

SCREENING AND EXAMINATION TEST 1 PRACTICE (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 item is an example of a graded response in pain assessment?**
 - A. Rate your pain on a scale of 1-10
 - B. What activities are you having trouble with?
 - C. Open-ended question
 - D. Yes or no question
- 2. Korotkoff sounds indicate which aspects of a blood pressure reading?**
 - A. The last sound is systolic and the first is diastolic
 - B. They indicate heart rate
 - C. The first sound is systolic and the last is diastolic
 - D. They indicate respiratory rate
- 3. Which term describes sudden dyspnea and orthopnea while sleeping?**
 - A. Dyspnea
 - B. Apnea
 - C. Systole
 - D. Paroxysmal nocturnal dyspnea
- 4. Which device is used to measure blood pressure with a cuff?**
 - A. Thermometer
 - B. Sphygmomanometer
 - C. Stethoscope
 - D. Pulse Oximeter
- 5. Which term describes psychological disorders characterized by emotional extremes?**
 - A. Object perception
 - B. Mood disorders
 - C. Anxiety disorders
 - D. Personality disorders
- 6. Which group commonly has a resting pulse rate of 40-60 bpm?**
 - A. 30-50 bpm
 - B. 60-80 bpm
 - C. 40-60 bpm
 - D. 70-90 bpm

- 7. Which gait pattern is characterized by a painful gait with shortened stance time on the affected leg?**
- A. Foot drop
 - B. Hip hiking
 - C. Circumduction
 - D. Antalgic gait
- 8. Which term describes psychological disorders characterized by distressing, persistent anxiety or maladaptive behaviors that reduce anxiety?**
- A. Anxiety disorders
 - B. Mood disorders
 - C. Somatoform disorders
 - D. Psychotic disorders
- 9. Which statement describes Reflex Grade 3+?**
- A. No reflex
 - B. Brisk/hyperactive
 - C. Normal
 - D. Minimal or depressed response
- 10. Which test is used to assess dynamic balance and mobility?**
- A. Timed Up and Go (TUG)
 - B. Romberg Test
 - C. Gait Speed Test
 - D. Static Balance Test

Answers

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

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Explanations

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1. Which item is an example of a graded response in pain assessment?

- A. Rate your pain on a scale of 1-10**
- B. What activities are you having trouble with?
- C. Open-ended question
- D. Yes or no question

Graded response means expressing pain on a scale that shows degrees of intensity rather than a simple yes/no or a descriptive narrative. The item that asks you to rate your pain on a 1 to 10 scale provides a numeric, continuous measure of how strong the pain is, which can capture subtle changes over time and allow precise comparison before and after treatments. This kind of scale is widely used because it gives a clear, graded picture of pain severity. The other options don't provide that same graduated measure. Asking about activities tends to describe functional impact rather than the exact pain level. An open-ended question yields qualitative description without a numeric grade. A yes-or-no question reduces pain to a single yes or no, losing the nuance of intensity.

2. Korotkoff sounds indicate which aspects of a blood pressure reading?

- A. The last sound is systolic and the first is diastolic
- B. They indicate heart rate
- C. The first sound is systolic and the last is diastolic**
- D. They indicate respiratory rate

Korotkoff sounds are used to read blood pressure during cuff deflation. When the cuff pressure falls to the level where the artery just opens and turbulent flow begins, the first tapping sound appears. This marks systolic blood pressure. As the cuff continues to deflate, these sounds continue until the last audible sound is heard, at which point the artery is fully open and the sounds disappear; that pressure corresponds to diastolic blood pressure. So the first sound indicates systolic pressure, and the last audible sound indicates diastolic pressure. This is not about heart rate or respiratory rate, which is why the other choices don't fit.

3. Which term describes sudden dyspnea and orthopnea while sleeping?

- A. Dyspnea
- B. Apnea
- C. Systole
- D. Paroxysmal nocturnal dyspnea**

Paroxysmal nocturnal dyspnea describes sudden episodes of breathlessness that wake you up during sleep. It happens after lying down because venous return to the heart increases, raising pulmonary capillary pressure and causing pulmonary congestion. This pattern is classic for left-sided heart failure, and the dyspnea is often relieved by sitting up or standing. The term specifically captures both the abrupt nighttime onset and the need to change position to feel better. General dyspnea is just any shortness of breath and not tied to the nocturnal, paroxysmal pattern. Apnea means a temporary pause in breathing, not breathlessness. Systole is a phase of the cardiac cycle, not a symptom describing nocturnal breathlessness.

