

# Professional Nursing EAQ - Self Concept Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. Which nursing intervention is most appropriate for enhancing a patient's self-concept?**
  - A. Dismissively addressing their feelings**
  - B. Encouraging self-reflection and coping strategies**
  - C. Discouraging patient participation in discussions**
  - D. Only focusing on physical health improvements**
- 2. In assessing self-esteem among children, which factor is an important indicator?**
  - A. Academic achievement**
  - B. Physical appearance**
  - C. Parental feedback**
  - D. All of the above**
- 3. How can nurses help patients set realistic self-perception goals?**
  - A. By prescribing medication for self-esteem**
  - B. By imposing their own expectations**
  - C. By collaborating with patients to identify strengths and growth**
  - D. By minimizing patient involvement in the process**
- 4. 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**
- 5. What type of feedback can help enhance a patient's self-concept?**
  - A. Critical and negative feedback**
  - B. Vague or generic feedback**
  - C. Constructive and positive feedback**
  - D. Overly simplistic feedback**

**6. Why is highlighting strengths important in nursing care?**

- A. It can lead to complacency**
- B. It detracts from addressing weaknesses**
- C. It helps improve self-concept**
- D. It confuses the patients**

**7. What is self-concept in nursing practice?**

- A. How individuals perceive themselves**
- B. The totality of a person's health status**
- C. A set of clinical skills required for patient care**
- D. An assessment tool for measuring physical health**

**8. How can trauma impact an individual's self-concept?**

- A. By creating a stronger sense of identity**
- B. By fostering trust in others and oneself**
- C. By leading to feelings of worthlessness and shame**
- D. By promoting resilience and coping strategies**

**9. How does resilience influence self-concept?**

- A. It has no effect on self-image.**
- B. It diminishes self-worth through adversity.**
- C. It reinforces positive self-image and self-worth.**
- D. It primarily affects physical health.**

**10. Which emotional coping strategies can assist patients in managing poor body image perceptions?**

- A. Adopting a negative self-talk**
- B. Engaging in peer support groups**
- C. Focusing on aesthetic standards from media**
- D. Ignoring emotional distress**

## **Answers**

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

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## **Explanations**

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**1. Which nursing intervention is most appropriate for enhancing a patient's self-concept?**

- A. Dismissively addressing their feelings**
- B. Encouraging self-reflection and coping strategies**
- C. Discouraging patient participation in discussions**
- D. Only focusing on physical health improvements**

Encouraging self-reflection and coping strategies is a vital nursing intervention for enhancing a patient's self-concept because it fosters self-awareness and empowers individuals to understand and appreciate their own worth. When patients reflect on their experiences, strengths, and challenges, they begin to construct a more positive and realistic view of themselves. This process can lead to improved self-esteem and confidence, making it easier for them to cope with illness and engage actively in their own care. By promoting coping strategies, the nurse not only supports the patient in managing stressors but also equips them with tools to navigate their health journey, ultimately reinforcing a positive self-image. This intervention respects the patient's autonomy and recognizes their intrinsic value, which is essential to building a strong self-concept. Engaging in open dialogue and reflection allows patients to articulate their feelings, thus recognizing and validating their emotional experiences, which contributes significantly to their overall self-worth and self-identity. This approach can lead to a healthier outlook on life and foster resilience in facing health challenges.

**2. In assessing self-esteem among children, which factor is an important indicator?**

- A. Academic achievement**
- B. Physical appearance**
- C. Parental feedback**
- D. All of the above**

In assessing self-esteem among children, considering multiple factors is crucial, as children often draw upon various aspects of their lives to form their self-perception. Academic achievement plays a significant role; children frequently correlate their performance in school with their sense of worth, leading to feelings of success or inadequacy depending on their achievements. Physical appearance is another critical factor, particularly in a society that places a high value on how individuals look. For many children, positive or negative feelings about their appearance can greatly influence their overall self-esteem. Parental feedback is paramount as well. The way parents communicate with and interact with their children can shape their self-worth. Supportive, positive feedback can bolster children's confidence, while negative or critical feedback can diminish their self-esteem. Each of these elements contributes to how children view themselves, and recognizing that they collectively influence self-esteem helps provide a more comprehensive assessment. Thus, acknowledging all these factors emphasizes the multifaceted nature of self-esteem in children, making the selection of all of the above a fitting choice.

### 3. How can nurses help patients set realistic self-perception goals?

- A. By prescribing medication for self-esteem**
- B. By imposing their own expectations**
- C. By collaborating with patients to identify strengths and growth**
- D. By minimizing patient involvement in the process**

Collaborating with patients to identify their strengths and areas for growth is essential in helping them set realistic self-perception goals. This collaborative approach empowers patients by involving them in the goal-setting process, which enhances their sense of agency and ownership over their self-improvement journey. Understanding their strengths allows patients to build on these positive attributes, fostering a more constructive self-perception. Moreover, this collaboration opens the door for discussions about achievable goals tailored to their individual circumstances, leading to more meaningful and attainable outcomes. It encourages patients to take an active role in their self-concept development rather than merely following a set prescription or external expectations, which might not align with their personal experiences or desires. Ultimately, this partnership between nurse and patient enriches the therapeutic relationship, promoting both emotional and psychological well-being.

