DEVELOPMENTAL STAGES AND TRANSITIONS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://devstagesandtransitions.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. When measuring a newborn's chest circumference, where should the nurse position the tape measure?

A. At the level of the nipples

B. At the level of the umbilicus

C. 2 inches below the nipples

D. In the axillary area

2. In what way can education impact young adulthood?

A. It solely affects social networks

B. It is integral to shaping identity and values

C. It has no relevance to futures

D. It limits personal growth

3. Which psychosocial stage of development should a nurse focus on when planning activities for a hospitalized school-age child?

A. A sense of trust

B. A sense of industry

C. Initiative

D. Autonomy

4. What critical tasks are associated with the emerging adulthood stage?

A. Building friendships and socializing

B. Developing romantic relationships and personal identity

C. Engaging in family activities and maintaining traditions

D. Planning for retirement and life savings

5. Which condition contraindicates the use of a combination oral contraceptive?

A. Hypertension

B. Type 2 diabetes

C. Breast cancer history

D. Hyperlipidemia

SAMPLE

6. How does authoritarian parenting differ from authoritative parenting?

A. Authoritarian parenting is more nurturing and less strict.

B. Authoritarian parenting insists on strict rules with little emotional support.

C. Authoritative parenting is completely lenient.

D. Authoritative parents avoid setting any rules.

7. What nursing intervention is most appropriate when a mother expresses concerns about her newborn's meconium passage?

A. Advise the mother to wait for further observation

B. Document the findings before any action

C. Educate about normal meconium characteristics

D. Contact a physician immediately

8. Which statement indicates a client needs further information about using a diaphragm for birth control?

A. I need to reapply spermicidal cream with repeated intercourse

B. I can leave the diaphragm in place as long as I want after intercourse

C. The diaphragm can be inserted as long as 6 hours before intercourse

D. The diaphragm needs to be filled with spermicidal cream before insertion

9. Which parenting style is characterized by a balance of warmth and clear boundaries?

A. Neglectful

B. Authoritarian

C. Permissive

D. Authoritative

10. What does Erikson mean by psychosocial development?

A. The impact of cognitive abilities on relationships

B. The interaction of social experiences and psychological growth

C. The development of physical skills throughout life

D. The impact of educational attainment on well-being

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. When measuring a newborn's chest circumference, where should the nurse position the tape measure?

A. At the level of the nipples

B. At the level of the umbilicus

C. 2 inches below the nipples

D. In the axillary area

Positioning the tape measure at the level of the nipples when measuring a newborn's chest circumference is the standard practice. This location provides the most accurate measurement as it encompasses the widest part of the chest, which typically aligns with the level of the nipples. This ensures that the measurement accurately reflects the baby's thoracic development and growth. Measuring at the level of the umbilicus, 2 inches below the nipples, or in the axillary area would not provide an accurate representation of the chest circumference. The umbilicus is associated with the abdominal area, which is not relevant for chest circumference. Similarly, measuring below the nipples or in the axillary area would not capture the chest's full circumference, potentially leading to misleading data concerning the newborn's growth and health.

2. In what way can education impact young adulthood?

A. It solely affects social networks

B. It is integral to shaping identity and values

C. It has no relevance to futures

D. It limits personal growth

Education plays a crucial role in shaping identity and values during young adulthood. This period is a vital phase in which individuals explore their beliefs, develop a sense of self, and establish their life paths. Through education, young adults are exposed to diverse perspectives, ideas, and critical thinking, which encourages them to reflect on their own values and understand their place in society. Educational experiences, whether formal or informal, foster personal development by challenging assumptions and promoting the exploration of different cultures, philosophies, and ideologies. This exposure not only builds knowledge but also cultivates skills such as empathy, problem-solving, and decision-making. As individuals navigate their educational journeys, they often refine their interests and goals, contributing to a stronger, more cohesive sense of identity, which is pivotal during the transition into adulthood. While there are various aspects of life affected by education, such as social networks or opportunities for personal growth, the integral connection between education and the formation of identity and values underscores its importance during this critical developmental stage.

SAMPLE

3. Which psychosocial stage of development should a nurse focus on when planning activities for a hospitalized school-age child?

