

Wedgeworth, M. L., Eyer, J. C., March, A. L., & Feldman, D. B. (2021). Hoping to Pass: Randomized Trial of a One-Time Hope Intervention on Standardized Exam Passing Rates in BSN Students. *Journal of the American Psychiatric Nurses Association*, 27(1), 9–21. <https://doi.org/10.1177/1078390320962185>

**1. According to Hope Theory, people with high hope have a strong belief in their ability to achieve their goals. This is known as:**

- A. Pathway thinking
- B. Goal-directed thinking
- C. Agency thinking
- D. Positive thinking

**2. A state variable is one that typically influences a person's behavior for short periods of time. Which of the following is not a state variable?**

- A. Self-efficacy
- B. Optimism
- C. Grit
- D. Hope

**3. In this study, participants in the Hope intervention group were asked to choose a goal, after which they visualized pathways, barriers, and methods of overcoming those barriers to achieve their goal. The goal that the students were asked to visualize was:**

- A. Passing grades in clinical courses
- B. Increase in grade point average
- C. Less test anxiety
- D. A passing score on a standardized exam

**4. The students completed study measures at varying points during the semester when they received the Hope or progressive muscle relaxation interventions. At what point did the researchers collect time three (T3; state tools only).**

- A. Immediately following the intervention
- B. Two weeks prior to the standardized end-of-semester examination
- C. Immediately following the standardized exit examination
- D. The last week of the academic semester

**5. The results of this study demonstrated:**

- A. There was no significant group difference in passing rate on end-of-semester standardized examinations
- B. Depression scores were significantly lower in the Hope intervention group
- C. State anxiety scores were significantly lower in the Hope intervention group
- D. The students in the Hope intervention group had a significantly higher passing rate on the end-of-semester standardized examinations

**6. The implications of the study include:**

- A. Interventions that target coping and anxiety may be helpful to nursing students
- B. Hopeful thinking may have positive carryover effects for patient care
- C. The Hope intervention may have more positive results for academic success if delivered more than one time
- D. It may be difficult to enhance academic outcomes in a population already demonstrating high academic success
- E. All of the above are correct