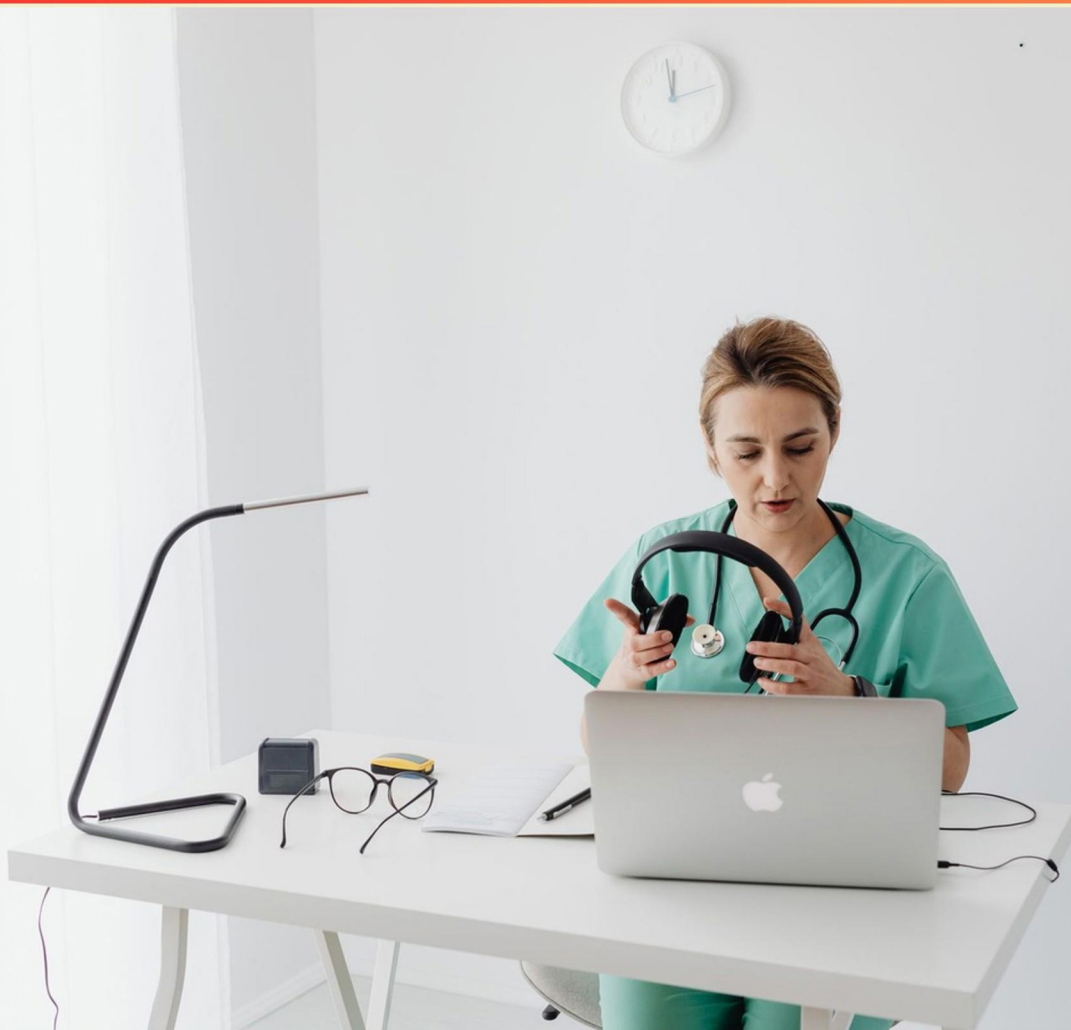


PROFESSIONAL NURSING EAQ – SELF CONCEPT PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://pronursingeaqselfconcept.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Which strategy is effective in promoting self-efficacy in patients?**
 - A. Setting achievable goals
 - B. Focusing solely on past failures
 - C. Minimizing feedback
 - D. Ignoring patient concerns

- 2. What effect does therapeutic communication have on a patient's self-concept?**
 - A. Fosters mistrust and withdrawal
 - B. Increases feelings of isolation
 - C. Encourages sharing of concerns and reinforces positive self-concept
 - D. Limits open expression

- 3. What approach is beneficial for a patient with a history of trauma to rebuild their self-concept?**
 - A. Isolation from others
 - B. Trauma-informed care
 - C. Ignoring past experiences
 - D. Denial of emotions

- 4. What is the primary effect of self-efficacy on self-concept?**
 - A. It leads to greater physical health
 - B. It diminishes social connections
 - C. It enhances one's belief in their ability to succeed
 - D. It causes increased stress levels

- 5. Which assessment should a nurse conduct on a patient with chronic arthritis regarding self-esteem?**
 - A. Assess physical pain levels
 - B. Determine their family history of arthritis
 - C. Observe the patient's demeanor and communication
 - D. Administer standard pain control measures

- 6. What impact does lack of social support have on self-concept?**
- A. It enhances personal growth
 - B. It leads to introspection and self-awareness
 - C. It may cause isolation and decreased validation
 - D. It fosters a sense of connection to others
- 7. What role does social support play in self-concept?**
- A. It can damage self-esteem
 - B. It offers validation and encouragement
 - C. It isolates individuals during challenges
 - D. It is not relevant to self-concept
- 8. Which of the following life events can significantly alter a person's self-concept?**
- A. Being diagnosed with a chronic illness
 - B. Taking an exam at school
 - C. Being promoted at work
 - D. All of the above
- 9. How can a nurse utilize validation techniques to support a patient's self-concept?**
- A. By dismissing patient feelings as unimportant
 - B. By ignoring patient experiences
 - C. By recognizing and affirming patient feelings
 - D. By solely focusing on medical records
- 10. 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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which strategy is effective in promoting self-efficacy in patients?