A. A sense of trust

B. A sense of industry

C. Initiative

D. Autonomy

Focusing on a sense of industry is particularly relevant for a hospitalized school-age child due to the developmental tasks and psychosocial challenges associated with this stage, typically occurring between the ages of 6 and 12 years. During this period, children are actively engaged in mastering skills and gaining a sense of competence. They begin to take pride in their accomplishments and work hard to achieve goals, which contributes significantly to their self-esteem and identity. In a hospital setting, it is crucial to provide opportunities for these children to engage in activities that promote a sense of achievement. This can include age-appropriate educational tasks, creative projects, or even simple routines that allow them to experience success and independence despite their illness or injury. Activities that encourage teamwork and peer interaction can also foster a sense of industry, helping to build their social skills while they navigate their medical challenges. Encouraging a sense of industry in school-age children is essential because their ability to perform tasks and feel competent directly impacts their emotional well-being and recovery. Engaging them in meaningful activities helps mitigate feelings of helplessness and reinforces the notion that they can still achieve and contribute, even in a challenging environment.

4. What critical tasks are associated with the emerging adulthood stage?

A. Building friendships and socializing

B. Developing romantic relationships and personal identity

C. Engaging in family activities and maintaining traditions

D. Planning for retirement and life savings

The emerging adulthood stage is a developmental period typically identified as occurring between the ages of 18 and 25. This phase is characterized by significant exploration and experimentation, particularly in the realms of personal identity and romantic relationships. Developing personal identity involves young adults exploring different roles, beliefs, and goals as they navigate their independence from family. This self-discovery includes assessing one's values, career aspirations, and lifestyle choices, leading to a more defined sense of self. At the same time, forming romantic relationships is a critical task during this stage. Emerging adults often prioritize establishing meaningful romantic partnerships, which are crucial for emotional development and social connectivity. These relationships can provide support, intimacy, and may influence future family and career decisions. Together, the tasks of identity development and romantic relationship formation are essential as they lay the foundation for future relationships and life choices, establishing the trajectory toward adulthood. The other options may involve important aspects of life, but they are not as central to the emerging adulthood developmental stage. For instance, while building friendships is important at this age, it is more a part of adolescent development. Engaging in family activities and maintaining traditions typically relates more to earlier developmental stages or familial roles rather than the independence sought during emerging adulthood.

SAMPLE

5. Which condition contraindicates the use of a combination oral contraceptive?

A. Hypertension

B. Type 2 diabetes

C. Breast cancer history

D. Hyperlipidemia

The use of combination oral contraceptives, which contain both estrogen and progesterone, is contraindicated in individuals with a history of breast cancer due to the potential for estrogen to promote tumor growth. Estrogen can stimulate certain types of breast cancer cells, making the risk of recurrence or progression of cancer a significant concern. For this reason, healthcare providers typically recommend alternative forms of contraception for individuals with a history of breast cancer. While hypertension, type 2 diabetes, and hyperlipidemia can present risks and may require careful management when considering contraceptive options, they do not categorically contraindicate the use of combination oral contraceptives in the same way a history of breast cancer does. In fact, individuals with controlled hypertension or well-managed type 2 diabetes might still be able to use these contraceptives under medical guidance. Hyperlipidemia may raise concerns, but it can often be monitored without completely discarding the option of combination contraceptives.

6. How does authoritarian parenting differ from authoritative parenting?

A. Authoritarian parenting is more nurturing and less strict.

B. Authoritarian parenting insists on strict rules with little emotional support.

C. Authoritative parenting is completely lenient.

D. Authoritative parents avoid setting any rules.

The distinction between authoritarian and authoritative parenting is crucial in understanding how different parenting styles impact child development. Authoritarian parenting is characterized by a strict approach that emphasizes obedience and discipline, often insisting on rigid rules without providing much emotional support or warmth. Parents who adopt this style typically enforce rules that are non-negotiable, believing that this approach helps instill discipline and respect for authority in their children. However, this method often lacks the nurturing aspect that supports a child's emotional development. In contrast, authoritative parenting balances high expectations with support and responsiveness. It involves setting clear rules and guidelines while also encouraging open communication and providing emotional support. This approach fosters independence and self-regulation, allowing children to understand the reasoning behind rules and learn from their experiences. The emphasis on both discipline and warmth distinguishes authoritative parenting from the more rigid and less supportive nature of authoritarian parenting. Therefore, option B accurately captures the essence of authoritarian parenting's reliance on strict rules and minimal emotional engagement, highlighting the critical differences between these two styles.

