

Psychosocial Integrity 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. What is the primary reason for including family in a substance abuse treatment plan?**
 - A. To confront the client about their behavior.**
 - B. To reduce distress in family relationships.**
 - C. To protect the client from harm.**
 - D. To assist in managing the client's environment.**

- 2. In what way can lifestyle choices affect psychosocial integrity?**
 - A. Lifestyle choices have no effect**
 - B. Only diet influences mental health**
 - C. Choices like diet and exercise can affect mood**
 - D. Sleep habits are irrelevant to mental health**

- 3. What is a potential indicator of intimate partner violence when nurses screen clients?**
 - A. Injuries that don't fit the explanation given by the victim**
 - B. Reports of violence from only women**
 - C. Screening only when clients are alone**
 - D. The absence of physical injuries**

- 4. What action must be taken by the nurse when treating a client with a stab wound?**
 - A. Ask if the client wants photos of the wound taken.**
 - B. Inform the client of their right to refuse a blood alcohol test.**
 - C. Provide a tetanus injection only with consent.**
 - D. Notify the police due to the nature of the injury.**

- 5. Which of the following is a common indicator of psychosocial distress?**
 - A. Increased appetite**
 - B. Anxiety and depression**
 - C. High energy levels**
 - D. Consistent academic performance**

- 6. How should the charge nurse respond to a new nurse anxious about violent clients?**
- A. What you really mean is that you fear a client with violent episodes.**
 - B. Though it is difficult, the staff needs to remain relaxed, but conscious of the client's violent episodes.**
 - C. I will instruct the staff to monitor the client's behavior for any signs of violent behavior.**
 - D. You attended an in-service during orientation on dealing with the client with violent behavior.**
- 7. What is the first action a nurse should take when a kindergarten child presents with bruises and a stomachache?**
- A. Ask the student about the bruises on the arms and ears.**
 - B. Do nothing as bruises are common in 5-year-old children.**
 - C. Report the injuries immediately to the parents.**
 - D. Discuss the findings with the child's teacher.**
- 8. What is an appropriate nursing action for supporting a client in crisis who feels isolated?**
- A. Encourage the client to talk openly about their feelings.**
 - B. Discourage the expression of negative emotions.**
 - C. Suggest the client focus on past positive experiences.**
 - D. Advise the client to avoid thinking about their problems.**
- 9. How might trauma affect an individual's psychosocial integrity?**
- A. By promoting resilience and growth**
 - B. Leading to post-traumatic stress disorder (PTSD)**
 - C. Encouraging open communication**
 - D. Helping in emotional regulation**
- 10. Which type of response by a nurse is non-therapeutic when speaking with a client in depression?**
- A. "Let me know when you feel up to talking."**
 - B. "You seem to be feeling better today."**
 - C. "Can you elaborate on what has changed for you?"**
 - D. "Others have experienced similar feelings."**

Answers

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

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Explanations

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1. What is the primary reason for including family in a substance abuse treatment plan?

- A. To confront the client about their behavior.**
- B. To reduce distress in family relationships.**
- C. To protect the client from harm.**
- D. To assist in managing the client's environment.**

Including family in a substance abuse treatment plan primarily serves to reduce distress in family relationships. Substance abuse often leads to significant emotional strain on family members and can disrupt family dynamics. By involving the family in treatment, the process can facilitate open communication, promote understanding, and help mend and strengthen relationships that may have been strained due to the substance use. This collaborative approach not only supports the client's recovery but also helps family members develop healthier ways to interact, cope, and support one another. Effective family involvement can ultimately enhance the overall treatment experience and provide a more supportive environment conducive to the client's long-term recovery.

2. In what way can lifestyle choices affect psychosocial integrity?

- A. Lifestyle choices have no effect**
- B. Only diet influences mental health**
- C. Choices like diet and exercise can affect mood**
- D. Sleep habits are irrelevant to mental health**

Lifestyle choices significantly influence psychosocial integrity, particularly through the interconnectedness of factors such as diet, exercise, and overall lifestyle habits. Making healthy choices in these areas can lead to improved mood and emotional well-being. For example, regular physical activity is known to release endorphins, which are natural mood lifters, while a balanced diet can contribute to better brain health. Addressing the role of sleep, it plays a crucial part in mental health as well. Adequate sleep is essential for emotional regulation, cognitive function, and overall mental resilience. Poor sleep habits can lead to increased stress, anxiety, and mood disorders, demonstrating that lifestyle factors collectively shape psychological health. In summary, lifestyle choices have a profound impact on psychosocial integrity through their effects on mood and emotional well-being, making the correct choice emphasize the importance of such decisions in one's life.

