

Nursing Theories 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. Which of the following is NOT a type of transition according to transitions theory?**
 - A. Developmental**
 - B. Sociocultural**
 - C. Organizational**
 - D. Situational**

- 2. In Peplau's theory, which phase occurs first in the nurse-patient relationship?**
 - A. Working phase**
 - B. Termination phase**
 - C. Orientation phase**
 - D. Assessment phase**

- 3. What describes Peplau's view of nursing?**
 - A. A competitive process limited to medical interventions**
 - B. An administrative process devoid of personal interaction**
 - C. A therapeutic interpersonal process between nurse and patient**
 - D. A solitary, individual practice lacking collaboration**

- 4. What does "possessing embodied know-how" refer to in nursing expertise?**
 - A. A theoretical understanding of concepts**
 - B. A physical ability to perform tasks**
 - C. An intuition and instinctive grasp of situations**
 - D. A reliance on technological aids**

- 5. What is another name for the alarm stage in response to stress?**
 - A. Fear response**
 - B. Rest and digest**
 - C. Fight-or-flight**
 - D. Relaxation response**

- 6. Which of the following is NOT part of Nightingale's philosophy of nursing?**
- A. Giving advice**
 - B. Variety**
 - C. Darkness**
 - D. Petty management**
- 7. According to the Science of Unitary Human Beings, the concept of person is described as?**
- A. A structured, hierarchical organization of biological systems**
 - B. An irreducible, irreversible, pandimensional, negentropic energy field identified by pattern**
 - C. A complex of physical and emotional aspects**
 - D. A social and cultural being within a community**
- 8. What characterizes the environment according to Mercer's "Theory of Becoming a Mother"?**
- A. An isolated factor unrelated to the person**
 - B. A structured set of experiences not subject to change**
 - C. A setting where mutual accommodation between the person and environment occurs**
 - D. An external influence void of personal interaction**
- 9. What does the overall model of transition stress in Meleis' theory emphasize?**
- A. Only individual transitions**
 - B. Community impacts**
 - C. The roles of society in transitions**
 - D. All transitions are similar**
- 10. Which subsystem in Johnson's model specifically addresses how and when persons eat?**
- A. Ingestive subsystem**
 - B. Eliminative subsystem**
 - C. Dependent subsystem**
 - D. Achievement subsystem**

Answers

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

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Explanations

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1. Which of the following is NOT a type of transition according to transitions theory?

- A. Developmental**
- B. Sociocultural**
- C. Organizational**
- D. Situational**

Transitions theory, primarily attributed to nursing theorist Afaf Meleis, focuses on the process of change that individuals or groups undergo in response to different life events or transitions. The theory identifies several types of transitions that can impact a person's health and well-being, including developmental, situational, and organizational transitions. Developmental transitions refer to the changes that occur as a person ages or moves through different life stages. These might include milestones such as starting school, becoming a parent, or reaching retirement. Situational transitions pertain to specific life events or circumstances, such as the loss of a loved one or moving to a new city, that significantly affect an individual's life. Organizational transitions might involve shifts in roles due to changes in healthcare settings or structures that require adaptation from healthcare professionals or patients. Sociocultural transitions, however, are not specifically categorized under transitions theory. While they can be relevant to personal or group experiences, the primary categories identified in transitions theory focus on the other three types. Understanding the nuances of these transitions can help healthcare providers better support individuals navigating significant changes in their lives.

2. In Peplau's theory, which phase occurs first in the nurse-patient relationship?

- A. Working phase**
- B. Termination phase**
- C. Orientation phase**
- D. Assessment phase**

In Peplau's theory of interpersonal relations, the first phase that occurs in the nurse-patient relationship is the orientation phase. This phase is crucial because it establishes the foundation for the relationship and the subsequent interactions that occur during nursing care. During the orientation phase, both the nurse and the patient identify the patient's needs, problems, and goals. The nurse also helps the patient understand the nature of their situation, which encourages trust and open communication. This phase includes building rapport and understanding the patient's perspective, allowing for an initial assessment and a shared understanding of the issues at hand. By clarifying roles, setting goals, and engaging the patient in their care plan, the orientation phase paves the way for the working phase, where interventions take place. Recognizing this phase as the starting point is essential for successful nursing practice, as it ensures that both parties are aligned in the therapeutic relationship.

