructive conversations, they build trust, create a sense of connection, and enhance collaboration. This leads to improved relationships and a more open exchange of ideas. In the context of the principle, positive interactions serve to heighten the effectiveness of communication by emphasizing shared goals and values, which ultimately yields better outcomes for all parties involved. The process of discussion enhances problem-solving capacity, and individuals feel more empowered to express their thoughts and solutions. This aligns with the foundational aspects of the AI Simultaneity Principle, where the nature of the interaction is crucial to shaping future discussions and results. In contrast, the other options reflect negative or neutral impacts that do not align with the positive and constructive focus of the principle. Such options highlight adverse experiences or reduced effectiveness, which do not contribute to the overarching theme of fostering growth and positive change through effective communication.

2. Which symptom is commonly associated with hypoglycemia?

- A. Headaches**
- B. Shakiness**
- C. Blurred vision**
- D. Chest pain**

Shakiness is a commonly recognized symptom of hypoglycemia, which refers to abnormally low blood sugar levels. When blood sugar drops, the body responds by releasing adrenaline (epinephrine), which can lead to a feeling of shakiness or tremors. This physiological response is part of the body's attempt to raise blood sugar levels back to normal by mobilizing energy stores. Understanding this symptom is crucial, especially for individuals with diabetes or those who are at risk of hypoglycemia, as recognizing the signs can prompt timely intervention, such as consuming fast-acting carbohydrates to restore blood sugar levels. Other symptoms of hypoglycemia may include sweating, irritability, confusion, dizziness, and palpitations, but shakiness is one of the most immediate and noticeable signs.

3. What condition is characterized by a burst of arterial walls?

- A. Ischemic stroke**
- B. Hemorrhagic stroke**
- C. Transient Ischemic Attack**
- D. Cerebral embolism**

The condition characterized by a burst of arterial walls is hemorrhagic stroke. This occurs when a blood vessel in the brain ruptures, leading to bleeding in or around the brain. This type of stroke can be caused by factors such as high blood pressure, aneurysms, or arteriovenous malformations, which weaken the arterial walls over time. When these walls burst, it creates pressure and damage in the surrounding brain tissue, which can lead to serious neurological deficits or even death. In contrast, ischemic stroke results from a blockage in a blood vessel that restricts blood flow to the brain, leading to tissue damage due to lack of oxygen. Transient Ischemic Attack (TIA) is essentially a temporary interruption of blood flow that resolves without permanent damage, often considered a warning sign for future strokes. Cerebral embolism typically refers to a blockage that travels to the brain from another part of the body, which again does not involve the bursting of walls. Thus, hemorrhagic stroke distinctly represents the scenario of arterial rupture.

4. What are the primary components involved in summarizing statements?

- A. Collecting, linking, and transitioning**
- B. Identifying, analyzing, and presenting**
- C. Describing, interpreting, and recommending**
- D. Assessing, reflecting, and concluding**

Summarizing statements effectively involves several key components that allow for a coherent and clear articulation of the main ideas or points. The primary components, in this case, focus on collecting information, linking ideas, and transitioning between those ideas smoothly. Collecting refers to gathering relevant information or key points that need to be included in the summary. This foundational step ensures that the summary is built on pertinent details without unnecessary information. Linking involves connecting the collected ideas in a logical manner. This is crucial for maintaining a flow that makes it easy for the reader or listener to follow the progression of thoughts. Transitioning is the ability to move from one idea to the next seamlessly. Good transitions help to maintain coherence in the summary, ensuring that it reads or sounds as a unified narrative rather than a disjointed collection of thoughts. Together, these components are fundamental to crafting a summarization that is not only concise but also retains the essence and meaning of the original content. This understanding highlights the importance of organizing and presenting information effectively, which is central to the purpose of summarizing.

5. What expression best describes the Maintenance phase of TTM?

- A. Continuing to deal with distress**
- B. Planning future actions**
- C. Successfully maintaining change**
- D. Feeling a sense of demand**

The Maintenance phase of the Transtheoretical Model (TTM) is characterized by successfully maintaining change that has been achieved during earlier phases. This phase focuses on sustaining new behaviors over time and preventing relapse into old habits. Individuals in this stage have likely made the changes they aimed for and are actively working to integrate those changes into their daily lives. This phase does not primarily involve dealing with distress, planning future actions, or feeling overwhelmed by demands; instead, it emphasizes the stability and endurance of the behavioral changes that have already taken place. Individuals may continue to reinforce their commitment to these changes through various strategies, such as support systems, self-monitoring, or developing new habits that align with their goals. Thus, the essence of maintenance is about keeping up the momentum of positive change, which aligns perfectly with the understanding that this answer conveys.

