

# Nursing Theorists 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 theorist is associated with the 'Science of Unitary Beings'?**
  - A. Martha Rogers**
  - B. Dorothea Orem**
  - C. Florence Nightingale**
  - D. Imogene King**
  
- 2. Who proposed the Self-Care Deficit Theory in nursing?**
  - A. Virginia Henderson**
  - B. Betty Neuman**
  - C. Imogene King**
  - D. Dorothea Orem**
  
- 3. Dorothea Orem is best known for which theory?**
  - A. Self-care theory**
  - B. Nursing Process theory**
  - C. Interpersonal theory**
  - D. Goal Attainment theory**
  
- 4. A statement about caring environment: It accepts the person as he is and looks to what the person may become.**
  - A. True**
  - B. False**
  - C. Sometimes**
  - D. Only for certain patients**
  
- 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. Which option is not a Watson carative factor?**
  - A. Forming humanistic-altruistic value system**
  - B. Instilling faith-hope**
  - C. Cultivating sensitivity to self and others**
  - D. Strengthening flexible lines of defense**

- 7. Self-care agency refers to**
- A. The individual's ability to perform self-care activities**
  - B. The nurse's ability to perform self-care for the patient**
  - C. The family's ability to make decisions**
  - D. The environment's influence on self-care**
- 8. Dorothy Johnson is associated with which model?**
- A. System model**
  - B. Unitary Human beings**
  - C. Self-care theory**
  - D. Interpersonal theory**
- 9. Roy's Adaptation Model includes which of these as an adaptive mode?**
- A. Focal Stimuli**
  - B. Cognator Subsystem**
  - C. Adaptive Modes**
  - D. Flexible Line of Defense**
- 10. Which statement is related to Florence Nightingale's view of nursing?**
- A. Nursing is therapeutic interpersonal process.**
  - B. The role of nursing is to facilitate the body's reparative processes by manipulating the client's environment.**
  - C. Nursing is the science and practice that expands adaptive abilities and enhances person and environment transformation.**
  - D. Nursing care becomes necessary when client is unable to fulfill biological, psychological, developmental, or social needs.**

## Answers

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

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## **Explanations**

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**1. Which theorist is associated with the 'Science of Unitary Beings'?**

- A. Martha Rogers**
- B. Dorothea Orem**
- C. Florence Nightingale**
- D. Imogene King**

The concept tested is identifying who developed the Science of Unitary Beings. Martha Rogers is the theorist behind this view. She describes humans as irreducible energy fields in constant, mutual interaction with the environmental field. The unitary human being is a whole that cannot be reduced to parts, always dynamic and open to the universe. Nursing, in this framework, is the science and art of promoting harmony between the human and environmental energy fields to achieve the highest level of well-being. The focus is on pattern and process—recognizing how energy-field patterns unfold and guiding them toward greater stability and wholeness. Dorothea Orem centers on Self-Care Deficit Nursing Theory, which emphasizes patients' ability to perform self-care. Florence Nightingale is known for environmental theory, focusing on how cleanliness, ventilation, and nutrition influence health. Imogene King developed a theory of goal attainment, emphasizing the interaction between nurse and patient to achieve shared goals.

**2. Who proposed the Self-Care Deficit Theory in nursing?**

- A. Virginia Henderson**
- B. Betty Neuman**
- C. Imogene King**
- D. Dorothea Orem**

The main idea here is understanding when nursing is needed to help someone meet self-care needs. Dorothea Orem introduced the Self-Care Deficit Theory to explain how people perform activities to maintain their health, what enables or limits their ability to do so (self-care agency), and what happens when there is a gap between needed self-care and actual ability (self-care deficit). Nursing action, in her view, is designed to address that deficit through different systems: the nurse may do for the patient, partially do with the patient, or provide support and education so the patient can return to independent self-care. This framework helps nurses assess who needs help, what kind of help is appropriate, and how to empower patients to regain independence. The other theorists you might encounter—Virginia Henderson, Betty Neuman, and Imogene King—develop important but different perspectives, whereas Dorothea Orem specifically proposed the Self-Care Deficit Theory.

### 3. Dorothea Orem is best known for which theory?

- A. Self-care theory**
- B. Nursing Process theory**
- C. Interpersonal theory**
- D. Goal Attainment theory**

Dorothea Orem's work centers on the patient's ability to perform self-care and the nurse's role in supporting or compensating for those abilities. The Self-Care Deficit Nursing Theory explains that people have self-care agency and self-care requisites, and nursing becomes necessary when a deficit arises—when the patient cannot meet the required self-care demands. The nurse's task is to determine which level of assistance is needed and to design a nursing system (wholly compensatory, partly compensatory, or supportive-educative) to help the person achieve independence. This emphasis on promoting and restoring the patient's ability to care for themselves is what makes this theory most closely associated with Dorothea Orem. Other options reflect ideas from different theorists: Peplau's interpersonal relationships, King's focus on goal attainment and mutual action, and the nursing process as a framework rather than a single theory.

