

NURSING THEORIES PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. According to Levine's Conservation Model, how is nursing best defined?**
 - A. As a therapeutic intervention only
 - B. As system management and administrative tasks
 - C. As human interaction aimed at promoting adaptation and maintaining wholeness
 - D. As the prescription of medication
- 2. According to Roy's adaptation model, what does the concept of environment encompass?**
 - A. A purely physical setting affecting human behavior
 - B. All conditions, circumstances, and influences surrounding and affecting the development and behavior of persons and groups
 - C. The emotional and psychological backdrop of health
 - D. Social networks and support systems
- 3. According to Barnard, which type of nursing interventions are used?**
 - A. Only restorative interventions
 - B. Only educative interventions
 - C. Therapeutic and financial interventions
 - D. Educative, therapeutic, and restorative interventions
- 4. What does King define health as within his framework?**
 - A. Maintaining a constant state of perfection
 - B. Continuous adjustment to environmental stressors
 - C. Simply the absence of illness
 - D. A static state of well-being
- 5. Which term describes a framework that connects ideas and observations?**
 - A. Model
 - B. Theory
 - C. Hypothesis
 - D. Construct

- 6. Which stage of Beck's coping process is pivotal for mothers to navigate their emotional responses in postpartum depression?**
- A. Emotional response
 - B. Regaining control
 - C. Acceptance
 - D. Denial
- 7. In Orlando's theory, how is health conceptualized?**
- A. Based on laboratory results
 - B. As feelings of adequacy and well-being from fulfilled needs
 - C. Simply the absence of illness
 - D. Only as a physical state
- 8. How is health viewed in Erickson, Tomlin, and Swain's model?**
- A. Absence of disease
 - B. State of mental health only
 - C. Physical, mental, and social well-being
 - D. Emotional health focus
- 9. What does the AACN synergy model describe as the environment?**
- A. A physical area where care takes place
 - B. A social environment with social definition and meaningfulness
 - C. An isolated space free of influences
 - D. A strictly clinical setting
- 10. Which of the following would be considered an external factor in the Neuman Systems Model?**
- A. Personal beliefs
 - B. Societal influences
 - C. Genetic predispositions
 - D. Nutrition and exercise habits

Answers

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

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Explanations

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1. According to Levine's Conservation Model, how is nursing best defined?

- A. As a therapeutic intervention only
- B. As system management and administrative tasks
- C. As human interaction aimed at promoting adaptation and maintaining wholeness**
- D. As the prescription of medication

Levine's Conservation Model defines nursing as a process of human interaction that aims to promote adaptation and maintain the wholeness of individuals. This perspective encompasses the understanding that nursing goes beyond just providing treatment or managing tasks; it recognizes the holistic nature of human beings and the need to support individuals in adapting to their health challenges while preserving their integrity. In this model, the focus is on the conservation of energy, structural integrity, personal integrity, and social integrity, all of which are essential for a person's overall health. Nursing, therefore, plays a crucial role in facilitating a patient's ability to adapt to changes in their health status and environment, ensuring that they remain as whole and balanced as possible during their healthcare journey. This definition emphasizes the relational and supportive aspects of nursing, highlighting the importance of understanding the individual as a complex system that interacts with their environment. The other options, while they may touch upon components of nursing practice, do not capture the comprehensive and holistic approach that Levine's model advocates for in nursing care.

2. According to Roy's adaptation model, what does the concept of environment encompass?

- A. A purely physical setting affecting human behavior
- B. All conditions, circumstances, and influences surrounding and affecting the development and behavior of persons and groups**
- C. The emotional and psychological backdrop of health
- D. Social networks and support systems

According to Roy's adaptation model, the concept of the environment encompasses all conditions, circumstances, and influences that surround and affect the development and behavior of individuals and groups. This view is comprehensive as it recognizes that the environment is not limited to just physical aspects, but also includes social, cultural, and situational factors that can influence a person's response and adaptation. Roy's model emphasizes that adaptation is a dynamic process influenced by the environment, where individuals actively engage with their surroundings in response to stressors. This broad understanding of the environment includes various elements that interact with an individual's physiology and psychology, shaping their behavior and responses. The focus on a wide range of influences demonstrates how environmental factors are intertwined with personal experiences, promoting a holistic understanding of health and adaptation in nursing practice.