3. What describes Peplau's view of nursing?

- A. A competitive process limited to medical interventions
- B. An administrative process devoid of personal interaction
- C. A therapeutic interpersonal process between nurse and patient**
- D. A solitary, individual practice lacking collaboration

Peplau's view of nursing is succinctly exemplified as a therapeutic interpersonal process between the nurse and patient. This perspective emphasizes the essential role of communication and relationship-building in nursing practice. According to Peplau, the nurse-patient relationship is foundational to effective nursing care, highlighting how understanding the patient's needs and feelings can lead to better health outcomes. The focus is on collaboration; nurses act as facilitators and partners in the healing process, encouraging patient involvement in their own care. In this view, the nurse serves not only as a caregiver but also as a resource, educator, and advocate, fostering a supportive environment that promotes emotional and psychological well-being. This approach recognizes that health and illness are influenced by interpersonal dynamics, making the nurse-patient relationship central to the nursing process. Each interaction is seen as an opportunity for learning and growth, both for the patient and the nurse, reinforcing the importance of empathy, trust, and active listening in effective nursing care.

4. What does "possessing embodied know-how" refer to in nursing expertise?

- A. A theoretical understanding of concepts
- B. A physical ability to perform tasks
- C. An intuition and instinctive grasp of situations**
- D. A reliance on technological aids

"Possessing embodied know-how" in nursing expertise refers to an intuitive and instinctive grasp of situations that nurses encounter during their practice. This concept emphasizes that expertise is not simply about having theoretical knowledge or the ability to perform tasks mechanically; instead, it is about the integration of knowledge, experience, and the ability to respond effectively to dynamic and often unpredictable clinical situations. This embodied knowledge is developed through hands-on experience and allows nurses to react appropriately in various contexts. It involves recognizing subtle cues from patients, understanding body language, and possessing a deep familiarity with the clinical environment and its demands. Such an intuitive understanding enables nurses to make quick, informed decisions that are critical to patient care, often drawing from their own lived experiences in practice rather than relying solely on textbooks or guidelines. In contrast, just having a theoretical understanding of concepts might lead to knowledge without practical application. The ability to perform physical tasks may be necessary but does not encompass the deeper understanding required to manage complex patient scenarios. Reliance on technological aids can support clinical practice, but it does not replace the nuanced, human aspect of care that embodied know-how encapsulates. Hence, the correct answer illustrates the significance of instinctual and experiential knowledge in nursing expertise.

5. What is another name for the alarm stage in response to stress?

- A. Fear response**
- B. Rest and digest**
- C. Fight-or-flight**
- D. Relaxation response**

The term "fight-or-flight" refers to the physiological response that occurs during the alarm stage of stress. This response is the body's immediate reaction to perceived threats, where it prepares to either confront the danger (fight) or flee from it (flight). This stage involves the activation of the sympathetic nervous system, leading to the release of stress hormones like adrenaline and cortisol, which prepare the body for quick action. In this state, heart rate increases, respiratory rate accelerates, and energy is mobilized, all aimed at enhancing survival during stressful situations. Understanding this response is crucial in nursing, as it helps in recognizing patients' reactions to stress and managing their care accordingly. The other options represent different responses or states not directly associated with the initial alarm reaction to stress.

6. Which of the following is NOT part of Nightingale's philosophy of nursing?

- A. Giving advice**
- B. Variety**
- C. Darkness**
- D. Petty management**

Nightingale's philosophy of nursing emphasizes the importance of creating an optimal environment for healing, which includes factors such as cleanliness, proper ventilation, and adequate light. The focus of her theory is on improving patient care through environmental adjustments rather than addressing personal or social issues directly. The emphasis on "darkness" is not aligned with Nightingale's principles; she advocated for light as a critical component of patient care, associating it with health and healing. In contrast, giving advice, variety, and petty management fit within her historical context of nursing practices, as she encouraged holistic care, adaptability, and attention to the small details that contribute to overall well-being. Thus, focusing on light and the absence of darkness was central to her philosophy, making the choice of "darkness" the element that does not align with her nursing theories.

