

Professional Nursing EAQ - Self Concept Practice Test (Sample)

Study Guide



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Questions

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- 1. Which of the following is NOT a technique to improve self-concept according to nursing practices?**
 - A. Providing positive reinforcement**
 - B. Encouraging self-advocacy**
 - C. Promoting fear of failure**
 - D. Facilitating support from peers**
- 2. How do gratitude practices affect self-concept?**
 - A. They decrease positive thinking**
 - B. They have no impact on well-being**
 - C. They enhance overall self-perception**
 - D. They promote a negative mindset**
- 3. How does self-concept change throughout the lifespan?**
 - A. It remains static and unchanging**
 - B. It evolves due to life experiences and roles**
 - C. It decreases with age**
 - D. It varies only with societal trends**
- 4. Which of the following factors does NOT influence self-concept?**
 - A. External feedback**
 - B. Chronic health conditions**
 - C. Access to educational resources**
 - D. Only personal interests and hobbies**
- 5. What term describes how one thinks of oneself?**
 - A. Self-awareness**
 - B. Self-concept**
 - C. Self-esteem**
 - D. Self-expression**

- 6. What is a primary developmental task for a 9-year-old patient?**
- A. Communication of likes and dislikes**
 - B. Mastery of new skills**
 - C. Acceptance of body changes**
 - D. Distinguishing self from environment**
- 7. What psychological support can be essential for post-surgical patients in enhancing self-image?**
- A. Minimizing the importance of recovery**
 - B. Long-term isolation from healthcare providers**
 - C. Understanding the recovery process**
 - D. Encouraging unachievable standards**
- 8. What does the nurse assess when evaluating a patient's body image?**
- A. Patient's sleep patterns**
 - B. Patient's perception of appearance**
 - C. Patient's dietary habits**
 - D. Patient's exercise routine**
- 9. A patient post-breast cancer surgery expresses concern about her looks and feels worthless. What influenced her self-esteem?**
- A. Pain**
 - B. Job loss**
 - C. Mastectomy**
 - D. Repeated failures**
- 10. What is a potential consequence of low self-esteem in patients undergoing long-term treatment?**
- A. Enhanced motivation**
 - B. Increased compliance**
 - C. Poor mental health**
 - D. Improved relationships**

Answers

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

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Explanations

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1. Which of the following is NOT a technique to improve self-concept according to nursing practices?

- A. Providing positive reinforcement**
- B. Encouraging self-advocacy**
- C. Promoting fear of failure**
- D. Facilitating support from peers**

Promoting fear of failure is not a technique to improve self-concept because it undermines an individual's confidence and self-worth. Instead of fostering a healthy self-image, instilling fear can lead to anxiety, shame, and avoidance behaviors. A positive self-concept is built through supportive and affirming actions, which help individuals recognize their strengths and value. In contrast, techniques such as providing positive reinforcement, encouraging self-advocacy, and facilitating support from peers all contribute to enhancing self-concept. Positive reinforcement helps individuals feel recognized and valued for their achievements, which boosts self-esteem. Encouraging self-advocacy empowers individuals to express their needs and desires, fostering a sense of control and autonomy. Facilitating support from peers creates an environment of acceptance and understanding, further enhancing one's self-image. These approaches are foundational in nursing practices aimed at promoting a healthy self-concept among patients.

2. How do gratitude practices affect self-concept?

- A. They decrease positive thinking**
- B. They have no impact on well-being**
- C. They enhance overall self-perception**
- D. They promote a negative mindset**

Gratitude practices have a significant impact on improving self-concept by enhancing overall self-perception. Engaging in gratitude helps individuals focus on positive aspects of their lives and recognize the contributions of others, fostering a sense of connectedness and appreciation. This shift in focus can lead to heightened self-esteem and a more positive self-image. When individuals regularly reflect on what they are grateful for, they can combat negative thought patterns and cultivate a mindset that values their strengths and accomplishments. This positive reinforcement encourages a healthier and more affirmative self-view, making it easier to cope with challenges and setbacks. Thus, the act of recognizing and expressing gratitude plays a pivotal role in enhancing one's perception of self and overall emotional well-being.