3. What is a potential indicator of intimate partner violence when nurses screen clients?

- A. Injuries that don't fit the explanation given by the victim**
- B. Reports of violence from only women**
- C. Screening only when clients are alone**
- D. The absence of physical injuries**

The choice highlighting injuries that don't fit the explanation given by the victim is significant because it points to potential discrepancies in the victim's account and the injuries they present. In cases of intimate partner violence, it is common for individuals to minimize the seriousness of their situation or provide explanations that don't align with the severity or nature of their injuries. When a nurse observes such inconsistencies, it may indicate that the individual is experiencing violence but feels unable to disclose the truth due to fear, shame, or manipulation by the abuser. This indicator serves as a critical alert for healthcare providers, prompting them to conduct further assessments and approach the situation with sensitivity and care. Recognizing this sign is essential in creating a supportive environment where victims may feel safer to disclose their circumstances. The other options, while related to screening processes, do not directly point to clear indicators of intimate partner violence. For instance, reports of violence from only women may miss the reality that men can also be victims. Screening only when clients are alone could overlook vital information if the abuser is present, and the absence of physical injuries does not negate the possibility of emotional or psychological abuse, which is also a critical component of intimate partner violence.

4. What action must be taken by the nurse when treating a client with a stab wound?

- A. Ask if the client wants photos of the wound taken.**
- B. Inform the client of their right to refuse a blood alcohol test.**
- C. Provide a tetanus injection only with consent.**
- D. Notify the police due to the nature of the injury.**

Notifying the police due to the nature of the injury is essential when treating a client with a stab wound. This action aligns with legal requirements and protocols, particularly in cases involving potential criminal activity or violence. When a patient presents with a stab wound, there is a clear obligation for the healthcare provider to ensure the safety of the individual and the community. Reporting such incidents can help prevent further violence and allow law enforcement to take appropriate action. This step also helps ensure documentation and investigation into the circumstances surrounding the injury, which is critical for both legal and medical records. Other options, while they may relate to patient care, do not directly address the immediate responsibilities associated with treating injuries from violence or potential crime. Ensuring the involvement of law enforcement allows for comprehensive care that includes addressing the psychosocial aspects of trauma and safety considerations.

5. Which of the following is a common indicator of psychosocial distress?

- A. Increased appetite**
- B. Anxiety and depression**
- C. High energy levels**
- D. Consistent academic performance**

Anxiety and depression are widely recognized indicators of psychosocial distress. These mental health symptoms often arise as a response to stress, life changes, trauma, or other psychological challenges. When an individual experiences anxiety, they may exhibit excessive worry, fear, or restlessness, while depression can present as persistent sadness, loss of interest in daily activities, and feelings of hopelessness. Both conditions can significantly impact a person's emotional well-being and daily functioning, highlighting the importance of identifying and addressing them as part of psychosocial health assessment and intervention. The other options do not align with indicators of psychosocial distress. For example, increased appetite may suggest stress eating or emotional eating but is not a definitive sign of distress itself. High energy levels might indicate a positive state of mental health or could even be a symptom of an underlying condition such as mania. Consistent academic performance generally reflects stability and can be an indicator of effective coping mechanisms rather than distress. Thus, identifying anxiety and depression is crucial for recognizing and addressing psychosocial distress effectively.

6. How should the charge nurse respond to a new nurse anxious about violent clients?

- A. What you really mean is that you fear a client with violent episodes.**
- B. Though it is difficult, the staff needs to remain relaxed, but conscious of the client's violent episodes.**
- C. I will instruct the staff to monitor the client's behavior for any signs of violent behavior.**
- D. You attended an in-service during orientation on dealing with the client with violent behavior.**

The appropriate response would be to reassure the new nurse that while managing clients who exhibit violent behavior can be challenging, it is essential for the staff to remain calm and vigilant. Acknowledging the difficulty of the situation helps normalize the new nurse's feelings and concerns, fostering a supportive environment. By emphasizing the importance of being relaxed yet aware, the charge nurse encourages a proactive stance that helps ensure the safety of both staff and clients. This approach also highlights the concept of situational awareness, where staff are encouraged to observe client behavior closely and react appropriately to mitigate risks. Offering guidance on maintaining a composed demeanor aids in developing confidence in the new nurse, thus enhancing their ability to handle stressful situations effectively. The other suggestions do not directly address the new nurse's anxiety or provide constructive support for navigating interactions with potentially violent clients, which is crucial for their development and confidence in handling such situations. Therefore, the emphasis on remaining calm while being mindful of the clients' behaviors is both practical and supportive.

