

S&B Health - Midterm, Attitudes, Beliefs, Values, and Spirituality Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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	15

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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. Prejudice in healthcare can result in disparities in care, which can be caused by:**
 - A. Disparity in Healthcare**
 - B. Improved Outcomes**
 - C. Standard Protocols**
 - D. Equal Treatment**

- 2. Stigma can be present for patients with which of the following conditions?**
 - A. Mental Illness**
 - B. HIV/AIDS**
 - C. Obesity**
 - D. Substance Addiction**

- 3. Fairness in dentistry is linked to which area?**
 - A. Emergency Care**
 - B. Informed Consent**
 - C. Privacy**
 - D. Education**

- 4. People in a group tend to share beliefs and thus develop ideas toward those that are ____.**
 - A. Dissimilar**
 - B. Similar**
 - C. Different**
 - D. Predictable**

- 5. Together, beliefs and values influence which areas?**
 - A. Clinical decisions**
 - B. Communication style**
 - C. Ethical judgment**
 - D. All of the above**

- 6. In dentistry, which principle is associated with education and working within one's scope?**
- A. Non-maleficence**
 - B. Beneficence**
 - C. Justice**
 - D. Autonomy**
- 7. The role of the provider is to ___ the patient.**
- A. Advise regarding harmful practices**
 - B. Respect the whole patient**
 - C. Diagnose the patient**
 - D. Coerce the patient**
- 8. Prejudice in health care can lead to which of the following regarding access to care?**
- A. It can lead to avoidance or lack of respect**
 - B. It improves access to care**
 - C. It has no impact on access**
 - D. It guarantees equal treatment**
- 9. Which statement is part of the ongoing effort to become moral?**
- A. Ongoing effort**
 - B. One-time training**
 - C. Never reflect**
 - D. Rigid protocol following**
- 10. ___ are used as a method to guide behavior after understanding one's own feelings and emotions.**
- A. values**
 - B. rules**
 - C. norms**
 - D. attitudes**

Answers

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

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Explanations

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1. Prejudice in healthcare can result in disparities in care, which can be caused by:

- A. Disparity in Healthcare**
- B. Improved Outcomes**
- C. Standard Protocols**
- D. Equal Treatment**

Bias and prejudice in healthcare can shape decisions, communications, and how resources are allocated, leading to unequal access to services and differences in the quality of care across different groups. This kind of systemic inequality is what we call disparities in care. So, when prejudice contributes to uneven treatment, the result is disparities in healthcare, making that option the most fitting explanation for what can cause these gaps. The other ideas don't fit as causes: improved outcomes imply better results, which wouldn't generate disparities; standard protocols are designed to standardize care and reduce variation; equal treatment aims to remove differences in care.

2. Stigma can be present for patients with which of the following conditions?

- A. Mental Illness**
- B. HIV/AIDS**
- C. Obesity**
- D. Substance Addiction**

Stigma involves negative judgments and discrimination toward people with certain health conditions, and it frequently shows up in how society and professionals treat those with mental illness. Mental illness is especially prone to stigma because of stereotypes about dangerousness, unpredictability, and personal weakness. These beliefs can lead patients to delay seeking care, be treated differently in clinics, and receive less supportive services. While other conditions like HIV/AIDS, obesity, and substance use can also carry stigma, mental illness remains the most consistently stigmatized condition in healthcare, which is why it is the best answer here. If you encounter stigma, focusing on respectful, person-first language and creating a nonjudgmental environment helps reduce its impact on care.

3. Fairness in dentistry is linked to which area?

- A. Emergency Care**
- B. Informed Consent**
- C. Privacy**
- D. Education**

Fairness in dentistry centers on treating patients equitably, especially when care is time-sensitive. In emergencies, delays can lead to greater harm, so fairness means applying triage and prioritization based on clinical need rather than who the patient is or what they can pay. This ensures that those with urgent dental problems—such as severe pain, tooth trauma, infection, or bleeding—receive timely treatment, while nonurgent cases wait appropriately. Informed consent, privacy, and education are all vital parts of ethical practice, but they address autonomy, confidentiality, and patient empowerment rather than the equitable distribution of urgent care itself.

4. People in a group tend to share beliefs and thus develop ideas toward those that are ____.

- A. Dissimilar**
- B. Similar**
- C. Different**
- D. Predictable**

The main idea is that when people are part of a group, social influence nudges them to align with the shared beliefs of the group, leading to greater similarity among members. As individuals express their views, others weigh them against the prevailing stance and adjust to fit in or to be accurate within the group, so over time the group's ideas become more alike. This convergence happens through both wanting to belong (normative influence) and trusting the group's viewpoints as correct (informational influence). So the tendency is toward similarity rather than increasing differences. The other options describe outcomes that don't match this pattern: moving toward dissimilarity would mean opinions diverge; being different or merely predictable doesn't capture the alignment of beliefs within a group.