SAMPLE

7. What nursing intervention is most appropriate when a mother expresses concerns about her newborn's meconium passage?

A. Advise the mother to wait for further observation

B. Document the findings before any action

C. Educate about normal meconium characteristics

D. Contact a physician immediately

When a mother expresses concerns about her newborn's passage of meconium, the most appropriate nursing intervention is to educate her about the normal characteristics and progression of meconium. This approach addresses her anxieties by providing reassurance and information regarding what to expect during this stage of their newborn's development. It helps the mother understand that meconium is typically passed within the first 24 to 48 hours after birth and serves as a sign that the newborn's gastrointestinal system is functioning properly. Educating the mother allows her to actively participate in the care of her newborn and reinforces her understanding of the expected behaviors and physiological processes during the newborn stage. It's essential to empower parents with knowledge about normal patterns, which can alleviate concerns and foster confidence in their caregiving skills. In contrast, merely advising the mother to wait for further observation does not provide her with the necessary knowledge and lacks proactive care. Documenting findings is important for medical records, but it does not address the mother's immediate concerns. Contacting a physician immediately may be unnecessary unless there are specific abnormalities or signs of distress, which has not been indicated in this scenario.

8. Which statement indicates a client needs further information about using a diaphragm for birth control?

A. I need to reapply spermicidal cream with repeated intercourse

B. I can leave the diaphragm in place as long as I want after intercourse

C. The diaphragm can be inserted as long as 6 hours before intercourse

D. The diaphragm needs to be filled with spermicidal cream before insertion

The statement indicating that a client needs further information about using a diaphragm for birth control is correct because it reflects a misunderstanding of how a diaphragm functions. It's important for users to know that the diaphragm should not be left in place for extended periods after intercourse. Specifically, it must be removed within a certain time frame—typically within 6 to 8 hours—to minimize the risk of toxic shock syndrome and to ensure effective contraception. The other statements provide accurate information. Reapplying spermicidal cream is indeed necessary with repeated intercourse to maintain effectiveness. The diaphragm can be inserted up to 6 hours before intercourse, allowing flexibility in preparation. Also, filling the diaphragm with spermicidal cream before insertion is an essential step to enhance its contraceptive efficacy. Each of these points reinforces proper use of the diaphragm as a contraceptive method, while the correct answer highlights a critical area where further clarification is needed.

SAMPLE

9. Which parenting style is characterized by a balance of warmth and clear boundaries?

A. Neglectful

B. Authoritarian

C. Permissive

D. Authoritative

The parenting style characterized by a balance of warmth and clear boundaries is authoritative parenting. This approach combines nurturing, emotional support, and responsiveness with the establishment of firm expectations and limits. Parents practicing this style are typically attentive to their children's needs and emotions, fostering independence while also ensuring that they understand the rules and consequences of their actions. This balance allows children to feel secure and valued, which encourages the development of self-discipline and responsibility. Children raised by authoritative parents often exhibit better social skills, higher academic performance, and overall positive behavioral outcomes due to the supportive yet structured environment in which they are reared. The authoritative style is widely recognized as one of the most effective approaches to parenting, promoting healthy development and well-being in children.

10. What does Erikson mean by psychosocial development?

A. The impact of cognitive abilities on relationships

B. The interaction of social experiences and psychological growth

C. The development of physical skills throughout life

D. The impact of educational attainment on well-being

Erikson's concept of psychosocial development emphasizes the importance of social experiences and their influence on psychological growth throughout an individual's life span. This framework suggests that each stage of human development is characterized by specific conflicts or challenges that individuals must navigate, which ultimately shape their personality and social relationships. In this context, psychosocial development encompasses not only the individual's psychological changes but also how these changes occur in response to the social environment. For instance, Erikson proposed eight stages from infancy to old age, where each stage involves a specific psychosocial crisis, such as trust versus mistrust in infancy or integrity versus despair in old age. Successfully resolving these crises leads to healthier relationships and a stronger sense of self. The incorrect choices focus on different aspects of development, such as cognitive abilities, physical skills, or educational attainment, but do not capture the interplay between social interactions and psychological processes that Erikson emphasized. Thus, the correct understanding of psychosocial development lies in the synergy of societal influences and personal growth, which is central to Erikson's theory.

SAMPLE

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://devstagesandtransitions.examzify.com

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

SAMPLE