

NCO STRESS AND COPING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 aspect of a client's behavior should prompt further assessment when they joke about their health?**
 - A. Inconsistency in their humor.
 - B. Frequent laughter in serious situations.
 - C. Use of humor to deflect emotions.
 - D. Overall lack of seriousness toward treatment.
- 2. Which type of stress is primarily associated with combat experiences?**
 - A. Acute stress
 - B. Chronic stress
 - C. Operational stress
 - D. Emotional stress
- 3. Which coping mechanism involves reframing thoughts to view stressors as challenges?**
 - A. Denial
 - B. Cognitive restructuring
 - C. Displacement
 - D. Suppression
- 4. What is the goal of critical incident stress debriefing (CISD) after a disaster?**
 - A. Evaluate the outcomes of the care provided.
 - B. Prevent post-traumatic stress disorder (PTSD).
 - C. Ensure all documentation has been completed.
 - D. Determine if role assignments need to be adjusted.
- 5. What is the correct order of phases a client experiences with changes in body image?**
 - A. Shock, Withdrawal, Rehabilitation, Acknowledgement, Acceptance
 - B. Shock, Acknowledgement, Acceptance, Rehabilitation, Withdrawal
 - C. Withdrawal, Shock, Acknowledgement, Acceptance, Rehabilitation
 - D. Acknowledgement, Shock, Withdrawal, Acceptance, Rehabilitation

- 6. How can connection with personal values aid in stress coping mechanisms?**
- A. It distracts soldiers from their problems
 - B. It creates a clearer path for ignoring their feelings
 - C. It provides motivation and a sense of purpose during difficult times
 - D. It leads to increased pressure to perform
- 7. When visiting a disabled 13-year-old client with a 6-month-old infant sister, what should the nurse prioritize?**
- A. Advise the parent that the infant will be delayed developmentally if not stimulated.
 - B. Ask the disabled client to spend more time playing with the sister.
 - C. Encourage purchasing toys appropriate for the infant's age level.
 - D. Determine if someone can help with chores and the infant's care.
- 8. Which nursing behavior is essential for establishing rapport with disaster survivors?**
- A. Evaluating.
 - B. Assessing.
 - C. Collaborating.
 - D. Active listening.
- 9. How can nutrition play a role in stress management?**
- A. It eliminates the need for physical activity
 - B. Proper nutrition supports physical health and mitigates mood swings
 - C. Nutritional supplements can replace therapy
 - D. It helps in building immediate resilience
- 10. What initial action should a nurse take for a nursing home resident with moderate Alzheimer's who exhibits acting-out behaviors?**
- A. Assess the client's level of consciousness
 - B. Identify the stressors that precipitate the client's behavior
 - C. Observe the client's performance of activities of daily living
 - D. Monitor the side effects associated with the client's medications

Answers

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

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Explanations

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1. What aspect of a client's behavior should prompt further assessment when they joke about their health?

- A. Inconsistency in their humor.
- B. Frequent laughter in serious situations.
- C. Use of humor to deflect emotions.**
- D. Overall lack of seriousness toward treatment.

Using humor to deflect emotions can often indicate that an individual is struggling to cope with their feelings regarding their health. This behavior may suggest that the person is avoiding deeper issues or anxiety related to their condition. When someone deflects their fears or concerns with jokes, it often serves as a coping mechanism to deal with stress or uncertainty in their lives. Further assessment is warranted because this may signal underlying emotions that need to be addressed. Understanding the context and the emotions being concealed can help healthcare providers support the client effectively and identify any additional psychological needs they may have. Recognizing humor as a tool for deflection allows for a more nuanced approach to care, ensuring that emotional support is integrated into treatment. In contrast, other options may not necessarily indicate the same level of emotional avoidance or need for deeper exploration. For instance, inconsistent humor or laughing during serious situations could simply reflect personality traits or social coping skills rather than a need for further assessment. A lack of seriousness toward treatment might suggest disregard for health, but it doesn't specifically highlight emotionally charged deflection as a concern.

2. Which type of stress is primarily associated with combat experiences?

- A. Acute stress
- B. Chronic stress
- C. Operational stress**
- D. Emotional stress

The type of stress primarily associated with combat experiences is operational stress. This form of stress arises specifically from the demands and pressures associated with military operations and combat situations. It encompasses the immediate and often intense reactions that soldiers may experience while in combat, including anxiety, fear, and acute stress responses. Operational stress is important to recognize because it can lead to various psychological responses, such as combat stress reactions, which might require mental health intervention. Unlike acute stress, which can be a short-term reaction to a specific event, or chronic stress, which develops from ongoing pressures over time, operational stress specifically pertains to the unique context of military missions and combat conditions. Thus, operational stress captures the intricacies of the stress experienced by service members during active duty in combat scenarios, distinguishing it from other forms of stress that may not be linked directly to the rigors of military operations.