3. According to Barnard, which type of nursing interventions are used?

- A. Only restorative interventions
- B. Only educative interventions
- C. Therapeutic and financial interventions
- D. Educative, therapeutic, and restorative interventions**

Barnard's approach emphasizes the holistic nature of nursing practice, which includes a variety of interventions that address the comprehensive needs of patients. The correct answer, which identifies educative, therapeutic, and restorative interventions, aligns well with the multifaceted role of nurses. Educative interventions are vital in providing patients with knowledge about their conditions, treatment options, and self-care strategies. This is essential for empowering patients to manage their health and make informed decisions. Therapeutic interventions focus on actions that promote healing and well-being, including medication administration, emotional support, and other hands-on care practices that directly impact patient health outcomes. Restorative interventions are particularly important in nursing because they aid in helping patients regain their previous level of health or maintain their functional capabilities. This can involve rehabilitation efforts and supportive measures tailored to individual patient needs. By incorporating all three types of interventions, nurses are equipped to deliver comprehensive care that not only treats illnesses but also supports patients in achieving overall health and wellness. This approach enhances the nurse-patient relationship and fosters a deeper understanding of patients' physical, emotional, and educational needs.

4. What does King define health as within his framework?

- A. Maintaining a constant state of perfection
- B. Continuous adjustment to environmental stressors**
- C. Simply the absence of illness
- D. A static state of well-being

Within King's framework, health is defined as continuous adjustment to environmental stressors. This perspective emphasizes the dynamic nature of health and how individuals interact with their environment to maintain well-being. It recognizes that health is not a fixed state but rather a continual process of adapting to varying challenges and stressors that one encounters throughout life. King's theory highlights the importance of understanding the relationship between individuals and their environment, which can affect health outcomes. By framing health as a process of adaptation, King's definition encourages both individuals and healthcare providers to focus on promoting resilience, coping strategies, and support systems that help people navigate their circumstances effectively. Thus, health becomes an active state that reflects the ability to respond to changes in one's surroundings, rather than simply a lack of disease or a static level of wellness.

5. Which term describes a framework that connects ideas and observations?

- A. Model
- B. Theory**
- C. Hypothesis
- D. Construct

The term that best describes a framework that connects ideas and observations is "theory." A theory is a systematic explanation of phenomena that is based on a set of principles and findings from numerous observations and experiments. It encompasses a broader range of concepts and provides a framework for understanding, predicting, and potentially controlling elements of the phenomena being studied. Theories integrate various models and constructs and articulate the relationships between them, which can help practitioners and researchers alike to navigate complex ideas. In nursing, theories serve to guide practice, enhance the understanding of patient care, and improve health outcomes. They provide a foundation from which further hypotheses can be developed and tested. While terms like "model," "hypothesis," and "construct" are also related to the scientific method and contributed to building knowledge, they do not encompass the comprehensive nature that a theory provides. A model simplifies and represents a phenomenon, a hypothesis is a specific, testable prediction, and a construct refers to an abstract concept used to represent specific variables within a theory. In contrast, a theory stands as a well-substantiated and interconnected framework of concepts that seeks to explain larger phenomena.

6. Which stage of Beck's coping process is pivotal for mothers to navigate their emotional responses in postpartum depression?

- A. Emotional response
- B. Regaining control**
- C. Acceptance
- D. Denial

In Beck's coping process, the stage of regaining control is critical for mothers dealing with postpartum depression. This stage involves recognizing one's feelings and experiences, acknowledging the impact of postpartum depression, and actively working towards managing those emotions and circumstances. By regaining control, mothers can begin to implement strategies that help them cope with their symptoms, seek support, and make decisions that positively impact their mental health and overall well-being. This stage emphasizes the shift from feeling overwhelmed by emotions to taking actionable steps that foster resilience, empowerment, and ultimately recovery. Successfully navigating this stage allows mothers to feel more equipped to handle the challenges of postpartum depression and enhances their capacity to care for themselves and their infants effectively.

