

ICHWC NATIONAL BOARD PRACTICE EXAM (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. What does Seligman's PERMA model stand for?**
 - A. Perspective, Engagement, Resilience, Meaning, Achievement
 - B. Positive emotion, Engagement, Relationships, Meaning, Achievement
 - C. Passion, Enthusiasm, Relationships, Motivation, Accomplishment
 - D. Personal, Emotional, Reflective, Motivational, Aspirational
- 2. For optimal emotional health, what is an important emotional strategy?**
 - A. Balancing work-life
 - B. Maintaining the recommended ratio of positive to negative emotions
 - C. Engaging in regular physical activity
 - D. Building strong social networks
- 3. How is Very Low-Density Lipoprotein Cholesterol (VLDL-C) calculated?**
 - A. LDL-C + HDL-C
 - B. Triglycerides/5
 - C. Total Cholesterol - HDL-C
 - D. LDL-C + triglycerides
- 4. Which of the following is NOT a reason associated with the Precontemplation stage of TTM?**
 - A. Don't know how
 - B. Demoralized
 - C. Defensive
 - D. Demanding
- 5. Which of the following diseases is associated with chronic inflammation?**
 - A. Kidney disease
 - B. Heart disease
 - C. Liver disease
 - D. Lung disease
- 6. Which feeling is associated with Action in TTM?**
 - A. Defensiveness
 - B. Dread
 - C. Demanding
 - D. Distress

- 7. What does the TTM primarily avoid in its approach?**
- A. Puts pressure on clients to change
 - B. Encourages immediate change
 - C. Sets timeline for change
 - D. Promotes assessment of behavior
- 8. What leads to beneficial outcomes in conversations according to AI Constructionist Principle?**
- A. Negative feedback and criticism
 - B. Positive energy and emotional exchanges
 - C. Relying on past experiences
 - D. Keeping interactions minimal
- 9. What does a BMI of less than 18.5 signify?**
- A. Overweight
 - B. Normal weight
 - C. Underweight
 - D. Obese
- 10. What is the condition that affects a significant percentage of the adult population and is often undiagnosed?**
- A. Narcolepsy
 - B. Depression
 - C. Anxiety
 - D. ADHD

Answers

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

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Explanations

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1. What does Seligman's PERMA model stand for?

- A. Perspective, Engagement, Resilience, Meaning, Achievement
- B. Positive emotion, Engagement, Relationships, Meaning, Achievement**
- C. Passion, Enthusiasm, Relationships, Motivation, Accomplishment
- D. Personal, Emotional, Reflective, Motivational, Aspirational

The PERMA model, developed by psychologist Martin Seligman, identifies five key elements that contribute to overall well-being. The correct answer highlights these five components: Positive emotions, Engagement, Relationships, Meaning, and Achievement. Understanding each of these components is crucial for anyone interested in enhancing well-being or facilitating personal development. Positive emotions refer to the experience of joy, gratitude, and satisfaction that contribute to happiness. Engagement emphasizes being deeply involved in activities, often referred to as being in the 'flow' state, where one's skills are fully utilized. Relationships recognize the importance of social connections and community support in fostering well-being. Meaning relates to finding purpose and significance in life, which often enhances resilience and satisfaction. Lastly, Achievement focuses on the pursuit of goals and accomplishments that provide a sense of success and motivation. Other options include terms that are not part of Seligman's framework or rearrange the correct components in a way that does not align with the established PERMA model. Hence, the elements highlighted in the correct answer encapsulate Seligman's vision for creating a fulfilling life by focusing on these five positive psychology ingredients.

2. For optimal emotional health, what is an important emotional strategy?

- A. Balancing work-life
- B. Maintaining the recommended ratio of positive to negative emotions**
- C. Engaging in regular physical activity
- D. Building strong social networks

Maintaining the recommended ratio of positive to negative emotions is an important emotional strategy for optimal emotional health because this balance is crucial for reducing stress, enhancing resilience, and promoting overall well-being. Research suggests that experiencing a higher ratio of positive emotions helps individuals cope better with challenges, improves mood, and fosters a more optimistic outlook on life. Positive emotions can act as buffers against negative experiences, allow for greater emotional flexibility, and encourage adaptive coping mechanisms. This balance does not just involve minimizing negative emotions but actively cultivating positive moments that can enrich one's emotional landscape. By focusing on this ratio, individuals can enhance their emotional intelligence and overall mental health, leading to improved relationships and personal fulfillment. While balancing work-life, engaging in physical activity, and building strong social networks are also vital components of maintaining emotional health, the specific emphasis on the ratio of emotional experiences highlights the significance of emotional regulation and cultivation for personal well-being.

