

NCLEX HIV/AIDS 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. Martha is stressed from an overwhelming workload after her charge nurse quit. She decides to apply for another position within the hospital. Which coping approach is she using?**
 - A. Assigning the stressor**
 - B. Avoiding the stressor**
 - C. Altering the stressor**
 - D. Adapting to the stressor**

- 2. Which statement about stressors is accurate?**
 - A. Stressors impact each person the same way**
 - B. Stressors change across the life span**
 - C. Stressors always impact physiological health**
 - D. Stressors are measurable for each person**

- 3. Which option is the least effective coping strategy for someone facing cancer treatment?**
 - A. Go away for a few days to forget about the situation.**
 - B. Seek information about the cancer and treatment options.**
 - C. Talk to family and friends about negative feelings.**
 - D. Wait to see what the oncologist recommends for treatment.**

- 4. Which option would most likely be included as a health promotion for someone with high stress and frequent travel?**
 - A. Exercise**
 - B. Sleep**
 - C. Nutrition**
 - D. Time Management**

- 5. Which practice is listed as a stress management technique that involves recording thoughts and feelings?**
 - A. Exercise**
 - B. Journal writing**
 - C. Massage**
 - D. Meditation**

- 6. A person cannot recall a traumatic event but continues daily life with intact functioning.**
- A. Dissociation**
 - B. Denial**
 - C. Introjection**
 - D. Rationalization**
- 7. A student who did poorly on a test convinces themselves that exams are biased and thus unworthy of concern.**
- A. Denial**
 - B. Minimization**
 - C. Compensation**
 - D. Projection**
- 8. During GAS alarm stage, ACTH is released by which gland?**
- A. Anterior pituitary**
 - B. Hypothalamus**
 - C. Adrenal cortex**
 - D. Adrenal medulla**
- 9. Which coping behavior involves reaching out to others for support?**
- A. Avoiding the stressor**
 - B. Posting on social media**
 - C. Seeking a support group**
 - D. Isolating oneself**
- 10. What occurs during Exhaustion in GAS?**
- A. Energy is depleted, cannot adapt, and dies**
 - B. Hormone levels remain elevated**
 - C. Immune function improves**
 - D. The body returns to normal**

Answers

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

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Explanations

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1. Martha is stressed from an overwhelming workload after her charge nurse quit. She decides to apply for another position within the hospital. Which coping approach is she using?

A. Assigning the stressor

B. Avoiding the stressor

C. Altering the stressor

D. Adapting to the stressor

Coping by avoiding the stressor means removing yourself from the situation that's causing the stress rather than changing it. Martha's choice to apply for a different position within the hospital reduces her exposure to the overwhelming workload without trying to alter the workload itself in her current role, so this fits avoidance coping. If she had stayed and asked for more help or reorganized tasks to lessen the workload, that would be altering the stressor—a problem-focused approach. Adapting to the stressor would involve accepting the situation and finding ways to cope within it.

2. Which statement about stressors is accurate?

A. Stressors impact each person the same way

B. Stressors change across the life span

C. Stressors always impact physiological health

D. Stressors are measurable for each person

Stressors change across the life span. As people move through different stages—childhood, adolescence, adulthood, aging—the demands they face, the sources of stress, and the resources available to cope with them shift. What feels stressful at one age may not at another, and life events can carry different significance depending on where you are in development. People also vary in how they perceive and respond to stress, so a single event isn't universally stressful for everyone and doesn't always translate to physiological illness. Perception, context, and coping resources all influence how stressors impact a person, reinforcing that their nature and effect evolve over time.

3. Which option is the least effective coping strategy for someone facing cancer treatment?

- A. Go away for a few days to forget about the situation.**
- B. Seek information about the cancer and treatment options.**
- C. Talk to family and friends about negative feelings.**
- D. Wait to see what the oncologist recommends for treatment.**

Facing cancer treatment is best supported by coping strategies that address emotions, build knowledge, and involve a support network. Going away for a few days to forget about the situation is a form of avoidance coping. It may offer brief relief, but it doesn't help with processing feelings, understanding the disease, or making informed treatment decisions, and it can leave worries to pile up when the break ends. In contrast, seeking information about the cancer and treatment options helps reduce uncertainty and gives a sense of control, aiding informed choices and adherence to care. Talking with family and friends about negative feelings provides emotional support, validation, and practical help, which buffer stress and strengthen resilience. Waiting to see what the oncologist recommends is a reasonable step that follows medical guidance and helps ensure decisions are based on professional evaluation. Therefore, the least effective approach is the option that tries to momentarily forget the situation rather than engage with information, support, and medical planning.

4. Which option would most likely be included as a health promotion for someone with high stress and frequent travel?

- A. Exercise**
- B. Sleep**
- C. Nutrition**
- D. Time Management**

Prioritizing sleep is essential for someone under high stress and frequent travel. Adequate sleep restores energy, supports alertness and decision-making, and strengthens immune function—crucial when stress is high and travel disrupts routines. Sleep also helps regulate mood and stress hormones, reducing irritability and fatigue. Travel often throws off the circadian rhythm, so promoting consistent sleep-wake times and good sleep hygiene helps the body adapt and minimizes jet lag. While exercise, nutrition, and time management are valuable for overall health and stress reduction, sleep directly addresses restoration and recovery that are most immediately affected by both stress and travel.