3. Which coping mechanism involves reframing thoughts to view stressors as challenges?

- A. Denial
- B. Cognitive restructuring**
- C. Displacement
- D. Suppression

Cognitive restructuring is a coping mechanism that involves changing the way one thinks about stressors, allowing individuals to perceive challenges in a more positive light. Instead of viewing stressors as debilitating obstacles, cognitive restructuring encourages individuals to see them as opportunities for growth or personal development. This shift in perspective can enhance resilience and help mitigate the adverse effects of stress. By actively redefining challenges, cognitive restructuring helps individuals develop a more adaptive and constructive approach to handling stress. This technique is often employed in cognitive-behavioral therapy and is effective in altering maladaptive thinking patterns that contribute to stress and anxiety. Such reframing is vital in promoting mental well-being and facilitating effective coping strategies.

4. What is the goal of critical incident stress debriefing (CISD) after a disaster?

- A. Evaluate the outcomes of the care provided.
- B. Prevent post-traumatic stress disorder (PTSD).**
- C. Ensure all documentation has been completed.
- D. Determine if role assignments need to be adjusted.

The primary goal of critical incident stress debriefing (CISD) following a disaster is to prevent post-traumatic stress disorder (PTSD) among individuals exposed to traumatic events. CISD is designed to provide immediate support to those affected by a crisis, allowing them to process their experiences in a structured environment. Through open discussion and sharing of feelings, individuals can begin to cope with the emotional and psychological aftermath of trauma. This approach aims to reduce the likelihood of long-term mental health issues, including PTSD, by addressing stress reactions promptly and providing coping strategies. This focus on prevention is essential in emergency and disaster response settings, where mental health support can have a significant impact on recovery. The other options, while relevant to overall disaster response, do not directly address the primary aim of CISD, which is to mitigate the psychological impact of the traumatic event on individuals.

5. What is the correct order of phases a client experiences with changes in body image?

- A. Shock, Withdrawal, Rehabilitation, Acknowledgement, Acceptance**
- B. Shock, Acknowledgement, Acceptance, Rehabilitation, Withdrawal
- C. Withdrawal, Shock, Acknowledgement, Acceptance, Rehabilitation
- D. Acknowledgement, Shock, Withdrawal, Acceptance, Rehabilitation

The correct order of phases a client experiences with changes in body image is best represented by the sequence identified in the chosen option: Shock, Withdrawal, Rehabilitation, Acknowledgement, Acceptance. This concept is based on the understanding of how individuals generally respond to significant changes in their body image or self-perception. Starting with shock, this phase represents the initial reaction where individuals may feel disbelief or denial regarding the change. Following this, the withdrawal phase reflects the tendency to retreat from social interactions or activities, as individuals may feel overwhelmed by their new reality. Next is the rehabilitation phase; this is when individuals begin to actively engage in the process of adapting to their new body image through various means such as therapy, support groups, or self-care practices. After working through rehabilitation, the acknowledgment phase occurs where clients start to recognize their feelings and experiences regarding the body image change more fully. Finally, the acceptance phase signifies the culmination of these experiences, where individuals attain a level of comfort and integration with their new body image, allowing them to move forward. The sequence properly emphasizes a progression from initial shock and withdrawal, through active engagement in rehabilitation and acknowledgment, culminating in acceptance, which is critical for coping effectively with body image changes.

6. How can connection with personal values aid in stress coping mechanisms?

- A. It distracts soldiers from their problems
- B. It creates a clearer path for ignoring their feelings
- C. It provides motivation and a sense of purpose during difficult times**
- D. It leads to increased pressure to perform

Connection with personal values plays a crucial role in enhancing stress coping mechanisms by providing individuals with motivation and a sense of purpose, particularly during challenging times. When soldiers align their actions and decisions with their core values, they often experience a greater sense of fulfillment and resilience. This alignment can help them navigate stressors by reinforcing their commitment to what truly matters to them, whether it be their duty, camaraderie, or personal integrity. During stressful situations, when challenges may seem overwhelming, having a clear understanding of personal values helps individuals stay focused on their goals and the reasons behind their actions. This strong internal compass can lead to improved decision-making and a greater ability to cope with adversity. In essence, when individuals are connected to their values, they can transform stressors into opportunities for personal growth rather than viewing them solely as obstacles. While other options may suggest alternative coping mechanisms, they do not address the deeper, intrinsic motivation and resilience that personal values provide. Ignoring feelings or distractions might offer temporary relief, but they do not foster the long-term coping skills and personal strength that arise from a solid connection to one's values.

