

NURSING THEORISTS PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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<https://nursingtheorists.examzify.com>



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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. Abdella defines health as

- A. Excludes illness
- B. Includes illness
- C. Focuses on environment
- D. All of the above

2. Which framework is associated with Gordon?

- A. Functional Health Patterns.
- B. Royal Road to Health.
- C. Maslow's Hierarchy.
- D. Health Belief Model.

3. Why is culture central to Leininger's theory?

- A. Because culture shapes health beliefs, values, and responses to care
- B. Because culture has no impact on patient outcomes
- C. Because culture is only about language
- D. Because culture dictates all clinical decisions

4. Which of the following is a Johnson's subsystem related to social bonds?

- A. Affiliative subsystem
- B. Dependency
- C. Ingestive
- D. Eliminative

5. Which theory defines nursing as the science and practice that expands adaptive abilities and enhances person and environment transformation?

- A. Goal attainment theory
- B. Henderson's definition of nursing
- C. Roy's adaptation model
- D. Faye Glen Abdellah's theory

6. Name one of Leininger's modes of care.

- A. Culture care preservation/maintenance
- B. Cultural safety planning
- C. Client-centered empowerment
- D. Biopsychosocial alignment

7. How is health defined in Watson's concepts?

- A. Complete physical, mental, and social well-being and functioning
- B. Absence of disease
- C. Ability to perform daily activities
- D. Balance between mind and body

8. Who proposed the Self-Care Deficit Theory?

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

9. Which of the following is NOT among Nightingale's environmental components?

- A. Ventilation
- B. Light
- C. Immersion therapy
- D. Noise

10. The Philosophy and Caring Model is associated with which theorist?

- A. Jean Watson
- B. Rose Parse
- C. Lydia Hall
- D. Ernestine Wiedenbach

Answers

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

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Explanations

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1. 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.

2. Which framework is associated with Gordon?

- A. Functional Health Patterns.
- B. Royal Road to Health.
- C. Maslow's Hierarchy.
- D. Health Belief Model.

The main idea here is recognizing a structured nursing assessment framework. Gordon's Functional Health Patterns is a comprehensive tool that organizes patient information into distinct areas of health and function, helping nurses gather data across multiple domains. It includes patterns like health perception-health management, nutrition-metabolic, elimination, activity-exercise, sleep-rest, cognitive-perceptual, self-perception-self-concept, role-relationship, coping-stress tolerance, sexuality-reproductive, and values-beliefs. Using these patterns allows a nurse to identify strengths and problems, guide care planning, and track changes over time. The other options represent different theories or programs not tied to a nursing assessment framework: Maslow's Hierarchy focuses on human needs motivation, the Health Belief Model looks at beliefs about health behaviors, and the Royal Road to Health is a historical self-care program. Therefore, the framework associated with Gordon is Functional Health Patterns.

3. Why is culture central to Leininger's theory?

- A. Because culture shapes health beliefs, values, and responses to care
- B. Because culture has no impact on patient outcomes
- C. Because culture is only about language
- D. Because culture dictates all clinical decisions

In Leininger's theory, culture is central because it shapes how people understand health, illness, and what they expect from care. Health beliefs, values, and practices are deeply rooted in culture, so patients may interpret symptoms, decide when to seek help, choose treatments, and respond to nursing interventions in ways that reflect their cultural worldview. The goal of transcultural nursing is to provide care that is culturally congruent—care that fits the patient's beliefs, practices, and social context—so healing is more effective and acceptable. That's why the statement that culture shapes health beliefs, values, and responses to care is the best choice. It captures how culture guides all aspects of care, from interpretation of symptoms to preferences for interventions and family involvement. The idea that culture has no impact on outcomes is incorrect, since beliefs and practices influence adherence, satisfaction, and recovery. Culture isn't only about language; it encompasses beliefs, rituals, social roles, and values that influence everyday health decisions. And culture doesn't dictate every clinical decision; clinicians still apply professional standards and evidence-based practice, but they strive to align care with the patient's cultural context.

4. Which of the following is a Johnson's subsystem related to social bonds?

A. Affiliative subsystem

B. Dependency

C. Ingestive

D. Eliminative

The main idea is how Dorothy Johnson's Behavioral System Model explains behavior through distinct subsystems that guide recurring patterns. One subsystem specifically handles social bonds and attachment—the affiliative subsystem. This subsystem drives behaviors that seek closeness, companionship, and positive social interactions, helping a person form and maintain relationships and a sense of belonging. In Johnson's framework, the affiliative subsystem is the tailor-made mechanism for social connectedness, whereas the other subsystems focus on different needs like dependency (seeking care), ingestive (nutrition), eliminative (waste management), sexual (reproduction), or achievement (mastery). So the affiliative subsystem is the one most closely tied to social bonds.

