

# A Level Psychology OCR Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What ethical concern is raised regarding Freud's research?**
  - A. Lack of consent from the child**
  - B. Invaded privacy of the participant**
  - C. Participants were not debriefed**
  - D. Use of deception in the study**
  
- 2. Which methodological strength did Bandura et al (1961) possess regarding causation?**
  - A. High ecological validity**
  - B. Manipulation of independent variables**
  - C. Longitudinal assessment**
  - D. Use of diverse samples**
  
- 3. According to recent statistics, what is the rate of depression among adults in the UK?**
  - A. 1 in 10**
  - B. 1 in 5**
  - C. 1 in 6**
  - D. 1 in 8**
  
- 4. What does external validity refer to in psychological research?**
  - A. The applicability of study findings to broader situations**
  - B. The control of extraneous variables in an experiment**
  - C. The reliability of the measuring instruments used**
  - D. The ability to repeat a study with the same results**
  
- 5. Which of the following factors differentiates Chaney et al's study from Bandura et al's study?**
  - A. Both used a matched pairs design**
  - B. Chaney et al conducted a field experiment**
  - C. Both studies utilized random sampling**
  - D. The inclusion of a control group**

**6. What is one conclusion regarding nature and nurture in the context of depth perception development?**

- A. Only nature plays a role**
- B. Only nurture influences development**
- C. Both nature and nurture interact to influence development**
- D. Nature and nurture are independent of each other in this context**

**7. What scale did participants use to measure guilt or innocence after the transcript?**

- A. A 5-point scale**
- B. A 10-point scale**
- C. A 7-point scale**
- D. A verbal response scale**

**8. What did Chaney et al (2004) suggest about the Funhaler's effects on clinical outcomes?**

- A. Increased hospital admissions for asthma attacks**
- B. No measurable effects on clinical outcomes**
- C. Improved outcomes, potentially lowering hospital admissions**
- D. Negative outcomes compared to other devices**

**9. What does counterbalancing aim to address in repeated measures designs?**

- A. Order effects**
- B. Extraneous variables**
- C. Sample bias**
- D. Control groups**

**10. What methodological approach was primarily used in Freud's study of Little Hans?**

- A. Experimental**
- B. Survey**
- C. Case study**
- D. Longitudinal**

## **Answers**

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

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## **Explanations**

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## 1. What ethical concern is raised regarding Freud's research?

- A. Lack of consent from the child
- B. Invaded privacy of the participant**
- C. Participants were not debriefed
- D. Use of deception in the study

The ethical concern regarding Freud's research that specifically highlights the invasion of privacy relates to how Freud, particularly in his case studies such as the infamous Little Hans study, often collected sensitive and personal information without fully considering the implications for the individuals involved. This concern is heightened by the intimate details of their lives and family dynamics that Freud analyzed, raising issues about the extent to which participants were aware of the information being shared and how it would be used. Freud's methods often involved observations and interpretations that penetrated deeply into the private lives of his subjects. This approach can be seen as problematic from an ethical standpoint, as it may lead to a lack of respect for the autonomy and dignity of the individuals involved. Concerns about privacy also tie into the broader ethical principles of psychological research, emphasizing the need for researchers to protect the confidentiality and anonymity of their subjects. In contrast, the other options highlight different aspects of ethical concerns. For instance, lack of consent and debriefing may apply to other research contexts but are not as directly applicable to Freud's methodology in a traditional sense. The use of deception can also be relevant but does not directly capture the privacy invasion characteristic of Freud's practices. Thus, the focus on invasion of privacy accurately reflects a significant ethical concern.

## 2. Which methodological strength did Bandura et al (1961) possess regarding causation?

- A. High ecological validity
- B. Manipulation of independent variables**
- C. Longitudinal assessment
- D. Use of diverse samples

The methodological strength related to causation in Bandura et al.'s 1961 study is the manipulation of independent variables. This study, known for its investigation into observational learning and aggression, effectively established a cause-and-effect relationship by deliberately altering the independent variable—specifically, the exposure to aggressive or non-aggressive models. By systematically changing the conditions under which the children were observed, the researchers could directly assess how these variations influenced the children's subsequent behavior. This manipulation allows for a clear identification of whether the independent variable (the model's behavior) had a direct impact on the dependent variable (the child's behavior), which is critical in experimental research. Additionally, this methodological approach strengthens the internal validity of the findings, as it reduces the likelihood that other extraneous variables were influencing the outcomes, aligning closely with the principles of experimental design that prioritize causal inference.