3. How does self-concept change throughout the lifespan?

- A. It remains static and unchanging
- B. It evolves due to life experiences and roles**
- C. It decreases with age
- D. It varies only with societal trends

Self-concept is a dynamic and evolving understanding of oneself that is influenced by a variety of factors, especially life experiences and the roles individuals take on throughout their lifespan. As people progress through different stages of life, such as childhood, adolescence, adulthood, and old age, they encounter new experiences, challenges, and social roles that can significantly shape their beliefs about themselves, their capabilities, and their relationships with others. For instance, reaching milestones like starting school, entering the workforce, or becoming a parent can all lead to shifts in self-perception, as individuals integrate these experiences into their identity. The ability to adapt to these experiences can influence self-esteem, personal values, and overall mental health, indicating that self-concept is not fixed but rather continuously reshaped by various life circumstances. In contrast, the notion that self-concept remains static or unchanging does not reflect the reality of personal growth and development over time. Self-concept as something that decreases with age or changes only with societal trends overlooks the personal agency and life experiences that significantly contribute to an individual's sense of self. As people age, many report a greater sense of self-acceptance and identity, emphasizing that the evolution of self-concept is much more nuanced and multifaceted than merely

4. Which of the following factors does NOT influence self-concept?

- A. External feedback
- B. Chronic health conditions
- C. Access to educational resources
- D. Only personal interests and hobbies**

The notion that only personal interests and hobbies do not influence self-concept highlights the broader understanding of how self-concept is shaped. Self-concept is significantly impacted by various external and internal factors, and while personal interests and hobbies play a role, they are not the sole contributors. External feedback is crucial because how others perceive and respond to an individual can greatly alter one's self-image and self-esteem. For instance, positive reinforcement from peers or negative criticism can either bolster or diminish a person's self-concept. Chronic health conditions also affect self-concept, as they can lead to limitations in daily activities and alter how individuals view themselves. The presence of such conditions can influence one's self-worth and identity, shaping their overall perception of themselves. Access to educational resources is another significant factor. Education influences knowledge, skills, and opportunities, contributing to a sense of competence and worth, which are integral components of self-concept. In contrast, while personal interests and hobbies can enhance self-concept by providing fulfillment and a sense of achievement, they occur within a larger context of these more impactful influences. Therefore, recognizing that self-concept is multi-faceted and shaped by various interconnected aspects clarifies why the assertion that only personal interests and hobbies do not influence self-concept

5. What term describes how one thinks of oneself?

- A. Self-awareness**
- B. Self-concept**
- C. Self-esteem**
- D. Self-expression**

The term that describes how one thinks of oneself is "self-concept." Self-concept encompasses the beliefs, perceptions, and feelings an individual has about themselves, which can include aspects such as personality, physical appearance, and social roles. It serves as an overarching framework through which individuals understand their identity and how they relate to the world around them. This concept is distinct from self-awareness, which refers to the ability to introspect and understand one's thoughts and feelings in the moment. Self-esteem relates to the value and worth a person assigns to themselves, while self-expression pertains to how individuals communicate their thoughts and feelings to others. Thus, while all these terms are interconnected and important in understanding personal identity, self-concept specifically focuses on the overall perception one has about oneself.

6. What is a primary developmental task for a 9-year-old patient?

- A. Communication of likes and dislikes**
- B. Mastery of new skills**
- C. Acceptance of body changes**
- D. Distinguishing self from environment**

For a 9-year-old patient, mastery of new skills is a primary developmental task, aligning with developmental theories that emphasize skill acquisition during the middle childhood years. At this age, children are typically gaining increasing independence and confidence as they engage in activities that enhance their cognitive and physical abilities. This can include developing academic skills in reading and math, as well as honing motor skills through sports or hobbies. Children are also exploring their interests more deeply, which may lead to a stronger sense of competence when they successfully learn new skills. This mastery contributes significantly to their self-esteem and overall self-concept, as they navigate social interactions and begin to form their identities. While communication of likes and dislikes, acceptance of body changes, and distinguishing self from environment are important aspects of development, they are secondary to the robust skill mastery that defines this stage, as children are primarily focused on improving their abilities and gaining achievements that affirm their growing independence.

