Nursing Theorists Practice Test (Sample)

Study Guide

BY EXAMZIFY

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

1. **Which of the following is not a component of Watson's carative factors?**

   A. Forming humanistic-altruistic value system

   B. Instilling faith-hope

   C. Cultivating sensitivity to self and others

   D. Strengthening flexible lines of defense

2. **"Nursing is therapeutic interpersonal process". This definition was stated by:**

   A. Hildegard Peplau

   B. Jean Watson

   C. Faye Glen Abdelah

   D. M. Rogers

3. **Which theory has used General Systems Theory as a framework for its development?**

   A. Florence Nightingale's Environment Theory

   B. Hildegard E. Peplau's Psychodynamic Nursing Theory

   C. Martha E. Rogers' Science of Unitary Beings

   D. Neuman's Model

4. **Who proposed the Self-Care Deficit Theory?**

   A. Virginia Henderson

   B. Betty Neuman

   C. Imogene King

   D. Dorothea Orem

5. **The Core, Care and Cure is a concept of which theorist?**

   A. Lydia E. Hall

   B. Joyce Travelbee

   C. Margaret Newman

   D. Katharine Kolcaba

6. Transcultural Model of Nursing was proposed by:

    A. Joyce Travelbee

    B. Rosemarie Rizzo Parse

    C. Madeleine Leininger

    D. Ida Jean Orlando

7. Peplau's theory is based on which nursing approach?

    A. Psychodynamic nursing

    B. Environmental determinism

    C. Biomedical model

    D. Technocratic practice

8. In Roger's model, Resonancy is described as

    A. Continuous change from longer to shorter wave patterns in human and environmental fields

    B. A single fixed pattern

    C. No change in patterns

    D. Return to initial state

9. Abdella defines health as

    A. Excludes illness

    B. Includes illness

    C. Focuses on environment

    D. All of the above

10. Goal Attainment Theory posits that the nurse and patient

    A. Mutually communicate, establish goals and act to attain them

    B. Nurse directs goals without patient input

    C. Patient remains passive

    D. Environment dictates goals

Answers

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

Explanations

1. **Which of the following is not a component of Watson's carative factors?**

   A. Forming humanistic-altruistic value system

   B. Instilling faith-hope

   C. Cultivating sensitivity to self and others

   D. Strengthening flexible lines of defense

Watson's carative factors (caritas processes) describe the caring behaviors and relational practices that nurses use to create a healing, human-centered environment. The items forming a humanistic-altruistic value system, instilling faith and hope, and cultivating sensitivity to self and others are core elements of these carative processes. They reflect the nurse's attitude, presence, and reflective use of self in caring for another person. The other elements—developing a trusting, caring relationship; promoting the expression of feelings; using creative use of self; promoting teaching-learning experiences; providing a protective and supportive environment; assisting with basic human needs; and allowing for spiritual self-expression—all align with the ongoing, holistic, and person-centered approach Watson emphasizes. Strengthening flexible lines of defense, however, belongs to Neuman's systems model, which emphasizes protective barriers against stress and how they can be adjusted. It is not a component of Watson's carative factors.

2. **"Nursing is therapeutic interpersonal process". This definition was stated by:**

   A. Hildegard Peplau

   B. Jean Watson

   C. Faye Glen Abdelah

   D. M. Rogers

Nursing as a therapeutic interpersonal process centers on the nurse–patient relationship as the vehicle for healing, with the nurse using communication and the therapeutic use of self to help patients meet health goals. This concept was developed by Hildegard Peplau, who framed nursing around the interpersonal connection between nurse and patient and described how this relationship can reduce anxiety, foster learning, and promote growth through distinct phases of interaction. Jean Watson emphasizes caring and a transpersonal relationship, Faye Glenn Abdellah focuses on solving patient problems through a set of nursing problems, and Rogers centers on the unitary human being and energy fields; among these, Peplau is the one who explicitly defined nursing as a therapeutic interpersonal process.

3. Which theory has used General Systems Theory as a framework for its development?

A. Florence Nightingale's Environment Theory

B. Hildegard E. Peplau's Psychodynamic Nursing Theory

C. Martha E. Rogers' Science of Unitary Beings

D. Neuman's Model

General Systems Theory provides a lens for seeing the person as an open system that continually exchanges energy, matter, and information with its environment. Neuman's Health Care Systems Model explicitly uses this framework, portraying the client as a holistic system with a normal line of defense and a flexible line of defense, surrounded by internal and external stressors. Nursing actions aim to strengthen boundaries and intervene to prevent or mitigate stressors, helping the system maintain stability and move back toward wellness. This systems-based perspective—focusing on interactions, boundaries, and how the environment affects the whole system—is the hallmark of Neuman's model. The other theories emphasize specific aspects like environment alone, interpersonal relationships, or energy fields, but they did not ground their development in General Systems Theory.

4. Who proposed the Self-Care Deficit Theory?

A. Virginia Henderson

B. Betty Neuman

C. Imogene King

D. Dorothea Orem

Self-care Deficit Theory centers on what a person can and cannot do for themselves and how nursing helps bridge that gap. The core idea is that individuals have a demand for self-care to maintain health, and when their self-care abilities fall short, a deficit exists that nursing must address. Self-care agency is the person's capacity to perform self-care; therapeutic self-care demand is the amount of self-care needed; and a nursing system describes how the nurse supports the patient to restore or support self-care. Dorothea Orem proposed this theory, emphasizing empowering patients to care for themselves and viewing nursing as deliberate assistance to meet those deficits. Other theorists approach nursing from different angles—for example, Henderson emphasizes basic human needs, Neuman focuses on system-level stressors and prevention, and King centers on goal attainment through interaction with the environment.