5. Which practice is listed as a stress management technique that involves recording thoughts and feelings?

- A. Exercise**
- B. Journal writing**
- C. Massage**
- D. Meditation**

Recording thoughts and feelings in writing is journaling, a stress management technique that helps you process emotions and reduce rumination. Putting thoughts on paper externalizes internal experiences, which can soften the emotional intensity of stress and reveal patterns over time. When you journal, you describe what happened, how it made you feel, and what you did to cope, creating a record you can review to identify triggers, effective coping strategies, and personal progress. In HIV/AIDS care, managing stress is important because chronic illness, stigma, and adherence challenges can heighten anxiety and affect well-being; journaling provides a private outlet to express concerns and monitor mood, sleep, and energy, supporting coping and adherence. The other options involve physical activity, hands-on therapy, or mindfulness that doesn't require recording thoughts; exercise improves physical health and mood, massage reduces muscle tension, and meditation focuses attention and breath to calm the mind. Since recording thoughts and feelings is the defining aspect of journaling, it fits the described stress management technique best.

6. A person cannot recall a traumatic event but continues daily life with intact functioning.

- A. Dissociation**
- B. Denial**
- C. Introjection**
- D. Rationalization**

Dissociation is a defense mechanism in which painful memories or feelings are separated from conscious awareness, allowing the person to function in daily life while the traumatic event remains inaccessible. In this scenario, the person continues to function normally but cannot recall the traumatic event, which fits dissociation because memory retrieval is disrupted and awareness is compartmentalized rather than openly denied or rationalized. Denial would involve refusing to accept the reality of the event, not a failure to recall it. Introjection involves internalizing others' attributes or voices, not a gap in memory. Rationalization is creating logical reasons to justify the event, not an amnesia-like separation from memory.

7. A student who did poorly on a test convinces themselves that exams are biased and thus unworthy of concern.

A. Denial

B. Minimization

C. Compensation

D. Projection

Minimization is a defense mechanism where a person downplays the significance of a troubling event to reduce anxiety or avoid action. In this scenario, the student acknowledges a poor test result but reframes it by blaming external bias, making the outcome seem less important and not worth addressing. That shifting of focus from personal accountability to an external excuse fits minimization because the perceived threat or need to change is minimized rather than denied outright. It's different from denial, which would involve refusing to accept that the test happened or that there's any issue at all; here there's acknowledgment of the event but a downplaying of its importance. It's also not about projecting feelings onto others or compensating in another area, but about easing distress by deeming the situation less consequential.

8. During GAS alarm stage, ACTH is released by which gland?

A. Anterior pituitary

B. Hypothalamus

C. Adrenal cortex

D. Adrenal medulla

The gland releasing ACTH during the alarm stage is the anterior pituitary. In the stress response, the hypothalamus first releases corticotropin-releasing hormone (CRH), which stimulates the anterior pituitary to secrete ACTH. ACTH then travels to the adrenal cortex, triggering the production of cortisol to help mobilize energy and support the stress response. The adrenal medulla releases catecholamines, and the hypothalamus releases CRH, not ACTH, so those aren't the source of ACTH.

9. Which coping behavior involves reaching out to others for support?

A. Avoiding the stressor

B. Posting on social media

C. Seeking a support group

D. Isolating oneself

Seeking a support group provides direct, structured connection with others who understand what you're going through. In a group, members share experiences, normalize feelings, and exchange practical coping strategies for managing HIV/AIDS, treatment adherence, stigma, and daily life. This collective support builds emotional resilience, reduces isolation, and offers accountability and encouragement, which helps you feel less alone and more able to cope with challenges. Avoiding the stressor is avoidance and doesn't address the issue or provide support. Isolating oneself similarly cuts off social contact and increases distress. Posting on social media can offer some connection, but it's often less reliable for ongoing, in-depth support and may raise privacy concerns. Overall, a formal support group best embodies reaching out to others for sustained support.

10. What occurs during Exhaustion in GAS?

A. Energy is depleted, cannot adapt, and dies

B. Hormone levels remain elevated

C. Immune function improves

D. The body returns to normal

During Exhaustion, the body's resources have been depleted by prolonged stress, and its ability to continue adapting is lost. The energy stores, hormonal regulation, and immune defenses that were mobilized in earlier stages become exhausted, making the organism highly vulnerable to illness and organ failure. If the stress persists, the body's compensatory mechanisms shut down, leading toward collapse and, in severe cases, death. That's why the description of energy being depleted, the capacity to adapt being lost, and death resulting best captures what happens in this stage. In contrast, staying in a state of prolonged high hormones isn't sustainable and isn't the defining feature of exhaustion; immune function generally becomes suppressed rather than improved; and the body does not spontaneously return to normal during exhaustion without recovery.

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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://nclexhivaidsexamzify.com>

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

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