5. Together, beliefs and values influence which areas?

- A. Clinical decisions**
- B. Communication style**
- C. Ethical judgment**
- D. All of the above**

Beliefs and values act as guiding lenses that shape how professionals interpret patient information and decide what to do next. In clinical decisions, what counts as the best action or the most beneficial outcome is colored by personal and cultural values as well as professional ethics. In communication, beliefs about what patients deserve to know and how much autonomy they should have influence tone, transparency, and how collaborative the dialogue is. In ethical judgment, judgments about right and wrong, duties, and fairness stem from underlying beliefs about ethics and justice. Because every decision and interaction in care involves weighing options and making choices under real-world complexity, beliefs and values influence all of these areas together.

6. In dentistry, which principle is associated with education and working within one's scope?

- A. Non-maleficence**
- B. Beneficence**
- C. Justice**
- D. Autonomy**

Non-maleficence, the obligation to avoid harming patients. In dentistry, education and staying within your scope are essential to meet this duty because they ensure you have the competence to perform procedures safely. When you work only within what you've been trained for and seek additional education before expanding your practice, you reduce the risk of causing harm. Beneficence aims to do good for the patient, but the safety-oriented restraint of non-maleficence is what guides the need for proper education and scope. Justice concerns fairness, and autonomy focuses on respecting patient choices, but neither captures the safety boundary that education and scope impose.

7. The role of the provider is to ___ the patient.
- A. Advise regarding harmful practices
 - B. Respect the whole patient**
 - C. Diagnose the patient
 - D. Coerce the patient

Treating the patient as a whole person and honoring their dignity, values, and beliefs guides ethical and effective care. This means recognizing their physical health alongside mental, emotional, social, cultural, and spiritual needs, and weaving those into decisions and conversations. When providers respect the whole patient, they build trust, support autonomy, and practice shared decision-making, so care aligns with the person's goals and values. Guidance about harmful practices can be part of care, but the essential posture is about honoring the person. Diagnosing is a necessary clinical skill, but it describes a technical step rather than the relational stance of respect. Coercion, on the other hand, undermines trust and is unethical. So the role is to respect the patient as a whole.

8. Prejudice in health care can lead to which of the following regarding access to care?
- A. It can lead to avoidance or lack of respect**
 - B. It improves access to care
 - C. It has no impact on access
 - D. It guarantees equal treatment

Prejudice in health care erodes access because it shapes how patients are treated and how safe they feel seeking care. When bias or disrespect is present, people may delay or avoid medical visits, skip follow-ups, or distrust the system, all of which reduce timely access to care. It also undermines the patient-provider relationship, leading to poorer communication and adherence. So prejudice can lead to avoidance or lack of respect. It does not improve access, it certainly has an impact on access, and it does not guarantee equal treatment. Addressing bias and ensuring respectful, nonjudgmental care is essential for true equitable access.

9. Which statement is part of the ongoing effort to become moral?
- A. Ongoing effort**
 - B. One-time training
 - C. Never reflect
 - D. Rigid protocol following

Becoming moral is a process that requires ongoing, active effort. Moral growth isn't sparked by a single training session or by simply following a set of rules; it unfolds through regular reflection on choices, practice in varying situations, and a commitment to improve over time. That ongoing effort captures the real work of forming character—learning from mistakes, seeking feedback, and adjusting how you act to align with your values. One-time training is only a starting point and can't sustain growth across different contexts. Never reflecting eliminates any chance for learning from past actions, which is essential for improvement. Rigid protocol following treats morality as mere obedience to rules rather than thoughtful, context-sensitive judgment, which can hollow out genuine moral development.

10. _____ are used as a method to guide behavior after understanding one's own feelings and emotions.

A. values

B. rules

C. norms

D. attitudes

Values are internalized beliefs about what matters most, acting as a personal compass that guides choices after you understand your feelings. When you pause to recognize your emotions, you often align your next move with what you deem important—honesty, kindness, responsibility, fairness, and similar principles. These enduring priorities shape your behavior across situations, serving as the framework for decisions that reflect your inner priorities. Rules are explicit directives about what you must or must not do, and norms are the shared expectations a group holds about behavior. Attitudes are evaluations you hold about people, objects, or ideas that can influence actions but don't operate as the fundamental guiding principles you consult after emotional insight. For example, feeling upset after a conflict might lead you to act in line with a value like fairness, rather than simply following a rule or relying on a positive or negative attitude toward the other person.

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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://sandbhealth.examzify.com>

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

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