5. Which theory defines nursing as the science and practice that expands adaptive abilities and enhances person and environment transformation?

A. Goal attainment theory

B. Henderson's definition of nursing

C. Roy's adaptation model

D. Faye Glen Abdellah's theory

The idea being tested is nursing as a science and practice that helps people adapt to changing demands from the environment. Roy's adaptation model defines nursing as exactly this: a discipline that expands a person's adaptive abilities so they can cope with health-illness challenges, while also recognizing that the individual and their environment influence one another. In Roy's view, the person is a dynamic system facing environmental stimuli, and nursing actions are aimed at promoting adaptive responses across four modes—physiologic-physical, self-concept, role function, and interdependence. The nurse assesses the stimuli and the person's current adaptive responses, then intervenes to facilitate effective adaptation, guiding the person toward a more integrated state. As the person adapts, changes in behavior and function can transform both the person and aspects of the environment that support ongoing adaptation. This focus on adaptation to environmental demands is what sets Roy's model apart from others that emphasize goal attainment, basic human needs, or predefined problem sets.

6. Name one of Leininger's modes of care.

A. Culture care preservation/maintenance

B. Cultural safety planning

C. Client-centered empowerment

D. Biopsychosocial alignment

One of Leininger's modes of care is culture care preservation/maintenance. This approach focuses on supporting and maintaining the culturally based practices that promote health and well-being for the patient. It involves helping the person continue beneficial rituals, foods, remedies, family involvement, and spiritual or community practices, while still providing safe and effective care. This mode mirrors the goal of respecting culture by preserving valued traditions rather than changing them. The other terms listed don't align with Leininger's named modes. Cultural safety planning is a broader concept about ensuring safety in diverse cultural contexts, not a specific Leininger mode. Client-centered empowerment is a general nursing goal, and biopsychosocial alignment isn't identified as one of Leininger's modes.

7. How is health defined in Watson's concepts?

- A. Complete physical, mental, and social well-being and functioning
- B. Absence of disease
- C. Ability to perform daily activities
- D. Balance between mind and body

In Watson's view, health is a holistic state of harmony and a higher level of overall functioning across physical, mental, social (and often spiritual) dimensions. It's not just whether disease is present or not; it's about the person functioning well in multiple areas and experiencing unity within themselves and with others, achieved through caring relationships and a healing environment. That makes the description of complete physical, mental, and social well-being and functioning the best representation of health in Watson's concepts. The other ideas—being free of disease, just being able to perform daily activities, or balancing only the mind and body—don't capture the full, holistic, function-oriented view she emphasizes.

8. 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.

9. Which of the following is NOT among Nightingale's environmental components?

- A. Ventilation
- B. Light
- C. Immersion therapy
- D. Noise

Nightingale's environmental theory focuses on how the patient's surroundings influence healing. The components she emphasized relate to the conditions of the ward and atmosphere—adequate ventilation to ensure fresh air, sufficient light for visibility and mood, and appropriate control of noise to reduce stress and promote rest. Immersion therapy, by contrast, is a specific treatment modality involving immersion in water or other solutions, not a condition of the patient's environment. Therefore, immersion therapy does not belong in her list of environmental components.

10. The Philosophy and Caring Model is associated with which theorist?

- A. Jean Watson
- B. Rose Parse
- C. Lydia Hall
- D. Ernestine Wiedenbach

Caring as the defining element of nursing. The Philosophy and Caring Model centers on caring as the foundational philosophy and practice of nursing, aligning with Jean Watson's view that caring is the moral and essential activity of nursing and the core that binds theory to practice. Watson's work, including the Philosophy and Science of Caring and the Theory of Human Caring, emphasizes the nurse–patient relationship, transpersonal caring, and the healing environment, with carative or caritas processes guiding how care is enacted. This perspective contrasts with the work of the other theorists, who are known for different frameworks: Rose Parse developed the Human Becoming theory focused on meaning and lived experience; Lydia Hall proposed the Care, Cure, Core model highlighting three modes of nursing; Ernestine Wiedenbach emphasized the artistic aspect of helping and identifying patient needs. Thus, the Philosophy and Caring Model is the hallmark of Jean Watson's approach to nursing.

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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!

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