

Professional Nursing EAQ - Self Concept 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. A patient with major depressive disorder has low self-esteem. What is the most appropriate cognitive intervention?**
 - A. Promote active socialization with other patients**
 - B. Role-play to increase assertiveness skills**
 - C. Focus on identifying strengths and accomplishments**
 - D. Encourage journaling of underlying feelings**
- 2. Which of the following are common signs of a diminished self-concept in patients?**
 - A. High self-esteem and self-promotion**
 - B. Low self-esteem and negative self-talk**
 - C. Proactive social engagement**
 - D. Increased participation in self-care**
- 3. How can a nurse assess a patient's self-concept?**
 - A. By administering a standardized questionnaire**
 - B. Through open-ended questions and observation**
 - C. By reviewing the patient's medical history**
 - D. By discussing treatment plans with the physician**
- 4. A nurse asks a patient, "How do you feel about yourself?" What is being assessed?**
 - A. Identity**
 - B. Self-esteem**
 - C. Body image**
 - D. Role performance**
- 5. What can negative self-perceptions create in individuals?**
 - A. A cycle of increased self-worth**
 - B. A decline in overall social engagement**
 - C. A propensity for healthy relationships**
 - D. A foundation for positive self-reinforcement**

6. 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**

7. What impact does fostering realistic optimism have on patients?

- A. Increases feelings of helplessness**
- B. Improves self-concept and hope**
- C. Encourages avoidance behavior**
- D. Leads to unrealistic expectations**

8. How can cognitive-behavioral techniques enhance self-concept?

- A. By reinforcing negative self-beliefs**
- B. By encouraging self-isolation**
- C. By identifying and altering negative self-beliefs**
- D. By promoting a fixed mindset**

9. How can nurses support patients in enhancing their self-concept?

- A. By minimizing patient engagement**
- B. By providing structured therapy sessions**
- C. By fostering positive self-reflection and encouragement**
- D. By offering strict discipline on self-care**

10. What role do spiritual beliefs play in influencing self-concept?

- A. They provide chaos and confusion**
- B. They diminish self-esteem**
- C. They offer meaning and shape identity**
- D. They create a sense of negativity**

Answers

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

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Explanations

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1. A patient with major depressive disorder has low self-esteem. What is the most appropriate cognitive intervention?

- A. Promote active socialization with other patients**
- B. Role-play to increase assertiveness skills**
- C. Focus on identifying strengths and accomplishments**
- D. Encourage journaling of underlying feelings**

Focusing on identifying strengths and accomplishments is a pivotal cognitive intervention for a patient with major depressive disorder experiencing low self-esteem. This approach works by helping the individual become aware of their positive attributes and achievements, which can often be overshadowed by negative self-perceptions. By recognizing their strengths, patients can begin to shift their cognitive patterns from negative to more balanced thoughts, thus improving self-esteem. This cognitive restructuring is essential in the treatment of depression, as it fosters a sense of agency and self-worth. Helping patients articulate their accomplishments allows them to challenge the cognitive distortions that contribute to their depressive state. Building on personal strengths not only enhances self-esteem but also empowers patients to engage more fully in life and improves overall mental health outcomes. This method creates a foundation for further therapeutic interventions, reinforcing the belief that they can make positive changes in their lives.

2. Which of the following are common signs of a diminished self-concept in patients?

- A. High self-esteem and self-promotion**
- B. Low self-esteem and negative self-talk**
- C. Proactive social engagement**
- D. Increased participation in self-care**

The characteristics of low self-esteem and negative self-talk are strong indicators of a diminished self-concept in patients. When individuals struggle with their self-image, they often engage in negative thought patterns that reflect a lack of confidence in their abilities or worth. This negative self-perception may lead to feelings of inadequacy or failure. Patients exhibiting these signs may be reluctant to pursue new opportunities or take on challenges due to their belief that they are incapable or unworthy. In contrast, high self-esteem and self-promotion reflect a positive self-concept, where individuals feel confident and valued. Proactive social engagement and increased participation in self-care are also signs of a healthy self-concept, indicating that the person feels good about themselves and is motivated to care for their physical and emotional well-being. These behaviors represent a contrast to the signs of low self-esteem, which manifest as withdrawal or negative self-assessment.

3. How can a nurse assess a patient's self-concept?

- A. By administering a standardized questionnaire
- B. Through open-ended questions and observation**
- C. By reviewing the patient's medical history
- D. By discussing treatment plans with the physician

Assessing a patient's self-concept is best achieved through open-ended questions and observation because this approach allows the nurse to gather comprehensive and nuanced information about the patient's feelings, beliefs, and perceptions of themselves. By engaging the patient in a conversation that invites them to express their thoughts and emotions, the nurse can better understand the individual's self-image, self-esteem, and overall psychological state. This method fosters a trusting environment, encouraging the patient to share more personal and meaningful insights, which are essential in evaluating their self-concept. Open-ended questions facilitate deeper dialogue, while observation allows the nurse to assess non-verbal cues such as body language and facial expressions, which can provide additional context to the patient's verbal responses. This holistic approach supports a more accurate and empathetic assessment than simply relying on standardized questionnaires or reviewing medical records. It recognizes that self-concept is a dynamic and personal aspect of a person's identity that can be influenced by numerous factors, including life experiences, mental health, and social relationships.