7. What psychological support can be essential for post-surgical patients in enhancing self-image?

- A. Minimizing the importance of recovery**
- B. Long-term isolation from healthcare providers**
- C. Understanding the recovery process**
- D. Encouraging unachievable standards**

Understanding the recovery process is essential for enhancing self-image in post-surgical patients because it provides them with realistic expectations and promotes a sense of control over their healing journey. When patients comprehend the steps involved in their recovery, they can better appreciate their progress and recognize that healing takes time. This understanding can alleviate anxiety and help patients maintain a positive outlook, contributing to an improved self-concept as they witness their physical and emotional growth during recovery. In addition, being informed about the recovery process allows patients to set achievable goals and fosters a supportive environment where they feel empowered to communicate their needs and concerns with healthcare providers. This engagement contributes to a stronger therapeutic relationship and can lead to better recovery outcomes. A clear understanding of what to expect also helps mitigate feelings of confusion or fear that may arise after surgery, thereby supporting the development of a confident self-image during a vulnerable time.

8. What does the nurse assess when evaluating a patient's body image?

- A. Patient's sleep patterns**
- B. Patient's perception of appearance**
- C. Patient's dietary habits**
- D. Patient's exercise routine**

When assessing a patient's body image, the nurse focuses on the patient's perception of their appearance because body image encompasses how individuals view themselves and their physical attributes. This includes feelings of self-worth, satisfaction with one's body, and how they believe others perceive them. Understanding a patient's perception of their appearance is essential for identifying any negative self-image, body dissatisfaction, or potential psychological issues related to self-esteem. This evaluation can help the nurse provide appropriate interventions and support to enhance the patient's self-concept and overall emotional well-being. Assessing other factors, such as sleep patterns, dietary habits, and exercise routines, can provide valuable information about the patient's health and lifestyle but does not directly measure the patient's self-perception and feelings toward their body image. Therefore, these elements are secondary to understanding the patient's perception of their appearance when evaluating body image specifically.

9. A patient post-breast cancer surgery expresses concern about her looks and feels worthless. What influenced her self-esteem?

- A. Pain**
- B. Job loss**
- C. Mastectomy**
- D. Repeated failures**

The choice that identifies the most significant influence on the patient's self-esteem in this context is related to the mastectomy she experienced. A mastectomy, which is the surgical removal of one or both breasts, can have profound physical, emotional, and psychological effects on a woman's self-image and sense of femininity. After such a significant surgery, patients may struggle with feelings of loss and alteration in body image, which are crucial components of self-esteem. In this scenario, the patient's concerns about her looks and feelings of worthlessness directly link to the changes brought on by the mastectomy. These feelings can stem from societal perceptions of beauty and femininity, which often emphasize the importance of physical attributes that a mastectomy can alter. This surgery may lead to insecurity about her appearance, contributing to a diminished sense of self-worth. Other potential influences, such as pain, job loss, or repeated failures, could be relevant in different contexts but are less directly related to the immediate impact of the mastectomy on the patient's self-esteem and body image. While pain can certainly impact overall quality of life, job loss might affect a person's sense of purpose, and failures could influence self-worth, none of these factors carry the same immediate and personal implications

10. What is a potential consequence of low self-esteem in patients undergoing long-term treatment?

- A. Enhanced motivation**
- B. Increased compliance**
- C. Poor mental health**
- D. Improved relationships**

Low self-esteem can significantly affect patients undergoing long-term treatment as it often leads to poor mental health outcomes. Individuals with low self-esteem may experience feelings of worthlessness or inadequacy, which can contribute to heightened anxiety, depression, and stress. These mental health issues can hinder the patient's ability to engage fully in their treatment regimen, impacting their overall well-being and the effectiveness of the treatment process. When patients struggle with poor self-esteem, they may doubt their capabilities or the effectiveness of the care they are receiving, creating a negative feedback loop that worsens their condition. This psychological barrier can lead to withdrawal from social support systems, making it even more challenging to improve their health. Hence, recognizing the link between self-esteem and mental health is crucial in creating comprehensive treatment plans that address both the physical and psychological needs of patients. While enhanced motivation, increased compliance, and improved relationships might seem like potential outcomes for patients, these generally arise from positive self-esteem rather than low self-esteem. Therefore, focusing on building self-esteem can be an essential component of effective patient care.