### 4. 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

## 5. What type of feedback can help enhance a patient's self-concept?

- A. Critical and negative feedback
- B. Vague or generic feedback
- C. Constructive and positive feedback**
- D. Overly simplistic feedback

Constructive and positive feedback is essential in enhancing a patient's self-concept because it acknowledges their strengths and accomplishments, fostering a sense of self-worth and confidence. This type of feedback helps patients recognize their abilities, provides encouragement, and motivates them to engage positively in their own care and decision-making processes. When patients receive constructive feedback, they can see how their actions positively impact their health or situation, further reinforcing a positive self-image. In contrast, critical and negative feedback can undermine a patient's confidence and contribute to feelings of inadequacy, whereas vague or generic feedback does not offer the specific insights needed for personal growth. Overly simplistic feedback may fail to engage the patient meaningfully, leaving them without a clear understanding of their progress or the areas needing improvement. Therefore, constructive and positive feedback is critical in shaping a positive self-concept and promoting better health outcomes.

## 6. Why is highlighting strengths important in nursing care?

- A. It can lead to complacency
- B. It detracts from addressing weaknesses
- C. It helps improve self-concept**
- D. It confuses the patients

Highlighting strengths in nursing care is crucial because it fosters a positive self-concept in both patients and caregivers. When nurses acknowledge and emphasize a patient's strengths, it can significantly enhance the individual's confidence and resilience, which are vital components of recovery and well-being. This approach empowers patients, helping them recognize their abilities and potential rather than focusing solely on their limitations or challenges. Encouraging patients to understand and utilize their strengths contributes to a more holistic view of care, promoting an optimistic attitude towards their health and healing process. This positive reinforcement can lead to greater engagement in their care plan and motivate individuals to take an active role in their health management, ultimately improving outcomes. Taking time to acknowledge what patients do well not only aids in building a supportive relationship but also creates a therapeutic environment where they feel valued and understood. This approach is fundamental in nursing practice, where fostering a strong self-concept is essential for effective patient care and holistic healing.

## 7. What is self-concept in nursing practice?

- A. How individuals perceive themselves**
- B. The totality of a person's health status**
- C. A set of clinical skills required for patient care**
- D. An assessment tool for measuring physical health**

Self-concept refers to how individuals perceive themselves, incorporating thoughts, feelings, and beliefs about one's identity and worth. In nursing practice, understanding a patient's self-concept is crucial because it impacts their mental health, self-esteem, and motivation for self-care. A positive self-concept can lead to better health outcomes, while a negative self-concept may result in lack of adherence to treatment plans or increased feelings of depression or anxiety. While other options present valuable aspects related to health and patient care, they do not encapsulate the essence of self-concept. The totality of a person's health status focuses more on their physical and mental health aspects rather than their self-perception. A set of clinical skills required for patient care pertains specifically to the abilities and techniques nurses use to provide care, and does not address how individuals view themselves. Similarly, an assessment tool for measuring physical health refers to specific instruments used in health evaluation, which again does not capture the broader psychological aspect of self-concept. Understanding self-concept is vital for nurses as it aids in providing holistic and patient-centered care.

## 8. How can trauma impact an individual's self-concept?

- A. By creating a stronger sense of identity**
- B. By fostering trust in others and oneself**
- C. By leading to feelings of worthlessness and shame**
- D. By promoting resilience and coping strategies**

Trauma can significantly affect an individual's self-concept, often leading to feelings of worthlessness and shame. When a person experiences trauma, it can disrupt their sense of self and how they perceive their value and identity. These negative emotions may arise from the trauma itself or from internalized beliefs about oneself that develop following the experience. Individuals might struggle with low self-esteem and a distorted self-image, viewing themselves through a lens of inadequacy or blame. The impact of trauma can manifest in various ways, such as internalizing negative messages or feeling disconnected from one's own identity. These feelings can hinder personal development and lead to challenges in relationships and self-acceptance. Understanding this aspect is critical for mental health professionals and caregivers, as it underscores the importance of addressing these emotional wounds in therapy or supportive interventions to help individuals rebuild a healthier self-concept.

## 9. How does resilience influence self-concept?

- A. It has no effect on self-image.
- B. It diminishes self-worth through adversity.
- C. It reinforces positive self-image and self-worth.**
- D. It primarily affects physical health.

Resilience plays a crucial role in shaping self-concept by reinforcing a positive self-image and self-worth. When individuals face adversity, those with high resilience are better equipped to navigate challenges and recover from setbacks. This process often leads to a greater appreciation of their own strengths, abilities, and overall value. As people overcome obstacles, they gain confidence in their problem-solving skills and resilience itself becomes a source of pride. This experience contributes to a more positive self-image, as individuals learn to view themselves as capable and resourceful. Additionally, resilience encourages constructive coping strategies, fostering a sense of agency and control over one's life, which further enhances self-worth. In contrast, a lack of resilience might lead individuals to internalize negative experiences, potentially harming their self-image and diminishing their perceived self-worth. Resilience, therefore, is fundamental in building and maintaining a healthy self-concept.

## 10. Which emotional coping strategies can assist patients in managing poor body image perceptions?

- A. Adopting a negative self-talk
- B. Engaging in peer support groups**
- C. Focusing on aesthetic standards from media
- D. Ignoring emotional distress

Engaging in peer support groups is a highly effective emotional coping strategy for patients struggling with poor body image perceptions. These groups provide a safe and understanding environment where individuals can share their experiences and feelings. This shared camaraderie can foster a sense of belonging and reduce feelings of isolation, which often accompany negative body image. Through peer support, patients can receive validation, encouragement, and constructive feedback, helping to reshape their perceptions and build a more positive self-image. In addition, interactions within these groups can facilitate the exchange of practical coping strategies and resources, further empowering individuals to challenge their negative body image. Support from peers who have experienced similar challenges can also instill hope and motivate individuals to pursue a healthier self-concept, ultimately leading to improved emotional well-being.

# 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://pronursingeaqselfconcept.examzify.com>**

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

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