4. Which device is used to measure blood pressure with a cuff?

- A. Thermometer
- B. Sphygmomanometer**
- C. Stethoscope
- D. Pulse Oximeter

Measuring blood pressure with a cuff relies on a device specifically designed to compress the artery and register pressure. The sphygmomanometer is that device. It includes an inflatable cuff, a pump, and a gauge or digital readout. You wrap the cuff around the upper arm, inflate it to stop blood flow, then gradually release the pressure to determine the systolic and diastolic pressures. A stethoscope is often used with this method to hear the Korotkoff sounds as the cuff pressure changes, but the actual cuff-based pressure measurement is done with the sphygmomanometer. The thermometer measures temperature, and the pulse oximeter measures oxygen saturation.

5. Which term describes psychological disorders characterized by emotional extremes?

- A. Object perception
- B. Mood disorders**
- C. Anxiety disorders
- D. Personality disorders

Emotional extremes point to mood disorders. This category covers conditions where mood regulation is disrupted, leading to persistent states that are either unusually low (depressed) or unusually high (manic or hypomanic), often with significant impairment in daily functioning. For example, major depressive disorder involves extended periods of deep sadness and anhedonia, while bipolar disorders involve episodes of depression alternating with mania or hypomania. This focus on sustained shifts in mood distinguishes mood disorders from other groups: anxiety disorders center on fear and worry, personality disorders describe enduring patterns of behavior and inner experience, and object perception refers to perceptual processing rather than a mood-related disorder.

6. Which group commonly has a resting pulse rate of 40-60 bpm?

- A. 30-50 bpm
- B. 60-80 bpm
- C. 40-60 bpm**
- D. 70-90 bpm

Endurance athletes commonly have resting pulse rates in the 40-60 bpm range. Regular aerobic training makes the heart more efficient, increasing stroke volume so you can push the same amount of blood with fewer beats. It also boosts parasympathetic (vagal) activity and reduces resting sympathetic drive, so the heart doesn't need to work as hard at rest. Since the normal adult resting rate is about 60-100 bpm, a 40-60 bpm resting rate is a hallmark of high cardiovascular fitness, as seen in well-trained athletes.

7. Which gait pattern is characterized by a painful gait with shortened stance time on the affected leg?

- A. Foot drop
- B. Hip hiking
- C. Circumduction
- D. Antalgic gait**

When pain drives how a person moves, the body protects the painful leg by spending less time bearing weight on it. This protective change defines an antalgic gait. The key feature is a shortened stance phase on the affected leg, which creates a limp as the person quickly transfers weight to the other side to minimize discomfort. The overall pattern often includes a shorter step on the painful side and a quicker progression to the opposite limb. Other gait patterns involve different compensations for specific problems, not simply pain-driven stance reduction. For example, foot drop causes toe drag due to weak dorsiflexors, hip hiking raises the pelvis to clear the foot during swing, and circumduction moves the leg outward in a circular arc to clear the ground. The hallmark here remains the reduced stance time on the painful leg.

8. Which term describes psychological disorders characterized by distressing, persistent anxiety or maladaptive behaviors that reduce anxiety?

- A. Anxiety disorders**
- B. Mood disorders
- C. Somatoform disorders
- D. Psychotic disorders

Anxiety disorders describe conditions where the main issue is distressing, persistent anxiety or worry, and the behaviors people use to try to lessen that anxiety. This anxiety is long-lasting and impairing, and the coping strategies—like avoidance, safety behaviors, or ritualistic actions—are maladaptive attempts to reduce fear. That focus on ongoing anxiety and the efforts to manage it is what characterizes this group. Mood disorders center on changes in mood itself (depressed or elevated states), not primarily on persistent anxiety. Somatoform disorders involve physical symptoms without a medical explanation. Psychotic disorders involve a loss of contact with reality, such as delusions or hallucinations.

9. Which statement describes Reflex Grade 3+?

- A. No reflex
- B. Brisk/hyperactive**
- C. Normal
- D. Minimal or depressed response

Reflex grading uses a 0 to 4+ scale to describe how active a reflex is. A 3+ response is brisk or hyperactive, meaning the reflex is stronger and faster than normal. It sits above normal (which is 2+) but is not the extreme 4+ that includes clonus. So the description that fits Reflex Grade 3+ is brisk/hyperactive.

10. Which test is used to assess dynamic balance and mobility?

A. Timed Up and Go (TUG)

B. Romberg Test

C. Gait Speed Test

D. Static Balance Test

Dynamic balance and mobility mean staying stable while you're moving and performing daily tasks. The Timed Up and Go test fits this idea because it requires you to rise from a chair, walk a short distance, turn around, walk back, and sit down again. This sequence challenges balance during each movement and transition, so the time it takes to complete the task reflects how well you can move with control in real life. In contrast, the Romberg test checks static balance while standing still, the Gait Speed Test measures how fast you can walk a short distance (focusing on walking speed rather than balance during movement), and static balance tests again assess stability without movement. Therefore, Timed Up and Go best captures dynamic balance and mobility.

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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://screeningexamination1.examzify.com>

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

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