- A. Setting achievable goals**
- B. Focusing solely on past failures
- C. Minimizing feedback
- D. Ignoring patient concerns

Setting achievable goals is an effective strategy in promoting self-efficacy in patients because it creates a sense of accomplishment and motivation. When patients are presented with realistic and attainable goals, they can experience small successes that reinforce their belief in their abilities. This process of setting and achieving these goals fosters a sense of competence and encourages further efforts towards self-improvement. Furthermore, achieving these smaller, manageable objectives helps patients build confidence gradually, making them more likely to take on larger challenges in the future. This incremental approach is essential in self-efficacy theory, as it encourages persistence and resilience in the face of difficulties, ultimately leading to enhanced overall well-being. Strategies that focus on past failures, minimize feedback, or ignore patient concerns do not provide the necessary support or motivation needed to enhance self-efficacy. Instead, they may contribute to feelings of inadequacy and frustration, undermining the patient's ability to believe in their own capabilities.

2. What effect does therapeutic communication have on a patient's self-concept?

- A. Fosters mistrust and withdrawal
- B. Increases feelings of isolation
- C. Encourages sharing of concerns and reinforces positive self-concept**
- D. Limits open expression

Therapeutic communication plays a significant role in enhancing a patient's self-concept by creating an environment where they feel safe to express their thoughts and feelings. This form of communication encourages patients to share their concerns, fears, and experiences without judgment. When patients feel heard and validated, it boosts their self-esteem and reinforces a positive view of themselves. The open dialogue fostered by therapeutic communication helps identify and address any negative beliefs or feelings the patient may hold about themselves. As a result, this process can lead to improved self-acceptance and a more positive self-concept. Patients are likely to feel supported in their journey, which can lead to better emotional well-being and a stronger sense of identity. In contrast, other options reflect outcomes that are not associated with effective therapeutic communication. Mistrust and withdrawal, feelings of isolation, and limited expression are all indicative of poor communication, which fails to promote a supportive relationship between the patient and healthcare provider. Hence, the positive impact of therapeutic communication on a patient's self-concept is evident as it actively encourages sharing and promotes constructive feelings about oneself.

3. What approach is beneficial for a patient with a history of trauma to rebuild their self-concept?

- A. Isolation from others
- B. Trauma-informed care**
- C. Ignoring past experiences
- D. Denial of emotions

Trauma-informed care is a beneficial approach for a patient with a history of trauma to rebuild their self-concept because it focuses on understanding the impact of trauma on a person's life and recognizes the need for a supportive environment. This approach emphasizes trustworthiness, safety, and empowerment, enabling individuals to process their experiences and emotions in a constructive manner. By creating an environment in which the patient feels safe and validated, trauma-informed care helps them acknowledge their experiences, which is essential in rebuilding their self-concept. Moreover, trauma-informed care involves collaboration and choice, allowing patients to participate actively in their healing process. This participation can empower them and foster a sense of control over their lives, which is crucial for enhancing their self-esteem and self-worth after traumatic experiences. Through this approach, healthcare providers can address the complexities of mental health and personal identity that arise from trauma, ultimately promoting healing and growth.

4. What is the primary effect of self-efficacy on self-concept?

- A. It leads to greater physical health
- B. It diminishes social connections
- C. It enhances one's belief in their ability to succeed**
- D. It causes increased stress levels

The primary effect of self-efficacy on self-concept is that it enhances one's belief in their ability to succeed. Self-efficacy refers to the belief in one's capabilities to organize and execute the actions required to manage prospective situations. When an individual has a strong sense of self-efficacy, they are more likely to approach challenges with a positive mindset and confidence, which reinforces a healthy and positive self-concept. This belief can motivate individuals to set higher goals for themselves, persist in the face of difficulties, and ultimately achieve greater personal success. In contrast, other options like greater physical health or diminished social connections do not directly relate to the impact of self-efficacy on self-concept, as these are influenced by a variety of factors beyond an individual's belief in their abilities. Increased stress levels might arise in some circumstances but are not a primary effect related to self-efficacy; rather, strong self-efficacy can help individuals cope with stress better by fostering resilience and adaptive coping strategies.