5. The Core, Care and Cure is a concept of which theorist?

A. Lydia E. Hall

B. Joyce Travelbee

C. Margaret Newman

D. Katharine Kolcaba

The idea being tested is who coined the Core, Care, and Cure framework. Lydia E. Hall proposed this model to clarify nursing's distinct focus: the core represents the patient as a whole person with dignity and identity; care embodies the nursing act of providing comfort, support, and a healing environment; and cure refers to the medical treatment of disease, typically led by physicians. This framework emphasizes that nursing centers on caring for the person, while cure deals with disease management. The other theorists listed are known for different contributions—Travelbee for the human-to-human relationship and meaning in suffering, Kolcaba for the Theory of Comfort, and Newman for Health as Expanding Consciousness—so Hall is the one who introduced the Core, Care, and Cure concept.

6. Transcultural Model of Nursing was proposed by:

A. Joyce Travelbee

B. Rosemarie Rizzo Parse

C. Madeleine Leininger

D. Ida Jean Orlando

Madeleine Leininger proposed the Transcultural Nursing Model. This approach centers on delivering care that is culturally congruent with a patient's beliefs, values, and practices. Leininger, a nurse and anthropologist, argued that culture shapes how people experience health and illness, so nurses must assess cultural factors and adapt care accordingly. Her Theory of Culture Care Diversity and Universality provides a framework for understanding cultural differences and commonalities and for designing care that respects diverse worldviews. This focus on culturally informed care is what makes her the correct answer. Other leading theorists offer different perspectives: Travelbee emphasized the caring relationship between nurse and patient; Parse developed the Theory of Human Becoming, focusing on meaning and lived experience; Orlando highlighted the nursing process through nurse–patient interactions.

7. Peplau's theory is based on which nursing approach?

A. Psychodynamic nursing

B. Environmental determinism

C. Biomedical model

D. Technocratic practice

Peplau's theory is based on a psychodynamic nursing approach, which centers on the therapeutic use of the nurse–patient relationship to promote growth and healing. It draws from psychoanalytic and interpersonal ideas about how people relate, feel, and behave within the context of a healing alliance. In Peplau's view, nursing is an interpersonal process that unfolds through stages of relationship work, helping patients explore feelings, cope with anxiety, and become more self-aware as they move through care. This approach matters because it shifts nursing from a task-focused role to one that actively engages with the patient's inner experiences and interactions. The nurse acts not just as a caregiver but as a participant in a dynamic relationship that shapes outcomes, employing skills like communication, listening, and therapeutic use of self. The other options don't fit Peplau's emphasis. Environmental determinism centers on external factors shaping behavior, which misses the core focus on interpersonal processes. The biomedical model is primarily disease-centered and physiological, not about relational dynamics. Technocratic practice stresses technical efficiency and procedures, whereas Peplau's theory foregrounds the healing power of interpersonal connection within nursing care.

8. In Roger's model, Resonancy is described as

A. Continuous change from longer to shorter wave patterns in human and environmental fields

B. A single fixed pattern

C. No change in patterns

D. Return to initial state

In Rogers' Science of Unitary Human Beings, resonancy refers to the energy-field pattern that emerges when human and environmental fields are in a harmonious, coherent relationship. This creates a stable, recognizable configuration—the pattern that remains as the primary expression of the interacting fields. Describing resonancy as a single fixed pattern captures that sense of a unified, enduring pattern rather than ongoing, unpredictable changes, cycles back to a previous state, or continuous drift. Energy fields are always dynamic, but resonance denotes the emergence of one coherent pattern that can be observed as the dominant form of the system at a given moment.

9. Abdella defines health as

A. Excludes illness

B. Includes illness

C. Focuses on environment

D. All of the above

Abdellah's definition of health is framed as a state in which illness is absent. In this view, a person is considered healthy when there is no disease or illness affecting their ability to function. This aligns with the idea that health is the condition that nursing aims to protect, maintain, and restore by addressing the universal nursing problems and supporting the person to remain free from illness. If health were defined as including illness, that would blur the distinction between healthy and ill, which isn't what this definition emphasizes. Focusing only on the environment misses the central point about disease absence as the marker of health in this context, and saying all of the above would be inconsistent since illness isn't included in the health state here.

10. Goal Attainment Theory posits that the nurse and patient

A. Mutually communicate, establish goals and act to attain them

B. Nurse directs goals without patient input

C. Patient remains passive

D. Environment dictates goals

Goal Attainment Theory centers on the collaborative, transactional relationship between nurse and patient. It holds that the nurse and patient engage in mutual communication, share perceptions and information, and together set goals that reflect the patient's values and desired outcomes. From there, they work as partners to implement actions and evaluate progress toward those goals. The nurse functions as a facilitator and collaborator, offering knowledge, negotiating options, and supporting the patient's active participation in decision-making. This stands in contrast to models where the nurse unilaterally directs goals or where the patient remains passive, and it recognizes that while the environment and broader social factors can influence the process, they do not alone determine the goals without the patient's input.

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://nursingtheorists.examzify.com

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