### 4. A statement about caring environment: It accepts the person as he is and looks to what the person may become.

- A. True**
- B. False**
- C. Sometimes**
- D. Only for certain patients**

This item centers on the idea that a truly caring environment supports growth by offering unconditional acceptance while focusing on a person's future potential. In Carl Rogers' humanistic approach, creating a climate of unconditional positive regard means valuing the person without judgment and responding with empathy and warmth. This kind of environment helps individuals feel safe to explore who they are and who they can become, which fosters self-worth, autonomy, and growth. In nursing, adopting this stance means accepting patients as they are and encouraging their development and choices, rather than applying conditions or focusing only on problems. That's why the statement is true: a caring environment looks beyond current limitations and supports the patient's potential. The other options imply conditional approval or limited applicability, which contradicts this growth-promoting, nonjudgmental stance.

**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. Which option is not a Watson carative factor?**

- 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 caring theory focuses on carative factors that shape the nurse-patient relationship and the caring process, such as forming a humanistic-altruistic value system, instilling faith and hope, and cultivating sensitivity to self and others. The concept of strengthening flexible lines of defense comes from Neuman's Systems Model, which uses lines of defense to describe protective boundaries around a person. This term is not part of Watson's carative factors. So the option describing strengthening flexible lines of defense is the one that does not fit Watson's carative factors, while the other options align with Watson's emphasis on values, hopeful outlook, and interpersonal caring.

**7. Self-care agency refers to**

- A. The individual's ability to perform self-care activities**
- B. The nurse's ability to perform self-care for the patient**
- C. The family's ability to make decisions**
- D. The environment's influence on self-care**

Self-care agency is the individual's capacity to identify self-care needs and perform the actions required to meet them. In nursing theory, this power comes from a person's knowledge, skills, motivation, and ability to learn, enabling them to manage health and maintain well-being. Therefore, describing the person's ability to perform self-care activities best captures this concept. The nurse's role is to support or teach to enhance this agency, while decisions made by the family or the influence of the environment are separate factors that can enable or hinder self-care but do not define the person's own capacity to perform it.

**8. Dorothy Johnson is associated with which model?**

- A. System model**
- B. Unitary Human beings**
- C. Self-care theory**
- D. Interpersonal theory**

Dorothy Johnson is associated with a system-oriented approach to nursing known as the Behavioral System Model. This view treats the patient as a behavioral system made up of interacting subsystems that work together to maintain balance and stability. Health is seen as the ability of that behavioral system to stay in equilibrium in the face of internal and external stimuli. The nurse's role is to assess how stimuli from the environment affect the system and to intervene in ways that protect or restore balance, guiding the environment or care to support orderly behavior. This emphasis on the patient as a system with interconnected parts is what distinguishes Johnson's model from the other theories listed, which center on unitary beings, self-care, or interpersonal processes.

**9. Roy's Adaptation Model includes which of these as an adaptive mode?**

- A. Focal Stimuli**
- B. Cognator Subsystem**
- C. Adaptive Modes**
- D. Flexible Line of Defense**

Roy's model centers on four domains where people adapt, called adaptive modes. These modes—physiologic-physical, self-concept-identity, role function, and interdependence—represent the areas in which the person can adjust in response to stimuli. The question is asking for which term denotes these categories, and the label Adaptive Modes exactly names them, making it the best choice. The other terms refer to components of the model but not to the adaptive modes themselves: Focal Stimuli are the immediate cues triggering a response, the Cognator Subsystem is one of the internal processing subsystems that mediate perception and emotion, and the Flexible Line of Defense is a boundary that can shift to protect the system from stress. Recognizing that the adaptive modes are the four domains of adaptation clarifies how Roy conceptualizes the nurse's assessment and intervention priorities.

**10. Which statement is related to Florence Nightingale's view of nursing?**

- A. Nursing is therapeutic interpersonal process.**
- B. The role of nursing is to facilitate the body's reparative processes by manipulating the client's environment.**
- C. Nursing is the science and practice that expands adaptive abilities and enhances person and environment transformation.**
- D. Nursing care becomes necessary when client is unable to fulfill biological, psychological, developmental, or social needs.**

Nightingale viewed nursing as shaping the patient's surroundings to support the body's natural ability to heal. Her focus was on creating favorable environmental conditions—cleanliness, ventilation, fresh air, proper nutrition, warmth, quiet, and sanitation—to facilitate the body's reparative processes. This environmental approach distinguishes her view from others that emphasize interpersonal relationships or adaptation mechanisms. For example, a therapeutic interpersonal relationship reflects Peplau's theory, and expanding adaptive abilities with environmental transformation aligns with Roy's adaptation model, while Henderson emphasizes assisting patients to meet basic needs to regain independence. So the statement that nursing involves facilitating the body's reparative processes by manipulating the environment best captures Nightingale's perspective.

## 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](mailto: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!**

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