

PEDIATRICS ADOLESCENT PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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 statement correctly reflects identity formation in adolescence, according to the material?**
 - A. The adolescent develops a sense of identity by participating in decision-making.
 - B. The adolescent is preoccupied with appearance and body image.
 - C. The adolescent concentrates on work and play.
 - D. The adolescent acquires a sense of autonomy by making choices.
- 2. A 15-year-old undergoing chemotherapy is most concerned about which issue related to health problems?**
 - A. Missing time at school
 - B. Limiting social activities
 - C. Being dependent while enjoying the sick role
 - D. Feeling different regarding changes in body image
- 3. Which statement describes postconventional reasoning in Kohlberg's theory?**
 - A. Follows societal laws but recognizes the possibility of changing the law to improve society.
 - B. Follows rules due to fear of punishment.
 - C. Seeks approval of immediate group.
 - D. Believes there is only one correct view.
- 4. Which period of Piaget's theory explains self-consciousness in an adolescent?**
 - A. Period I
 - B. Period II
 - C. Period III
 - D. Period IV
- 5. In Kohlberg's theory of moral development, at which stage does the individual show concerns about society?**
 - A. Stage I
 - B. Stage II
 - C. Stage III
 - D. Stage IV

- 6. Which drug blocks folic acid metabolism to cause early abortion?**
- A. Leuprolide
 - B. Zidovudine
 - C. Methotrexate
 - D. Mifepristone
- 7. Punishment and obedience orientation corresponds to which stage in Kohlberg's theory?**
- A. Stage 1
 - B. Stage 2
 - C. Stage 3
 - D. Stage 4
- 8. In which period of Piaget's theory does the adolescent feel a sense of invulnerability?**
- A. Sensorimotor
 - B. Preoperational
 - C. Formal operations
 - D. Concrete operations
- 9. A nurse teaches a teenager undergoing chemotherapy about mouth care. Which statement suggests the patient understands the instructions?**
- A. I'll use a soft-bristled toothbrush to clean my teeth.
 - B. I'll brush my teeth with baking soda.
 - C. I'll swish my mouth out with hydrogen peroxide.
 - D. I'll use mouthwash to rinse my mouth.
- 10. Which age group is described as acquiring a sense of identity through decision-making?**
- A. Toddlers
 - B. Infants
 - C. School-age children
 - D. Adolescents, who acquire a sense of identity through decision-making

Answers

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

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Explanations

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1. Which statement correctly reflects identity formation in adolescence, according to the material?

- A. The adolescent develops a sense of identity by participating in decision-making.**
- B. The adolescent is preoccupied with appearance and body image.
- C. The adolescent concentrates on work and play.
- D. The adolescent acquires a sense of autonomy by making choices.

Identity formation in adolescence involves forming a coherent sense of self through exploring and committing to values, roles, and goals. Participating in decision-making gives adolescents a real arena to test different identities, negotiate priorities, and see how choices reflect who they want to be. This active engagement builds autonomy, responsibility, and a stable sense of self as they integrate feedback from others and from the outcomes of their choices. While concerns about appearance or shifting focus to work and social activities are part of adolescence, they don't explain how a lasting sense of identity develops as clearly as actively making decisions and integrating those choices into one's self-definition.

2. A 15-year-old undergoing chemotherapy is most concerned about which issue related to health problems?

- A. Missing time at school
- B. Limiting social activities
- C. Being dependent while enjoying the sick role
- D. Feeling different regarding changes in body image**

In adolescence, the way you look and how you think others see you are central to developing identity. Chemotherapy often brings visible changes—hair loss, skin changes, weight shifts, fatigue—that can make a teen feel different from their peers. That sense of altering appearance and not fitting in can cause the most distress and influence daily life more than other issues. Missing time at school or limiting social activities are real concerns, but they are often secondary to the impact of body changes on self-image and peer acceptance. Feeling dependent or adopting a "sick role" can feel uncomfortable for teens who want independence, yet the deepest worry tends to be how these health problems alter their body image and sense of normalcy.

3. Which statement describes postconventional reasoning in Kohlberg's theory?

- A. Follows societal laws but recognizes the possibility of changing the law to improve society.**
- B. Follows rules due to fear of punishment.
- C. Seeks approval of immediate group.
- D. Believes there is only one correct view.

Postconventional reasoning in Kohlberg's theory centers on evaluating laws and rules in light of universal ethical principles and the idea that laws are social contracts that can be changed to promote justice. At this level, people may follow laws when they serve fairness and rights, but they also recognize that laws should be modified or challenged if they no longer protect people or advance the greater good. The statement described—following societal laws while acknowledging they can be changed to improve society—embodies this social-contract orientation, showing a flexible, principled approach to morality rather than blind obedience. In contrast, following rules due to fear of punishment reflects earlier, preconventional thinking; seeking approval of an immediate group shows conventional thinking focused on interpersonal accord; and believing there is only one correct view suggests a rigid, absolutist stance not aligned with postconventional reasoning.

4. Which period of Piaget's theory explains self-consciousness in an adolescent?

- A. Period I
- B. Period II
- C. Period III
- D. Period IV**

Self-consciousness in adolescence is explained by the formal operational stage. This period, beginning around puberty, brings the ability to think abstractly and hypothetically, and to reflect on one's own thoughts (metacognition). With these skills, teens can consider possibilities, reason about abstract concepts, and think about how others view them, which fuels self-awareness and concerns about identity. Earlier stages lack this level of abstract, self-reflective reasoning, so they don't account for the introspective changes seen during adolescence.