3. How is Very Low-Density Lipoprotein Cholesterol (VLDL-C) calculated?

- A. LDL-C + HDL-C
- B. Triglycerides/5**
- C. Total Cholesterol - HDL-C
- D. LDL-C + triglycerides

Very Low-Density Lipoprotein Cholesterol (VLDL-C) is calculated using triglyceride levels, and the formula specifically used is triglycerides divided by five. This relationship arises from the composition of lipoproteins, where VLDL carries triglycerides in the bloodstream. The reason for dividing by five is based on the fact that in a typical formulation, VLDL is estimated to contain approximately a fifth of the total triglyceride levels present. This calculation is particularly useful because direct measurement of VLDL-C in the laboratory can be complex and time-consuming; using triglycerides as a marker allows for a simplified and effective estimation of VLDL-C levels. Other options listed do not provide the correct method for calculating VLDL-C. For example, the sum of LDL-C and HDL-C or total cholesterol minus HDL-C would lead to inaccurate values, as these do not account for the unique role and composition of VLDL in relation to triglycerides. Therefore, the chosen method of dividing triglycerides by five is established as a standard practice in assessing VLDL-C levels in clinical settings.

4. Which of the following is NOT a reason associated with the Precontemplation stage of TTM?

- A. Don't know how
- B. Demoralized
- C. Defensive
- D. Demanding**

The Precontemplation stage of the Transtheoretical Model (TTM) is characterized by individuals who are not yet considering change in their behavior. They may be unaware of the consequences of their actions or feel that change is unnecessary at that moment. Those in this stage often exhibit certain traits, such as being defensive about the need for change, feeling demoralized about their situation, or not knowing how to initiate change. In this context, traits such as being defensive and feeling demoralized directly relate to the lack of readiness to change, as individuals may reject the idea that they need to make adjustments in their behavior. Additionally, uncertainty about how to proceed is common among those in this stage, which contributes to their reluctance to begin thinking about change. However, being demanding is not generally associated with the Precontemplation stage. Individuals in this stage tend to be passive or indifferent rather than assertive or insistent. They are often resistant to outside pressures or demands since they do not perceive a need for change. Therefore, the concept of being demanding stands apart from the characteristics typical of the Precontemplation stage, making it the correct answer to identify as NOT associated with it.

5. Which of the following diseases is associated with chronic inflammation?

- A. Kidney disease
- B. Heart disease**
- C. Liver disease
- D. Lung disease

Heart disease is closely linked to chronic inflammation, which plays a significant role in its development and progression. Chronic inflammation in the cardiovascular system can lead to the formation of plaques in the arteries, a condition known as atherosclerosis. This process involves the accumulation of inflammatory cells and substances in the arterial walls, which can narrow the arteries and disrupt blood flow. Over time, the ongoing inflammatory process may also contribute to thrombus formation, increasing the risk of heart attacks and other cardiovascular events. In contrast, while other diseases such as kidney, liver, and lung diseases may have inflammatory components, heart disease stands out for its well-established association with chronic inflammation as a driving factor. This makes understanding and addressing inflammation crucial in the prevention and treatment strategies for heart disease.

6. Which feeling is associated with Action in TTM?

- A. Defensiveness
- B. Dread**
- C. Demanding
- D. Distress

In the Transtheoretical Model (TTM), the "Action" stage is characterized by an individual's active engagement in new behaviors and making significant changes. The feeling associated with this stage is often linked to motivation and overcoming challenges, which can manifest as a sense of dread. This feeling may arise from the fear of potential setbacks, the struggle of sustaining new habits, or concerns about future consequences. During this stage, individuals may face uncertainties and pressures as they implement their plans, leading to feelings of anxiety about whether they can maintain this change successfully. Dread can also signify a strong awareness of the difficulties ahead, making it a relevant emotional state for someone in the Action stage as they navigate their journey toward maintaining long-term behavior change. Other options like defensiveness, demanding, or distress are typically not representative of the Action stage in TTM. Instead, they may reflect different emotional responses found either in earlier stages of change, such as precontemplation or contemplation, or may not directly correlate with positive aspects of taking action. Thus, the sense of dread accurately encapsulates a common emotional experience tied to the challenges faced during the Action phase.

