

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	16

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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. Which statement is an example of Beliefs?**
 - A. I dislike treating anxious patients.**
 - B. Pain is inevitable with dental treatment.**
 - C. Compassion, honesty**
 - D. Dentistry is people-centered.**

- 2. Justice in dentistry includes informed consent and appropriate billing.**
 - A. Justice**
 - B. Autonomy**
 - C. Beneficence**
 - D. Non-maleficence**

- 3. _____ are used as a method to guide behavior after understanding one's own feelings and emotions.**
 - A. values**
 - B. rules**
 - C. norms**
 - D. attitudes**

- 4. Beliefs inform Attitudes.**
 - A. Beliefs inform Attitudes**
 - B. Attitudes inform Beliefs**
 - C. Values inform Attitudes**
 - D. Attitudes inform Values**

- 5. Which description best defines Values?**
 - A. The actions we perform**
 - B. Deeply held principles guiding behavior**
 - C. Learned tendencies to respond**
 - D. What we accept as true**

- 6. Dentistry is _____-centered, not just procedure-centered.**
 - A. People**
 - B. Patients**
 - C. Techniques**
 - D. Profits**

- 7. A person's own set of principles which they consider of great importance**
- A. Values**
 - B. Beliefs**
 - C. Attitudes**
 - D. Norms**
- 8. In healthcare, recognizing values helps explain how decisions are made.**
- A. They influence decisions, priorities, and behavior**
 - B. They determine insurance eligibility**
 - C. They compel immediate surgery**
 - D. They determine laboratory values**
- 9. Beneficence in dentistry includes community service and professional conduct.**
- A. Beneficence**
 - B. Justice**
 - C. Non-maleficence**
 - D. Autonomy**
- 10. The attitude that the patient has control of health-damaging factors is called:**
- A. Blaming the patient**
 - B. Paternalism**
 - C. Empathy**
 - D. Cultural Competence**

Answers

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

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Explanations

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1. Which statement is an example of Beliefs?

- A. I dislike treating anxious patients.
- B. Pain is inevitable with dental treatment.**
- C. Compassion, honesty
- D. Dentistry is people-centered.

Beliefs are statements about what we accept as true or real, shaping our expectations about how things are or will be in the world of practice. The statement that pain is inevitable with dental treatment is the best example because it makes a claim about reality—an expectation about what typically occurs during care. It's a proposition about truth that a person might accept, doubt, or question, which is the essence of a belief. Disliking treating anxious patients expresses a personal feeling or attitude toward a group of patients, not a claim about what is true. Compassion and honesty reflect values—principles that guide behavior—rather than assertions about how things are. Likewise, dentistry being people-centered communicates a guiding approach or philosophy about care, which aligns more with values or professional stance than a belief about a factual outcome.

2. Justice in dentistry includes informed consent and appropriate billing.

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

Justice is about fairness in how care is distributed and how patients are treated in the care process. When we consider informed consent, it's about ensuring every patient has access to clear information and is able to participate in decisions without coercion or bias. That kind of fair access to information and participation is a hallmark of just practice. Likewise, appropriate billing reflects fairness in the financial aspects of care—charges should be transparent, reasonable, and non-discriminatory so patients aren't exploited or unfairly burdened, and resources are allocated equitably. Autonomy centers on the patient's right to self-determination, which is related but focuses more on decision-making capacity and choices about treatment. Beneficence and non-maleficence address doing good and avoiding harm in a given action, rather than the broader, system-wide fairness and impartiality that justice emphasizes. So the statement aligns best with justice.

3. _____ 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.

4. Beliefs inform Attitudes.

A. Beliefs inform Attitudes

B. Attitudes inform Beliefs

C. Values inform Attitudes

D. Attitudes inform Values

Beliefs are the ideas we hold about how the world works, and attitudes are our positive or negative evaluations toward people, objects, or ideas. Because attitudes are built from how we interpret information, the beliefs we hold provide the information that shapes those evaluations. If you believe that regular exercise improves health, that belief feeds a positive attitude toward exercising. The pattern described here is that what we think to be true informs how we feel about it. While attitudes can influence future beliefs or values can bias both, the direct directional link in this statement is beliefs shaping attitudes.