6. What blood pressure range indicates pre-hypertension?

- A. Less than 120/80**
- B. 120-139/80-89**
- C. 140/90 and above**
- D. Under 140/80**

Pre-hypertension, as defined by the American Heart Association, is characterized by blood pressure readings that fall in a specific range. The correct answer indicates that pre-hypertension is when systolic blood pressure is between 120 and 139 mm Hg and diastolic blood pressure is between 80 and 89 mm Hg. This range signifies that the individual is at risk of developing hypertension, which necessitates monitoring and potentially adjusting lifestyle or medical interventions to prevent progression to higher blood pressure categories. The first choice reflects normal blood pressure, which is considered healthy and does not indicate any risk of hypertension. The third choice describes stage 1 hypertension, which is above the threshold for pre-hypertension. The fourth choice is misleading as "under 140/80" could suggest various readings, but it does not accurately define the pre-hypertension range. Hence, the correct designation for pre-hypertension aligns with the specific criteria established in medical guidelines.

7. What is the most common symptom of Coronary Artery Disease (CAD)?

- A. Dizziness**
- B. Chest pain**
- C. Angina**
- D. Fatigue**

The most common symptom of Coronary Artery Disease (CAD) is angina. Angina refers to the chest pain or discomfort that occurs when the heart muscle does not receive enough blood and oxygen, a condition often resulting from the narrowing or blockage of the coronary arteries. This symptom is a direct result of insufficient blood flow to the heart and can manifest as a sensation of pressure, squeezing, or aching in the chest, which may also radiate to the shoulders, neck, arms, back, teeth, or jaw. While chest pain is certainly a prevalent symptom of CAD, angina specifically describes the patterning and characteristics of that chest pain, distinguishing it from other types of discomfort one might experience. Dizziness and fatigue are also symptoms that can arise in various cardiovascular conditions but are not as strongly associated with CAD as angina is. Dizziness may occur due to other factors such as poor blood flow or arrhythmias, while fatigue is a more generalized symptom that can reflect various underlying health issues. Therefore, angina is recognized as the hallmark symptom of CAD, providing both a clinical and patient-centered term that encapsulates this vital experience of patients suffering from this condition.

8. What is the most common mental illness affecting the adult population in the US?

- A. Anxiety**
- B. Schizophrenia**
- C. Depression**
- D. ADHD**

The most common mental illness affecting the adult population in the US is indeed depression. This condition has a significant impact on many individuals, characterized by persistent feelings of sadness, loss of interest, and a decrease in functioning in daily life. Major depressive disorder can affect people's ability to work, interact socially, and maintain relationships, leading to a substantial burden on both individuals and society as a whole. Statistically, depression affects millions of adults annually, making it more prevalent than other mental health disorders listed. Whereas anxiety disorders also represent a significant portion of mental health issues, they generally encompass a wide range of conditions including generalized anxiety disorder, panic disorder, and social anxiety disorder, which, while common, do not surpass the prevalence of depression as a singular diagnosis. Schizophrenia, while serious, affects a smaller percentage of the population. ADHD, primarily considered in children and adolescents, tends to have a lesser focus on adult prevalence. Understanding the widespread nature of depression highlights the importance of mental health awareness and informed strategies for prevention, intervention, and support in populations most affected.

9. What is the recommended ratio of positive to negative emotions for optimal emotional health?

A. 2:1

B. 3:1

C. 5:1

D. 1:1

The recommended ratio of positive to negative emotions for optimal emotional health is 3:1. This concept is supported by research focused on emotional well-being, particularly by psychologist Barbara Fredrickson, who introduced the "Broaden-and-Build Theory." According to this theory, maintaining a higher ratio of positive emotions helps individuals expand their awareness and build social connections, resources, and resilience, which are crucial for overall mental and emotional health. Having three times as many positive emotions as negative ones allows individuals to buffer against stress, recover more effectively from difficulties, and cultivate greater overall life satisfaction. While experiencing negative emotions is a natural part of life and can serve important functions (like signaling needed changes or processing difficult experiences), a predominance of positive emotions is essential for flourishing mentally and emotionally.

10. Questions in coaching typically lead to what kind of brain activation?

A. Right prefrontal cortex

B. Left prefrontal cortex

C. Limbic region

D. Hippocampus

In coaching, questions are designed to stimulate thought, reflection, and insight, which predominantly engages the left prefrontal cortex. This area of the brain is crucial for higher cognitive functions, including analytical thinking, reasoning, and the ability to process language. When a coach poses questions, it encourages the coachee to activate this part of the brain, fostering problem-solving skills and decision-making. The left prefrontal cortex is associated with managing tasks that involve logical reasoning and the organization of thought, which is fundamental in coaching conversations. Through effective questioning, a coach can help clients articulate their goals and challenges, paving the way for deeper understanding and personal growth. This aspect of brain activation aligns well with the objectives of coaching, where the focus is often on developing clarity and a strategic mindset. In contrast, the other areas mentioned do not primarily engage during the inquiry process typical in coaching. The limbic region, for example, is more closely related to emotional responses and memory processing, whereas the hippocampus is involved in forming new memories rather than engaging in the types of reflective thought often prompted by coaching questions. Thus, the left prefrontal cortex is the most appropriate choice for understanding the cognitive activation that occurs during coaching sessions.

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://ichwcnatlboard.examzify.com>

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