### 3. According to recent statistics, what is the rate of depression among adults in the UK?

- A. 1 in 10
- B. 1 in 5
- C. 1 in 6**
- D. 1 in 8

The correct answer states that the rate of depression among adults in the UK is approximately 1 in 6. This figure has been reported in various mental health surveys that track the prevalence of mental health conditions across the population. It reflects an understanding of how widespread depression is and emphasizes the importance of recognizing and addressing mental health issues in society. Other statistics, like 1 in 10 or 1 in 8, may represent lower prevalence estimates and could relate to different contexts or specific demographics, but they do not reflect the most recent validated data on general adult populations. Likewise, 1 in 5 suggests a greater incidence that may not accurately capture the current understanding of depression rates. The 1 in 6 figure aligns with findings from health organizations, emphasizing its relevance and reliability.

### 4. What does external validity refer to in psychological research?

- A. The applicability of study findings to broader situations**
- B. The control of extraneous variables in an experiment
- C. The reliability of the measuring instruments used
- D. The ability to repeat a study with the same results

External validity pertains to the extent to which the results of a study can be generalized or applied beyond the specific context or conditions of the research. This means considering whether the findings can be relevant to different populations, settings, or times. For example, if a study on a particular treatment is conducted on a specific age group, external validity examines whether the same treatment would have similar effects on different age groups or in different cultural contexts. This concept is crucial in psychological research because it helps establish the broader relevance and significance of the findings. A study with high external validity informs researchers, practitioners, and policymakers about how its results might apply in real-world scenarios, thereby influencing future research and practical applications. In contrast, the other options emphasize different aspects that are not directly related to the generalizability of study results. Controlling extraneous variables focuses on internal validity, ensuring that the results are due to the manipulation of the independent variable rather than other factors. The reliability of measuring instruments deals with consistency in results over time or across different measures, important for data quality, but distinct from applicability. Lastly, the ability to replicate a study and obtain similar results is about the reliability and robustness of the findings rather than their generalizability to wider contexts.

**5. Which of the following factors differentiates Chaney et al's study from Bandura et al's study?**

- A. Both used a matched pairs design**
- B. Chaney et al conducted a field experiment**
- C. Both studies utilized random sampling**
- D. The inclusion of a control group**

Chaney et al.'s study is differentiated from Bandura et al.'s study primarily because it was conducted as a field experiment. This means that the researchers observed participants in their natural environment, which in the case of Chaney et al. involved children's use of an inhaler for asthma management in their everyday life. The field experiment approach allows for a more naturalistic observation of behavior, which can enhance the ecological validity of the findings. In contrast, Bandura et al.'s study was a lab experiment, which typically takes place in a controlled environment, allowing for tighter control of variables but potentially limiting the generalizability of the results to real-life situations. Therefore, the setting and methodology used in these studies are a key differentiating factor, making the identification of Chaney et al.'s research as a field experiment significant in understanding the context and implications of both studies.

**6. What is one conclusion regarding nature and nurture in the context of depth perception development?**

- A. Only nature plays a role**
- B. Only nurture influences development**
- C. Both nature and nurture interact to influence development**
- D. Nature and nurture are independent of each other in this context**

The conclusion that both nature and nurture interact to influence the development of depth perception is well-supported by research in psychology. Depth perception refers to the ability to perceive the world in three dimensions, which is crucial for navigation and interaction with the environment. This process is influenced by innate biological factors—such as the development of visual perception early in life—which suggest a strong role for nature. However, the development of depth perception is also dependent on environmental experiences—such as visual exposure and interaction with the surrounding world—that exemplify the role of nurture. For instance, studies have shown that infants born with limited visual input due to medical conditions can have delayed development in depth perception compared to their peers. This indicates that while the biological foundation is critical, the experiential aspect is equally significant in shaping the final capability. The interplay between genetic predispositions and environmental factors highlights how both nature and nurture are essential in the developmental context of depth perception, illustrating a more integrative perspective rather than seeing them as isolated or opposing forces. This fundamental understanding aligns with the overarching theme in developmental psychology, where both hereditary and environmental factors work together to shape behaviors and abilities.