7. When visiting a disabled 13-year-old client with a 6-month-old infant sister, what should the nurse prioritize?

- A. Advise the parent that the infant will be delayed developmentally if not stimulated.
- B. Ask the disabled client to spend more time playing with the sister.
- C. Encourage purchasing toys appropriate for the infant's age level.
- D. Determine if someone can help with chores and the infant's care.**

Prioritizing the determination of whether someone can assist with chores and the infant's care is crucial in this scenario for several reasons. The caregiver for both the disabled 13-year-old and the infant is likely to be under significant stress due to the dual responsibilities of caring for a child with disabilities and an infant. By first addressing the potential need for additional support, the nurse can help alleviate some of this stress, ensuring that the caregiver has the necessary help to manage daily tasks and maintain a healthy environment for both children. This approach recognizes the caregiver's overall well-being as fundamental to the care of both the disabled child and the infant. The support can come from family, friends, or community resources, which will enable the caregiver to provide better care, avoid burnout, and foster a stable home environment for both children. Once the support system is in place, the nurse can then focus on other aspects such as developmental stimulation for the infant or the sibling's involvement in play, which are also important but secondary to ensuring that the immediate needs of the household are met.

8. Which nursing behavior is essential for establishing rapport with disaster survivors?

- A. Evaluating.
- B. Assessing.
- C. Collaborating.
- D. Active listening.**

Active listening is essential for establishing rapport with disaster survivors because it involves fully engaging with the individual, paying close attention to their verbal and non-verbal communication. This behavior demonstrates empathy and understanding, allowing survivors to feel heard and validated in their experiences, which is crucial in a disaster context where emotional and psychological support is needed. By actively listening, a nurse can build trust and create a safe space for survivors to express their feelings and concerns. This connection can facilitate better communication and can lead to more effective care as survivors feel more comfortable sharing their needs and preferences. In disaster situations, where individuals may be experiencing trauma and stress, the ability to listen actively and provide a supportive presence can significantly impact their recovery and coping processes. Other behaviors such as evaluating, assessing, or collaborating may be important in their own right, but they do not establish the same immediate emotional connection that active listening fosters.

9. How can nutrition play a role in stress management?

- A. It eliminates the need for physical activity
- B. Proper nutrition supports physical health and mitigates mood swings**
- C. Nutritional supplements can replace therapy
- D. It helps in building immediate resilience

Nutrition plays a significant role in stress management by supporting overall physical health and helping to stabilize mood. Adequate nutrition provides the body with essential vitamins, minerals, and macronutrients that are crucial for maintaining proper bodily functions, including the functioning of the brain. When individuals consume a balanced diet rich in nutrients, they are more likely to experience improved energy levels, stable blood sugar levels, and enhanced mental clarity, all of which can contribute to a more balanced mood. This balance is essential in managing stress effectively, as fluctuations in blood sugar or nutrient deficiencies can lead to irritability and mood swings. Proper nutrition can also support the body's stress response systems. For instance, omega-3 fatty acids, found in fish and nuts, are known to reduce inflammation and promote mental health, while antioxidants from fruits and vegetables can help protect the brain from oxidative stress. In summary, proper nutrition is foundational in fostering physical health, which in turn can lead to better emotional regulation and a more resilient response to stress. This makes it a vital component of an effective stress management strategy.

10. What initial action should a nurse take for a nursing home resident with moderate Alzheimer's who exhibits acting-out behaviors?

- A. Assess the client's level of consciousness
- B. Identify the stressors that precipitate the client's behavior**
- C. Observe the client's performance of activities of daily living
- D. Monitor the side effects associated with the client's medications

Identifying the stressors that precipitate the client's behavior is essential when working with a nursing home resident who has moderate Alzheimer's and exhibits acting-out behaviors. Understanding the underlying triggers allows healthcare providers to develop appropriate interventions that can help mitigate these challenging behaviors. For individuals with Alzheimer's, they may experience confusion, frustration, or discomfort due to environmental factors, changes in routine, physical health issues, or social interactions. By pinpointing specific stressors, such as loud noises, overcrowding, or even unmet physical needs, the nurse can tailor their approach to create a more calming and supportive environment. This proactive assessment fosters better communication and engagement with the resident, which can reduce episodes of acting out and improve their overall well-being. Other approaches, like assessing consciousness, observing daily living activities, or monitoring medication side effects, are certainly important in comprehensive care but do not directly address the immediate need to understand and respond to the causes of the acting-out behavior in this context.

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:

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

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