7. According to the Science of Unitary Human Beings, the concept of person is described as?
- A. A structured, hierarchical organization of biological systems
 - B. An irreducible, irreversible, pandimensional, negentropic energy field identified by pattern**
 - C. A complex of physical and emotional aspects
 - D. A social and cultural being within a community

The concept of person in the Science of Unitary Human Beings, as described by Martha Rogers, emphasizes the understanding of humans as whole entities characterized by energy fields. This perspective holds that individuals are not merely biological organisms or social constructs but are complex beings whose identity and existence resonate with the universe's energy. The term "irreducible" points to the indivisibility of the person into simpler biological or psychological components. "Irreversible" indicates that this dynamic and evolving nature cannot revert to previous states. "Pandimensional" refers to the non-linear dimensions of time and space in which individuals exist, suggesting that their experiences and interactions cannot be confined to a simplistic framework. Lastly, identifying a person by "pattern" highlights the unique configurations of energy that define each individual, emphasizing their distinct experiences, qualities, and interactions with the environment. This concept contrasts with views that focus solely on physical or social dimensions, making it foundational to understanding individuals within the context of nursing practice, which aims to promote health and well-being by recognizing the holistic and interconnected nature of human beings.

8. What characterizes the environment according to Mercer's "Theory of Becoming a Mother"?
- A. An isolated factor unrelated to the person
 - B. A structured set of experiences not subject to change
 - C. A setting where mutual accommodation between the person and environment occurs**
 - D. An external influence void of personal interaction

Mercer's "Theory of Becoming a Mother" emphasizes the dynamic relationship between a mother and her environment during the transition into motherhood. The correct answer highlights that the environment is a setting where mutual accommodation occurs between the mother and her surroundings. This reflects the interactive nature of the mother's experiences, suggesting that the environment plays an active role in her development and adaptation as she navigates the complexities of motherhood. This mutual accommodation process involves the mother's needs, perceptions, and interactions with those around her, including family, healthcare providers, and societal expectations. It recognizes that the environment is not a static entity but rather a fluid context that influences and is influenced by the mother's evolving identity and experiences throughout her journey. In contrast, the other options present views of the environment that lack this essential relational aspect. They suggest an isolated or rigid perspective that does not account for the interactions and adaptations that are crucial during this transformative phase. Understanding the environment as an interactive setting enriches the comprehension of maternal behaviors and the complexities involved in becoming a mother, which is central to Mercer's theory.

9. What does the overall model of transition stress in Meleis' theory emphasize?

- A. Only individual transitions**
- B. Community impacts**
- C. The roles of society in transitions**
- D. All transitions are similar**

Meleis' theory of transition emphasizes the roles of society in transitions, highlighting that transitions are not solely individual experiences but are significantly influenced by the broader social context. This perspective encourages understanding how societal factors, cultural norms, and community structures affect individuals navigating changes in their health or life situations. The model recognizes that transitions can be shaped by various external influences such as policies, family dynamics, and social support systems, making it crucial to consider these factors to fully understand and assist individuals during their transitions. This societal lens provides a comprehensive framework for nursing practice, guiding how nurses assess and support patients as they undergo transitions, ensuring they address both individual needs and the social determinants impacting those experiences. Considering the other options, focusing only on individual transitions overlooks the significant impact of societal context. Community impacts are part of the theory but do not encompass the entirety of societal roles. Lastly, suggesting that all transitions are similar fails to recognize the unique contextual and individual factors that shape each transition experience. Thus, the correct emphasis is on the roles of society in transitions, aligning with Meleis' comprehensive approach to understanding transition experiences.

10. Which subsystem in Johnson's model specifically addresses how and when persons eat?

- A. Ingestive subsystem**
- B. Eliminative subsystem**
- C. Dependent subsystem**
- D. Achievement subsystem**

The ingestive subsystem in Johnson's model focuses specifically on how and when individuals consume food. This subsystem emphasizes the behaviors and processes related to the intake of nutrients necessary for survival and health. It encompasses not just the act of eating but also the timing, preferences, and cultural factors that influence individuals' eating habits. The significance of this subsystem lies in its recognition that nutrition is vital to maintaining overall health and supporting the other subsystems within Johnson's nursing model. In contrast, the other subsystems—eliminative, dependent, and achievement—address different aspects of human functioning. The eliminative subsystem focuses on the processes involved in the expulsion of waste, while the dependent subsystem addresses individuals' needs for assistance and support from others. The achievement subsystem is concerned with personal goals and accomplishments. Each subsystem contributes to a holistic understanding of a person's health, but the ingestive subsystem is explicitly centered on the intake of food.

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://nursingtheories.examzify.com>

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

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