5. In Kohlberg's theory of moral development, at which stage does the individual show concerns about society?

- A. Stage I
- B. Stage II
- C. Stage III
- D. Stage IV**

In Kohlberg's framework, the stage that centers on maintaining social order is the one where moral reasoning focuses on upholding laws, authorities, and duties to the community. Here, a person believes that rules exist to keep society functioning and that individuals have an obligation to follow them and to perform their civic duties. They assess actions by how well they support the functioning of society and respect for authorities, rather than by personal gain or approval from peers. This contrasts with earlier stages, which are driven by obedience to avoid punishment or by personal gain, and with later stages that consider abstract principles or social contracts. So, when the question points to concerns about society, it corresponds to upholding laws and social order.

6. Which drug blocks folic acid metabolism to cause early abortion?

- A. Leuprolide
- B. Zidovudine
- C. Methotrexate**
- D. Mifepristone

Blocking folate metabolism to stop rapid cell division in early pregnancy is the idea behind using this drug for medical abortion. Methotrexate is a folate analog that inhibits dihydrofolate reductase, preventing formation of tetrahydrofolate and halting thymidylate and purine synthesis needed for DNA replication. This disrupts the rapid proliferation of placental tissue in early pregnancy, leading to termination, often used in combination with misoprostol to induce uterine contractions. The other drugs work by different mechanisms: one suppresses gonadotropin release to lower ovarian steroid production, another inhibits reverse transcriptase in HIV therapy, and the last blocks progesterone receptors to trigger decidual breakdown and abortion. Therefore, the drug that blocks folic acid metabolism to cause early abortion is methotrexate.

7. Punishment and obedience orientation corresponds to which stage in Kohlberg's theory?

- A. Stage 1**
- B. Stage 2
- C. Stage 3
- D. Stage 4

In Kohlberg's theory, the punishment and obedience orientation is the first stage of moral development, placed in the preconventional level. Here morality is defined by avoiding punishment and obeying authority. A child evaluates actions by their immediate consequences rather than by intention or societal rules, seeing rules as fixed and external. They follow orders mainly to stay safe and avoid negative outcomes, not because they believe the action itself is right. This makes the first stage the best match, distinct from later stages that focus on personal gain (Stage 2), seeking social approval (Stage 3), or upholding laws and duties (Stage 4).

8. In which period of Piaget's theory does the adolescent feel a sense of invulnerability?

- A. Sensorimotor
- B. Preoperational
- C. Formal operations**
- D. Concrete operations

In the formal operations period, adolescents develop the ability to think about abstract possibilities and reason hypothetically. This shift allows them to imagine future scenarios, assess risks in a more abstract way, and entertain ideas that aren't tied to concrete, present experiences. That capacity can fuel a sense of invulnerability—the belief that negative consequences won't happen to them—because they can conceive dangers as distant or unlikely and optimize outcomes based on hypothetical reasoning. Earlier stages rely on concrete, here-and-now thinking: sensorimotor is about direct interaction with the world, preoperational is egocentric and magical thinking, and concrete operations involve logical thought only for concrete, observable events. Once formal operations emerge, the mind can entertain "what if" scenarios, which underlies the adolescent tendency to feel resistant to risk.

9. A nurse teaches a teenager undergoing chemotherapy about mouth care. Which statement suggests the patient understands the instructions?

- A. I'll use a soft-bristled toothbrush to clean my teeth.**
- B. I'll brush my teeth with baking soda.
- C. I'll swish my mouth out with hydrogen peroxide.
- D. I'll use mouthwash to rinse my mouth.

Chemotherapy can cause mucositis, making the mouth tender and more prone to infection, so care focuses on keeping the mouth clean with minimal irritation. A soft-bristled toothbrush lets you clean effectively without scraping or injuring the already fragile mucosa, reducing pain and bleeding and helping prevent infection. Brushing too hard or using a stiff brush can worsen sores. The other choices involve products that can irritate or dryness the mouth—hydrogen peroxide and alcohol-containing mouthwash can burn mucosal tissue and delay healing, and brushing with baking soda isn't the preferred protective approach in this setting. Using a soft-bristled toothbrush best shows understanding of safe, gentle mouth care during chemotherapy.

10. Which age group is described as acquiring a sense of identity through decision-making?

A. Toddlers

B. Infants

C. School-age children

D. Adolescents, who acquire a sense of identity through decision-making

Adolescence is a time when testing choices about beliefs, values, careers, and relationships helps form a coherent sense of self. This period aligns with the idea that identity develops through making decisions and seeing how those choices fit with who the person wants to be. As cognitive abilities advance to formal operational thinking, teens can imagine different futures, weigh options, and experiment with roles, which solidifies who they are. In contrast, younger children are still focused on concrete tasks, routines, and building basic trust and competence, not on forging a stable identity through decision-making. Infants and toddlers are in earlier stages of attachment and autonomy development, not identity formation. So the description best fits adolescents, who shape their sense of self through their decisions.

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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://pedsadolescent.examzify.com>

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

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