5. Which assessment should a nurse conduct on a patient with chronic arthritis regarding self-esteem?

- A. Assess physical pain levels
- B. Determine their family history of arthritis
- C. Observe the patient's demeanor and communication**
- D. Administer standard pain control measures

Observing the patient's demeanor and communication is essential in assessing self-esteem, particularly in someone with chronic arthritis. Chronic conditions can significantly impact an individual's self-worth and how they perceive their capabilities and social interactions. A patient's demeanor can reveal feelings of inadequacy, frustration, or withdrawal, which are often associated with low self-esteem. By closely observing the patient's nonverbal cues, facial expressions, and how they engage in conversations, the nurse can gain insight into their self-image and emotional state. Communication style can also indicate confidence levels and comfort in discussing their condition, feelings, or social relations. This holistic approach allows the nurse to evaluate not just the physical impact of chronic arthritis, but also the psychosocial aspects that are crucial in forming a comprehensive understanding of the patient's self-esteem. Assessing demeanor and communication complements the overall patient assessment by addressing emotional health, which is an integral component of holistic nursing care.

6. What impact does lack of social support have on self-concept?

- A. It enhances personal growth
- B. It leads to introspection and self-awareness
- C. It may cause isolation and decreased validation**
- D. It fosters a sense of connection to others

The impact of a lack of social support on self-concept is significant, as it can contribute to feelings of isolation and reduced validation. When individuals do not have a network of support, they often struggle to develop a strong sense of self, which is reinforced through interactions and feedback from others. Social support provides emotional and practical assistance, which bolsters self-esteem and confidence. Without this support, individuals may feel disconnected from those around them, leading to loneliness and diminished self-worth. The absence of validation from peers or loved ones can cloud one's self-image, resulting in negative self-perceptions and potentially exacerbating mental health issues. Therefore, a lack of social support can seriously undermine an individual's self-concept, leading to a sense of isolation and worthlessness.

7. What role does social support play in self-concept?

- A. It can damage self-esteem
- B. It offers validation and encouragement**
- C. It isolates individuals during challenges
- D. It is not relevant to self-concept

Social support plays a crucial role in shaping and reinforcing self-concept by providing individuals with validation and encouragement. When people receive support from friends, family, or a community, they often feel valued and recognized, which can enhance their self-esteem and sense of worth. This validation helps individuals develop a positive self-image, as they see themselves reflected in the supportive feedback from others. Encouragement from social connections can motivate individuals to pursue their goals and cope more effectively with challenges, leading to a stronger and more resilient self-concept. In contrast, the other options suggest negative or irrelevant influences on self-concept. For instance, the notion that social support can damage self-esteem contradicts the fundamental purpose of support networks, which is to uplift and nurture individuals. Additionally, the idea that social support isolates individuals during challenges is misaligned with the typical function of social connections, which is to provide assistance and help people feel less alone. Lastly, dismissing social support as irrelevant overlooks its significant impact on emotional health and self-perception, which are vital components of self-concept.

8. Which of the following life events can significantly alter a person's self-concept?

- A. Being diagnosed with a chronic illness
- B. Taking an exam at school
- C. Being promoted at work
- D. All of the above**

A person's self-concept is shaped by various experiences and life events, and each of the listed scenarios can indeed have a significant impact on how an individual perceives themselves. Being diagnosed with a chronic illness can profoundly alter a person's self-concept by imposing new limitations, altering body image, and prompting a reevaluation of life goals and identity. The experience of living with a chronic condition can lead to feelings of loss, vulnerability, or even empowerment and resilience, depending on the individual's response to it. Taking an exam at school represents a situation where performance is evaluated, which can affect self-esteem and self-worth. The outcome of such an experience can influence how a student views their academic abilities and their future potential, thus shaping their self-concept in the context of education and achievement. Experiencing a promotion at work is another event that can significantly alter self-concept. It can enhance an individual's sense of competence and validation in their professional abilities, leading to increased confidence and a more positive view of themselves. Such a change can reinforce feelings of success and recognition, particularly in the context of personal and professional identity. Since all these events can lead to significant introspection and shifts in how individuals perceive themselves—whether positively or negatively—it's

9. How can a nurse utilize validation techniques to support a patient's self-concept?

- A. By dismissing patient feelings as unimportant
- B. By ignoring patient experiences
- C. By recognizing and affirming patient feelings**
- D. By solely focusing on medical records

Utilizing validation techniques is essential in supporting a patient's self-concept, and recognizing and affirming patient feelings is a key aspect of this approach. When a nurse listens to a patient's feelings and experiences, it helps to build trust and rapport. Validating a patient's emotions means acknowledging their feelings as real and significant, which can foster a sense of worth and self-acceptance. This affirmation can enhance the patient's self-esteem and promote a positive self-concept, encouraging them to articulate their concerns and needs more freely. In contrast, dismissing patient feelings as unimportant or ignoring their experiences can lead to feelings of invalidation and decreased self-worth. Focusing solely on medical records can overlook the holistic aspects of patient care, as it does not take into account the emotional and psychological dimensions that are crucial for a patient's self-appreciation and overall health. Therefore, recognizing and affirming patient feelings not only supports their self-concept but also enriches the therapeutic nurse-patient relationship.

10. 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.

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!

SAMPLE