

# **S&B HEALTH – MIDTERM, ATTITUDES, BELIEFS, VALUES, AND SPIRITUALITY PRACTICE TEST (SAMPLE)**

**STUDY GUIDE**



## **SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS**

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<https://sandbhealth.examzify.com>



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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 best describes cultural beliefs?**
  - A. Personal beliefs that exist in isolation.
  - B. Beliefs that never affect medical decisions.
  - C. Shared within a group and influence norms.
  - D. Beliefs that only relate to religion.
- 2. In dentistry, which principle is associated with education and working within one's scope?**
  - A. Non-maleficence
  - B. Beneficence
  - C. Justice
  - D. Autonomy
- 3. Ignoring a patient's beliefs and values can erode which aspect of the caregiver–patient relationship?**
  - A. Erosion of trust
  - B. Increased collaboration
  - C. Faster recovery
  - D. Greater comfort
- 4. What is “value diversity” and how does it relate to patient autonomy?**
  - A. Value diversity means everyone must adopt the same values.
  - B. Value diversity means clinicians must enforce their own values on patients.
  - C. Value diversity requires clinicians to ignore patient values.
  - D. Value diversity is recognition and respect for differing values and relates to autonomy by supporting patients to make decisions aligned with their own values.
- 5. Provide an example of a scenario where a patient's values conflict with a hospital policy; how should team respond?**
  - A. The team should override autonomy and proceed with policy.
  - B. They ignore the conflict and continue.
  - C. They respect autonomy, discuss alternatives, involve patient/family, ethics consult if needed, document decisions.
  - D. They discharge the patient to avoid conflict.

6. Healthcare providers should be aware of patient spirituality and potential influences on the patient's overall \_\_\_\_.
- A. health
  - B. well-being
  - C. mood
  - D. finances
7. Which activity is NOT typically a strategy for reflective practice?
- A. Mindfulness.
  - B. Personal journaling.
  - C. Case reflection rounds.
  - D. Ignoring feedback.
8. Which of the following is an example of professional values?
- A. Critical Thinking
  - B. Privacy
  - C. Billing Accuracy
  - D. Team Leadership
9. Compare and contrast 'spirituality' and 'religion' in patient care planning.
- A. Spirituality is broad, personal, may be secular; religion is structured set of beliefs and practices; care planning should respect both, inquire about needs without assuming.
  - B. Spirituality equals church attendance; religion equals daily meditation.
  - C. Spirituality is a medical term; religion is non-medical.
  - D. Spirituality and religion are the same and should be treated identically.
10. Healthcare providers must \_\_\_\_ that patients may have certain beliefs or practices.
- A. Acknowledge
  - B. Ignore
  - C. Challenge
  - D. Discourage

## **Answers**

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

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## **Explanations**

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### 1. Which statement best describes cultural beliefs?

- A. Personal beliefs that exist in isolation.
- B. Beliefs that never affect medical decisions.
- C. Shared within a group and influence norms.**
- D. Beliefs that only relate to religion.

*Cultural beliefs are the shared ideas, values, and norms that a group holds in common and uses to guide behavior and expectations. Because they are shared, they create a social fabric that shapes what is considered right, acceptable, or normal within that group, influencing everyday actions as well as health-related decisions. This communal aspect distinguishes cultural beliefs from purely personal beliefs or from beliefs that don't affect decisions, and it encompasses more than religion to include practices, roles, and customary ways of approaching illness and care. Clinically, recognizing that these beliefs influence norms helps explain why groups may have specific approaches to treatment, consent, and family involvement.*

### 2. 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.*

### 3. Ignoring a patient's beliefs and values can erode which aspect of the caregiver–patient relationship?

- A. Erosion of trust**
- B. Increased collaboration
- C. Faster recovery
- D. Greater comfort

*Trust in the caregiver–patient relationship hinges on recognizing and honoring a patient's beliefs and values. When a clinician acknowledges what matters to the patient—cultural, religious, or personal values—the patient feels seen, respected, and willing to share concerns. This open, honest communication supports collaboration and adherence, strengthening the relationship. If beliefs are ignored or dismissed, the patient may feel disrespected or disempowered, leading to less honesty, reduced engagement, and withdrawal from care. That erosion of trust is the direct consequence in the caregiver–patient dynamic. The other potential outcomes—more collaboration, faster recovery, greater comfort—depend on a foundation of trust and mutual respect, which is compromised when beliefs aren't honored.*

#### 4. What is “value diversity” and how does it relate to patient autonomy?

- A. Value diversity means everyone must adopt the same values.
- B. Value diversity means clinicians must enforce their own values on patients.
- C. Value diversity requires clinicians to ignore patient values.
- D. Value diversity is recognition and respect for differing values and relates to autonomy by supporting patients to make decisions aligned with their own values.**

*Value diversity in healthcare means recognizing that people hold different values, beliefs, and preferences that shape their care choices. When clinicians honor this diversity, they create space for patients to express what matters to them and to choose options that fit their own values. Patient autonomy is the right of individuals to make decisions about their care based on their personal values and beliefs. By supporting patients to make decisions aligned with what they value, clinicians uphold autonomy rather than imposing their own views. This approach also builds trust and supports collaborative, patient-centered care.*

#### 5. Provide an example of a scenario where a patient's values conflict with a hospital policy; how should team respond?

- A. The team should override autonomy and proceed with policy.
- B. They ignore the conflict and continue.
- C. They respect autonomy, discuss alternatives, involve patient/family, ethics consult if needed, document decisions.**
- D. They discharge the patient to avoid conflict.