**7. What scale did participants use to measure guilt or innocence after the transcript?**

- A. A 5-point scale**
- B. A 10-point scale**
- C. A 7-point scale**
- D. A verbal response scale**

The correct answer is the use of a 7-point scale for participants to measure guilt or innocence after analyzing the transcript. A 7-point scale provides a moderate number of response options, which allows participants to express varying degrees of certainty or ambivalence regarding guilt or innocence. This is particularly useful in psychological research, as it captures a range of opinions and feelings that might be more nuanced than a simple binary choice (guilty or not guilty). Using a scale with more points than a simple thumbs up or thumbs down can lead to more detailed data, which is essential in understanding the complexity of judgments like guilt. A 7-point scale strikes a balance, giving enough granularity without overwhelming the participants with too many options, which could lead to confusion or inconsistency in their responses. This method is often preferred in psychological assessments and studies because it facilitates a more in-depth understanding of participants' perceptions, attitudes, or beliefs. Consequently, the choice of a 7-point scale is especially relevant in scenarios where emotional and cognitive evaluations are being measured, such as in judgments of guilt or innocence.

**8. What did Chaney et al (2004) suggest about the Funhaler's effects on clinical outcomes?**

- A. Increased hospital admissions for asthma attacks**
- B. No measurable effects on clinical outcomes**
- C. Improved outcomes, potentially lowering hospital admissions**
- D. Negative outcomes compared to other devices**

Chaney et al. (2004) conducted research that examined the Funhaler, a device designed to improve adherence to asthma medication through a more engaging delivery mechanism. The study found that the Funhaler led to improved clinical outcomes for children with asthma. This improvement was attributed to the device's interactive features, which made the process of taking medication more enjoyable and engaging for both children and their parents. As a result, the use of the Funhaler is associated with better adherence to treatment protocols, which can decrease the frequency of asthma attacks and potentially reduce hospital admissions related to these attacks. Therefore, the correct response reflects the positive health outcomes linked to the Funhaler's use, highlighting its effectiveness in managing asthma more effectively than conventional inhalers.

## 9. What does counterbalancing aim to address in repeated measures designs?

- A. Order effects**
- B. Extraneous variables**
- C. Sample bias**
- D. Control groups**

Counterbalancing primarily aims to address order effects that can occur in repeated measures designs. In these studies, the same participants are exposed to all conditions, which can lead to systematic variations in their performance based on the order in which they experience those conditions. For instance, a participant may perform better or worse simply due to having seen one condition before another. By implementing counterbalancing, researchers systematically vary the order of conditions across different participants. This approach helps ensure that any effects observed in the study are due to the experimental manipulation and not influenced by the sequence in which the conditions are presented. This method enhances the internal validity of the study, making it easier to determine the true effects of the independent variable being tested. Other options, while relevant to experimental design, do not directly relate to what counterbalancing specifically addresses. Extraneous variables refer to outside influences that might affect the outcome; sample bias concerns the representativeness of the study's participants; and control groups are used to compare against the experimental group to assess the effect of the treatment or intervention. None of these options encompass the primary aim of counterbalancing, which is to mitigate order effects.

## 10. What methodological approach was primarily used in Freud's study of Little Hans?

- A. Experimental**
- B. Survey**
- C. Case study**
- D. Longitudinal**

The methodological approach used in Freud's study of Little Hans was a case study. This approach involves an in-depth exploration of an individual or a small group, allowing researchers to gather detailed and nuanced information about the subject's behaviors, thoughts, and experiences over time. In the case of Little Hans, Freud analyzed the specific phobias and anxieties of the boy, using observational data, letters from Hans's father, and the insights derived from psychoanalytic theory. The strength of the case study method is its ability to provide rich qualitative data and explore complex psychological phenomena from a personalized perspective. Freud's analysis allowed him to draw broader conclusions about the development of neuroses and the Oedipus complex, thus contributing significantly to psychoanalytic theory. Other methodological options, like experimental and survey approaches, do not apply well here. Experimental methods require manipulation and control of variables that are not present in this study, while surveys rely on standardized questions distributed to a larger population, which wouldn't capture the depth of understanding achieved through the individual case analysis of Little Hans. The longitudinal approach focuses on studying subjects over a longer time frame but was not the primary method used in this context.

# 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://alevelpsychologyocr.examzify.com>**

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

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