4. A nurse asks a patient, "How do you feel about yourself?" What is being assessed?

- A. Identity
- B. Self-esteem**
- C. Body image
- D. Role performance

The question posed by the nurse, "How do you feel about yourself?" specifically targets the patient's self-esteem. Self-esteem refers to an individual's overall assessment of their worth and value, reflecting their beliefs and emotions about themselves. This encompasses feelings of self-acceptance and self-respect, which are critical to one's self-concept. When the nurse inquires about how the patient feels about themselves, it directly encourages the patient to evaluate their self-worth, which is central to understanding self-esteem. A healthy self-esteem can lead to positive mental health outcomes and improved coping strategies, while low self-esteem may be associated with various psychological challenges. In contrast, identity refers to how individuals perceive themselves in relation to various factors such as personal history, culture, and social roles; body image involves perceptions of one's physical appearance and how this affects self-perception; and role performance involves how well an individual fulfills societal or personal roles, such as being a parent, employee, or friend. While these concepts are interconnected, the specific question about feelings toward oneself focuses primarily on self-esteem.

5. What can negative self-perceptions create in individuals?

- A. A cycle of increased self-worth
- B. A decline in overall social engagement**
- C. A propensity for healthy relationships
- D. A foundation for positive self-reinforcement

Negative self-perceptions can significantly impact an individual's willingness to engage with others, resulting in a decline in overall social engagement. When individuals harbor negative feelings about themselves, they may avoid social interactions due to feelings of inadequacy or fear of judgment. This withdrawal can lead to isolation, fostering a cycle where the lack of social interaction further perpetuates negative self-perceptions.

Individuals may feel they are not worthy of friendship or connection, which can further diminish their self-esteem and lead to loneliness. In contrast, a healthy self-image typically encourages socialization, promoting better mental health and supportive relationships.

6. 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.

7. What impact does fostering realistic optimism have on patients?

- A. Increases feelings of helplessness**
- B. Improves self-concept and hope**
- C. Encourages avoidance behavior**
- D. Leads to unrealistic expectations**

Fostering realistic optimism plays a significant role in improving a patient's self-concept and hope. When patients develop a realistic yet positive outlook on their situation, they become better equipped to face challenges and make informed decisions about their health and well-being. This form of optimism encourages them to believe in their ability to cope with difficulties, thus reinforcing a positive self-concept. Realistic optimism allows patients to set achievable goals, enhancing their motivation and engagement in their own care. It helps them to visualize positive outcomes while remaining grounded in practical considerations, which can lead to better coping strategies, improved resilience, and a stronger sense of agency. This combination ultimately nurtures a more hopeful perspective, positively influencing their overall mental health and quality of life.

8. How can cognitive-behavioral techniques enhance self-concept?

- A. By reinforcing negative self-beliefs**
- B. By encouraging self-isolation**
- C. By identifying and altering negative self-beliefs**
- D. By promoting a fixed mindset**

Cognitive-behavioral techniques are designed to help individuals recognize and change maladaptive thought patterns that negatively impact their self-concept. By identifying and altering negative self-beliefs, these techniques empower individuals to challenge and reframe the distorted perceptions they may hold about themselves. This process involves examining thoughts that lead to feelings of inadequacy or low self-esteem, and replacing them with more accurate and positive self-assessments. For example, if someone believes they are not competent in their job, cognitive-behavioral therapy (CBT) would encourage them to evaluate evidence against this belief, consider past successes, and develop a more balanced view of their abilities. This shift can lead to improved self-esteem and a more positive self-concept. In contrast, promoting a fixed mindset, reinforcing negative self-beliefs, and encouraging self-isolation further entrench negative self-perceptions and hinder personal growth. These approaches do not facilitate the necessary cognitive restructuring that is vital for enhancing self-concept. Therefore, the ability of cognitive-behavioral techniques to foster a more positive self-view through the identification and alteration of negative self-beliefs is what makes them particularly effective in enhancing self-concept.

9. How can nurses support patients in enhancing their self-concept?

- A. By minimizing patient engagement**
- B. By providing structured therapy sessions**
- C. By fostering positive self-reflection and encouragement**
- D. By offering strict discipline on self-care**

Nurses play a vital role in supporting patients' self-concept, and fostering positive self-reflection and encouragement is a key approach in this regard. This method involves creating an environment where patients feel valued and capable, which can significantly enhance their self-esteem and self-worth. By encouraging patients to reflect positively on their achievements, strengths, and personal qualities, nurses can help patients build a more positive self-image and a stronger sense of identity. This supportive interaction can involve actively listening to patients, affirming their feelings, providing constructive feedback, and celebrating their successes, no matter how small. The goal is to empower patients to view themselves in a more favorable light, which can lead to improved mental health and overall well-being. The other options do not provide the same level of support for enhancing self-concept. Minimizing patient engagement can lead to feelings of isolation and worthlessness. Providing structured therapy sessions may not always be accessible or appropriate in every nursing context, and while discipline on self-care is important, a strict approach may deter rather than encourage patient motivation and self-acceptance. Thus, fostering positive self-reflection and encouragement stands out as a compassionate and effective method for nurses to enhance patients' self-concept.

10. What role do spiritual beliefs play in influencing self-concept?

- A. They provide chaos and confusion**
- B. They diminish self-esteem**
- C. They offer meaning and shape identity**
- D. They create a sense of negativity**

Spiritual beliefs play a significant role in influencing self-concept by offering individuals a framework through which they interpret their experiences and understand their existence. They help to give meaning to life events, create a sense of purpose, and can profoundly shape a person's identity. Through spirituality, people often find guidance, support, and a sense of belonging, all of which contribute to a positive self-concept. This connection can enhance self-esteem and provide resilience during challenging situations, as individuals draw strength and comfort from their beliefs. By cultivating a spiritual identity, individuals can experience a more integrated and positive self-view, aligning their personal values with their sense of self.

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://pronursingeaqselfconcept.examzify.com>

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

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