7. What is the first action a nurse should take when a kindergarten child presents with bruises and a stomachache?

- A. Ask the student about the bruises on the arms and ears.**
- B. Do nothing as bruises are common in 5-year-old children.**
- C. Report the injuries immediately to the parents.**
- D. Discuss the findings with the child's teacher.**

The first action a nurse should take when encountering a kindergarten child with bruises and a stomachache is to inquire about the bruises. This approach is critical for several reasons. First, asking the child about their injuries allows the nurse to gather firsthand information about how the bruises occurred, which is essential for understanding the context of the injuries. This can help distinguish between typical accidental bruising common in young children and potential signs of abuse or an underlying medical condition. In situations involving children, it's crucial to take any signs of physical trauma seriously, particularly when there are additional symptoms like a stomachache. Opening a dialogue provides an opportunity for the child to express themselves, potentially shedding light on experiences or situations that may require further investigation. Other options may not address the immediate need for assessment and understanding. For instance, dismissing bruises as common without investigation could overlook serious issues. Similarly, reporting to parents or discussing with the teacher without first gathering information from the child may limit the understanding of the situation and could delay necessary intervention if there is a risk of harm. Thus, initiating a conversation with the child is the best first step in this scenario.

8. What is an appropriate nursing action for supporting a client in crisis who feels isolated?

- A. Encourage the client to talk openly about their feelings.**
- B. Discourage the expression of negative emotions.**
- C. Suggest the client focus on past positive experiences.**
- D. Advise the client to avoid thinking about their problems.**

Encouraging the client to talk openly about their feelings is vital when supporting someone in crisis, especially if they feel isolated. Open dialogue allows clients to express their emotions, thoughts, and concerns, which can help mitigate feelings of loneliness and despair. When individuals feel isolated, they often may not have anyone to share their experiences with, leading to a buildup of emotions that can worsen their mental state. By inviting clients to articulate their feelings, the nurse creates an atmosphere of safety and trust, promoting emotional processing. This can also help the client identify and explore underlying issues contributing to their distress, fostering a sense of connectivity and support. It demonstrates active listening and validation of their experiences, which is crucial in crisis intervention. Establishing this foundation encourages further engagement and can facilitate access to additional support systems, both therapeutic and social.

9. How might trauma affect an individual's psychosocial integrity?

- A. By promoting resilience and growth**
- B. Leading to post-traumatic stress disorder (PTSD)**
- C. Encouraging open communication**
- D. Helping in emotional regulation**

Trauma can significantly impact an individual's psychosocial integrity, particularly through the development of post-traumatic stress disorder (PTSD). PTSD is a mental health condition that can occur after experiencing or witnessing a traumatic event. It is characterized by symptoms such as flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event. These symptoms can disrupt an individual's ability to function in daily life and may lead to difficulties in relationships, employment, and overall mental health. The connection to psychosocial integrity is crucial; trauma can compromise a person's sense of safety, emotional well-being, and social connectedness. Individuals may find it challenging to trust others, leading to isolation and impacting their overall psychosocial functioning. Understanding the development of PTSD in response to trauma provides insight into how deeply trauma can affect not just an individual's psychological state but also their social interactions and emotional health. In contrast, concepts like resilience, emotional regulation, and open communication, while potentially positive outcomes in the aftermath of trauma for some, do not encompass the broader detrimental effects that trauma can have, particularly in its most severe forms. Therefore, recognizing PTSD as a direct consequence of trauma underscores its significant impact on psychosocial integrity.

10. Which type of response by a nurse is non-therapeutic when speaking with a client in depression?

- A. "Let me know when you feel up to talking."**
- B. "You seem to be feeling better today."**
- C. "Can you elaborate on what has changed for you?"**
- D. "Others have experienced similar feelings."**

The response "You seem to be feeling better today" is non-therapeutic when speaking with a client experiencing depression because it may minimize the client's current feelings and struggles. This statement implies a judgment about the client's emotional state, which can be invalidating. It suggests that the nurse is making assumptions about the client's feelings, possibly leading the client to feel misunderstood or dismissed. In therapeutic communication, it is essential to provide an environment where clients feel safe to express their emotions without fear of judgment. Instead of focusing on perceived improvements, it's more beneficial to encourage the client to share their thoughts and feelings. Responses that invite further exploration of the client's experiences or that validate their feelings can help build trust and a stronger therapeutic relationship.

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://psychosocialinteg.examzify.com>

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