5. Which description best defines Values?

A. The actions we perform

B. Deeply held principles guiding behavior

C. Learned tendencies to respond

D. What we accept as true

Values are enduring, deeply held principles that guide what we consider important and how we act. They act as a personal compass across different situations, shaping decisions and behavior even when circumstances change. This makes the description that highlights guiding principles the best way to capture what values are. They differ from beliefs, which are ideas about what is true or false, and from learned habits or conditioned responses, which are patterns of behavior acquired through repetition. When you value honesty, that inner standard pushes you to tell the truth and act with integrity, even when it's inconvenient. That underlying standard is what drives consistent behavior, not just the individual actions themselves.

6. Dentistry is ____-centered, not just procedure-centered.

A. People

B. Patients

C. Techniques

D. Profits

Dentistry should be oriented around people, not just the technical steps of a procedure. This approach, often described as people-centered care, means putting the human experience at the heart of every interaction. It involves listening to patients, understanding their concerns and values, explaining options in clear terms, and including them in decisions about their oral health. When care centers on people, it builds trust, reduces fear, improves adherence to treatment, and respects each person's unique goals and circumstances. Choosing people over the other options highlights that dental care isn't just about mastering techniques, chasing profits, or focusing narrowly on a patient's problem. It's about the whole person—their relationships, comfort, and well-being—along with the care team and family who support them. That broader, human-focused orientation is what makes dentistry truly effective and compassionate.

7. A person's own set of principles which they consider of great importance

A. Values

B. Beliefs

C. Attitudes

D. Norms

Values are your own set of principles that you consider of great importance. They are enduring beliefs about what is desirable, right, or worthwhile, and they serve as internal guides for your choices and behavior across different situations. Because they reflect what you aim to honor in life, they shape long-term priorities—like honesty, fairness, compassion, or independence—and influence decisions when you're weighing options or facing moral or personal trade-offs. This distinguishes values from beliefs (what you think is true), attitudes (your overall evaluation of something), and norms (societal expectations for behavior). For example, valuing honesty leads you to tell the truth even when it's inconvenient or risky.

8. In healthcare, recognizing values helps explain how decisions are made.

- A. They influence decisions, priorities, and behavior**
- B. They determine insurance eligibility**
- C. They compel immediate surgery**
- D. They determine laboratory values**

Values guide what matters to people in healthcare, shaping how decisions are made. They are the beliefs about priorities and what constitutes a good outcome, which influence choices, what gets prioritized, and how clinicians and patients behave in practice. When we recognize and reflect on these values—both our own and those of patients and families—we can see why a team might choose one treatment path over another, how goals of care are set, and how resources are allocated. This value-aware perspective helps explain variability in decisions across different contexts and cultures, and it supports shared decision-making by aligning care with what matters most to the patient. The other statements miss this core influence: values don't determine insurance eligibility, don't compel a specific surgery, and don't set laboratory values. They shape decisions and actions behind those outcomes instead.

9. Beneficence in dentistry includes community service and professional conduct.

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

Beneficence is about promoting the well-being of patients and the community. In dentistry this extends beyond just treating teeth to actions that help people live healthier lives and to upholding high professional standards. Community service, such as outreach programs or volunteering to improve public oral health, and professional conduct—acting with integrity, honesty, and a patient-centered approach—are concrete ways we enact beneficence because they contribute to the health and trust of others. Non-maleficence is about not causing harm, autonomy about respecting patients' decision-making and choices, and justice about fairness in distributing care and resources. The statement best exemplifies beneficence because it highlights actions intended to benefit others and promote the public good.

10. The attitude that the patient has control of health-damaging factors is called:

A. Blaming the patient

B. Paternalism

C. Empathy

D. Cultural Competence

Viewing health-damaging factors as something the patient fully controls is blaming the patient. This stance assigns responsibility for illness or risk factors to the patient alone, implying they could have acted differently but chose not to. It overlooks real limits like genetics, environmental constraints, and social determinants of health, and it can damage trust and engagement by making patients feel judged rather than supported. This attitude contrasts with paternalism (where clinicians make decisions for patients), empathy (understanding and validating the patient's experience), and cultural competence (adapting care to diverse backgrounds).

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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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