7. What does the TTM primarily avoid in its approach?

- A. Puts pressure on clients to change
- B. Encourages immediate change
- C. Sets timeline for change
- D. Promotes assessment of behavior

The Transtheoretical Model (TTM), also known as the Stages of Change model, emphasizes a more gradual and supportive approach to behavior change rather than applying pressure on individuals. By focusing on the various stages that individuals go through—precontemplation, contemplation, preparation, action, and maintenance—the model encourages clients to progress at their own pace. This approach aligns with the understanding that behavior change is not a linear process and that individuals may move back and forth between stages. By avoiding pressure, the TTM fosters a healthier and more sustainable environment for change, as clients are more likely to feel supported and in control of their own journey. This leads to a stronger motivation to change, as they feel respected and understood rather than coerced, which helps to enhance self-efficacy and commitment to long-term behavior modification. In contrast, the other options reflect approaches that can be more rigid or demanding, which do not align with the TTM's foundational principles of flexibility and client-centered support.

8. What leads to beneficial outcomes in conversations according to AI Constructionist Principle?

- A. Negative feedback and criticism
- B. Positive energy and emotional exchanges
- C. Relying on past experiences
- D. Keeping interactions minimal

The AI Constructionist Principle emphasizes the importance of creating constructive dialogues that foster positive growth and development. Beneficial outcomes in conversations are largely driven by positive energy and emotional exchanges. This approach cultivates an atmosphere where individuals feel valued and empowered to share their thoughts and feelings, leading to deeper understanding and connection. Positive emotional exchanges can enhance collaboration, encourage open communication, and facilitate a supportive environment where creative ideas can flourish. When participants in a conversation engage with warmth and positivity, they are more likely to inspire each other and work together towards meaningful solutions. This is fundamental in various settings, including coaching relationships, where the aim is to empower clients and promote their personal development and well-being. Other options, such as negative feedback and criticism, typically lead to defensiveness and disengagement, whereas relying solely on past experiences can stifle innovation and limit the scope of a conversation. Keeping interactions minimal may hinder the depth of exploration and understanding needed for successful outcomes. Thus, fostering positive energy and emotional exchanges aligns best with the principles of constructive dialogue that lead to beneficial results.

9. What does a BMI of less than 18.5 signify?

- A. Overweight
- B. Normal weight
- C. Underweight**
- D. Obese

A Body Mass Index (BMI) of less than 18.5 signifies underweight status. BMI is a numerical value derived from an individual's weight and height, which is used to categorize individuals into different weight status categories. When a person's BMI falls below 18.5, it indicates that they have a lower body weight relative to their height than what is considered healthy. This measurement is important as being underweight can be associated with various health risks, including nutrient deficiencies, weakened immune function, and other medical conditions that might arise from inadequate body mass. Understanding BMI and its implications can help healthcare professionals and individuals address potential health concerns related to body weight.

10. What is the condition that affects a significant percentage of the adult population and is often undiagnosed?

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

Depression is a mental health condition that affects a substantial portion of the adult population, with estimates suggesting that it impacts millions of individuals worldwide. One of the defining features of depression is that it can often go undiagnosed. Many adults may experience symptoms such as persistent sadness, loss of interest in activities, or changes in appetite and sleep patterns, yet they may not seek help due to stigma, lack of awareness, or the normalization of their feelings as part of aging or stressful life circumstances. Given that the symptoms can be insidious and vary widely from person to person, individuals might not recognize what they're experiencing as a mental health issue. This can lead to prolonged suffering and a decreased quality of life. Additionally, certain populations may be less likely to report their symptoms or have limited access to mental health resources, further contributing to the likelihood of undiagnosed depression. While other conditions such as anxiety, ADHD, and narcolepsy also affect many people and can be underdiagnosed, the prevalence and complexity of depression, combined with its diverse presentation, make it particularly noteworthy in discussions about mental health diagnoses in adults.

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!

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