*Respecting patient autonomy while navigating hospital policies requires collaborative decision-making and appropriate ethical oversight. When a patient's values conflict with a policy, the team should start by listening closely to the patient's beliefs, goals, and what outcomes matter most to them, so the conversation centers on their values rather than on simply enforcing rules. Clearly explain the policy and how it applies to the situation, but do so in a way that invites questions and shared problem-solving. Then explore alternatives that could honor the patient's values without violating safety, legal, or policy constraints. This often means offering acceptable options within the policy, adjusting the plan to align as closely as possible with what the patient wants, or identifying permissible accommodations. Involve the patient and, when appropriate, family or trusted representatives, so decisions reflect genuine shared decision-making rather than unilateral choices. If uncertainty remains or ethical tensions persist, seek an ethics consultation to provide guidance on balancing values, policy, and patient welfare, while ensuring the rationale and process are transparent. Throughout, document all conversations, the decisions reached, the people involved, and the rationale behind them, including any alternatives considered and any ethics input obtained. The aim is to respect the patient's values and autonomy while upholding safety and institutional guidelines, rather than bypassing patient preferences or ignoring the conflict.*

6. Healthcare providers should be aware of patient spirituality and potential influences on the patient's overall \_\_\_\_.

- A. health
- B. well-being**
- C. mood
- D. finances

*Spirituality can shape a person's overall well-being, which is a broad, multidimensional sense of how someone is doing in life physically, mentally, socially, and existentially. When providers acknowledge spiritual beliefs and needs, they help support coping, meaning, hope, and resilience in the face of illness or stress. That sense of purpose and connectedness often improves a person's quality of life and daily functioning, beyond just their physical symptoms. Health focuses mainly on physical status, which is narrower than well-being. Mood looks at a specific emotional state rather than the broader sense of life satisfaction and functioning. Finances can be affected by many factors but do not capture the holistic impact of spirituality on a person's overall state.*

7. Which activity is NOT typically a strategy for reflective practice?

- A. Mindfulness.
- B. Personal journaling.
- C. Case reflection rounds.
- D. Ignoring feedback.**

*Reflective practice is about turning experiences into learning by thoughtfully examining what happened, how you felt, why you acted as you did, and what you can change next time. Mindfulness supports this by improving present-moment awareness, so you notice your thoughts and emotions as they occur rather than letting them go unexamined. Personal journaling provides a written record you can revisit to spot patterns in your thinking and behavior, making insights easier to identify and track over time. Case reflection rounds offer structured, peer-based discussion that broadens perspectives, surfaces blind spots, and builds accountability for applying lessons learned. Ignoring feedback doesn't fit with this approach. Feedback highlights areas you may not see yourself and points to concrete changes that can improve future practice. When you dismiss or overlook feedback, you miss valuable information that could lessen errors, strengthen skills, and accelerate growth.*

8. Which of the following is an example of professional values?

- A. Critical Thinking**
- B. Privacy
- C. Billing Accuracy
- D. Team Leadership

*Professional values are shown in how a clinician approaches care, prioritize patient safety, and makes decisions under uncertainty. Critical thinking is the clearest example because it embodies a professional stance of analyzing evidence, weighing different options, and reasoning through complex situations to reach well-supported conclusions. This thoughtful, reflective approach helps ensure care is ethical, effective, and aligned with patient needs and established standards. Privacy is essential and governs how information is handled, but it's more about a specific ethical obligation than the general mindset of professional practice. Billing accuracy matters for integrity and systems functioning, yet it describes a procedural competency rather than the value-driven lens through which clinical judgments are made. Team leadership involves guiding others and coordinating care, which is a skill linked to professional behavior, but it does not alone capture the value-driven reasoning that underpins everyday clinical decision-making.*

**9. Compare and contrast 'spirituality' and 'religion' in patient care planning.**

- A. Spirituality is broad, personal, may be secular; religion is structured set of beliefs and practices; care planning should respect both, inquire about needs without assuming.**
- B. Spirituality equals church attendance; religion equals daily meditation.
- C. Spirituality is a medical term; religion is non-medical.
- D. Spirituality and religion are the same and should be treated identically.

*Spirituality is the personal search for meaning, purpose, and connection, which can be tied to religion or can be entirely secular. Religion, on the other hand, refers to organized beliefs, rituals, and communities. In patient care planning, recognizing both means you respect the patient's individual values and sources of strength, without assuming they align with a particular faith. This approach is the best because it acknowledges that patients may draw on religious beliefs, personal values, or a broader sense of purpose when facing illness. It encourages open, nonjudgmental inquiry about what matters most to them, how their beliefs influence decisions, and what spiritual support they want. It also helps you coordinate with chaplaincy or spiritual care services when appropriate, accommodate rituals or practices, and ensure goal-concordant care. Other options narrow spirituality and religion to specific activities or treat them as the same, which misses the breadth of personal belief and practice.*

**10. Healthcare providers must \_\_\_\_\_ that patients may have certain beliefs or practices.**

- A. Acknowledge**
- B. Ignore
- C. Challenge
- D. Discourage

*Respecting patients' beliefs and practices is central to patient-centered care. Healthcare providers must acknowledge that patients may hold beliefs or spiritual practices that influence their health decisions, treatment preferences, and daily routines. Acknowledgment shows respect for autonomy, builds trust, and invites open, nonjudgmental dialogue. When clinicians acknowledge these beliefs, they can better understand what matters most to the patient, adapt care plans to fit values, and collaborate on acceptable options that still meet medical goals. Ignoring beliefs can create distance and mistrust; challenging beliefs or discouraging them undermines the patient-provider relationship and can lead to poor adherence or dissatisfaction. If you're ever unsure, inviting the patient to share what matters to them and finding ways to honor those beliefs within the care plan is the way forward.*

## 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](mailto: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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