7. In Orlando's theory, how is health conceptualized?

- A. Based on laboratory results
- B. As feelings of adequacy and well-being from fulfilled needs**
- C. Simply the absence of illness
- D. Only as a physical state

In Orlando's theory, health is conceptualized as feelings of adequacy and well-being arising from fulfilled needs. This perspective emphasizes the subjective experience of health, focusing on how individuals perceive their own well-being rather than solely relying on objective measures such as laboratory results or physical examinations. Orlando proposed that achieving a sense of adequacy in meeting one's needs is fundamental to health, and this can vary greatly from person to person. By prioritizing the individual's feelings and experiences, Orlando's theory highlights the importance of personal satisfaction and the psychological dimensions of health. It acknowledges that health is not merely defined by the absence of disease or a purely physical state, but rather by a holistic understanding of well-being that encompasses emotional, psychological, and social factors. This view is more aligned with the contemporary understanding of health, which regards it as a state of complete physical, mental, and social well-being.

8. How is health viewed in Erickson, Tomlin, and Swain's model?

- A. Absence of disease
- B. State of mental health only
- C. Physical, mental, and social well-being**
- D. Emotional health focus

In Erickson, Tomlin, and Swain's model, health is characterized as a comprehensive state that encompasses physical, mental, and social well-being. This holistic perspective recognizes that health is not merely the absence of illness or disease but rather a dynamic state of balance and harmony among various aspects of an individual's life. The focus on physical well-being acknowledges the importance of bodily health and functioning. Simultaneously, mental well-being emphasizes the significance of psychological processes and emotional resilience. Social well-being highlights the role of relationships and community engagement, asserting that a person's social environment significantly impacts their overall health. By viewing health through this multidimensional lens, the model encourages a more integrative approach to patient care and promotes the understanding that improving health outcomes requires attention to all these components. This perspective aligns with modern health paradigms that emphasize the interconnectivity of mind, body, and social context in achieving optimal health.

9. What does the AACN synergy model describe as the environment?

- A. A physical area where care takes place
- B. A social environment with social definition and meaningfulness**
- C. An isolated space free of influences
- D. A strictly clinical setting

The AACN synergy model describes the environment as a social environment that encompasses social definitions and meaningfulness. This perspective emphasizes that the environment is not just a physical space but is significantly shaped by interactions, relationships, and the shared experiences of those within it. The model recognizes the importance of the social context in which patient care occurs. It considers factors such as the emotional and psychological atmosphere that can impact patient outcomes and caregivers' ability to provide high-quality care. By framing the environment in this way, the synergy model highlights the dynamic interplay between patients, families, and healthcare providers, which is crucial for fostering a supportive and healing atmosphere. This holistic approach aligns with modern nursing practices that prioritize patient-centered care and the role of the environment in health and recovery.

10. Which of the following would be considered an external factor in the Neuman Systems Model?

- A. Personal beliefs
- B. Societal influences**
- C. Genetic predispositions
- D. Nutrition and exercise habits

In the context of the Neuman Systems Model, which emphasizes the importance of both internal and external factors affecting patient health and wellness, societal influences are classified as external factors. The model considers external factors as elements that originate from outside the individual, which can impact their health directly or indirectly. Societal influences encompass a range of factors, including cultural norms, community resources, economic conditions, and social policies that can affect health outcomes. These external elements can shape behavior, access to healthcare, and overall well-being, highlighting their significance in understanding health from a holistic perspective. Other options touch upon internal factors or personal attributes. Personal beliefs relate to an individual's internal understanding and cultural perspectives about health. Genetic predispositions refer to inherited traits that are intrinsic to the individual, thus falling under internal factors. Nutrition and exercise habits are behaviors that stem from individual choices and lifestyle, which are also primarily internal facets of a person's health. Hence, focusing on societal influences as an external factor aligns with the holistic approach of understanding health and wellness in the Neuman Systems Model.

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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