

AAMC PSYCHOLOGICAL, SOCIAL, AND BIOLOGICAL FOUNDATIONS OF BEHAVIOR (PS) FULL- LENGTH (FL) 1 PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://aamcpsfl1.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.

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

SAMPLE

- 1. Sociologists describe the health benefits of social support as resulting from all of the following EXCEPT?**
 - A. Friends and family members that help patients adhere to medical treatment.
 - B. Friends and family members that help patients to reduce harmful behaviors.
 - C. Social relationships that help individuals to cope with stressful events.
 - D. Social activities that help individuals to avoid loneliness and boredom.
- 2. Which theory focuses on the observance and imitation of behaviors?**
 - A. Humanistic theory
 - B. Social learning theory
 - C. Operant conditioning
 - D. Cognitive-behavioral theory
- 3. What is the difference between intrinsic and extrinsic motivation?**
 - A. Intrinsic motivation involves peer influence, whereas extrinsic does not
 - B. Intrinsic motivation comes from within, while extrinsic motivation is driven by external rewards
 - C. Intrinsic motivation is more effective than extrinsic motivation
 - D. Intrinsic motivation is generally more stable than extrinsic motivation
- 4. What is the bystander effect?**
 - A. A tendency to intervene more in emergencies
 - B. A phenomenon where individuals are likely to help
 - C. A phenomenon where individuals are less likely to help when others are present
 - D. An increase in helping behaviors in a group setting
- 5. What cognitive process is primarily affected by the thalamus?**
 - A. Emotional regulation
 - B. Learning capacity
 - C. Sensory perception
 - D. Decision making

- 6. What characteristic is a common indicator of major depressive disorder?**
- A. Increased energy levels
 - B. Heightened motivation
 - C. Persistent sadness and loss of interest
 - D. Overconfidence in one's ability
- 7. In attachment theory, what does 'secure attachment' refer to?**
- A. A bond that leads to anxious behavior in children
 - B. A healthy emotional bond with a responsive caregiver
 - C. A reliance on peers for emotional support
 - D. A cycle of unstable relationships in childhood
- 8. Interoceptive awareness is sensitivity to increases in the activity of which system?**
- A. Reticular activation system.
 - B. Autonomic nervous system.
 - C. Limbic system.
 - D. Somatic nervous system.
- 9. How do neighborhood-level socioeconomic inequalities affect physician-patient interactions?**
- A. Status hierarchies rely on socioeconomic differences.
 - B. Physical boundaries create social boundaries and closed networks.
 - C. They create role conflict for physicians.
 - D. Physician-patient relationships are immune to external forces.
- 10. What best describes the idea of self-esteem?**
- A. It is based solely on external validation
 - B. It is a personal measure of worth that can fluctuate
 - C. It is constant and unchanging
 - D. It is determined by social interactions only

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Sociologists describe the health benefits of social support as resulting from all of the following EXCEPT?

- A. Friends and family members that help patients adhere to medical treatment.
- B. Friends and family members that help patients to reduce harmful behaviors.
- C. Social relationships that help individuals to cope with stressful events.
- D. Social activities that help individuals to avoid loneliness and boredom.**

The correct choice reflects a concept that is somewhat peripheral to the more direct health benefits typically associated with social support. While engaging in social activities does promote general well-being by reducing feelings of loneliness and boredom, this is not typically classified as a health benefit of social support in the same way as the other options. A, B, and C all directly relate to how social support can influence health outcomes. For instance, having friends and family who encourage adherence to medical treatments or help reduce harmful behaviors can significantly improve a patient's physical health. Similarly, social support can provide emotional resources that aid individuals in coping with stress, thus directly impacting mental health. Although avoiding loneliness and boredom through social activities is beneficial, it doesn't have the same direct implications for health outcomes as the other options, which focus on more critical interactions that can lead to improved medical adherence and overall psychological resilience. Therefore, the correct answer identifies an aspect of social interaction that, while important, does not align as closely with health benefits as the others do.

2. Which theory focuses on the observance and imitation of behaviors?

- A. Humanistic theory
- B. Social learning theory**
- C. Operant conditioning
- D. Cognitive-behavioral theory

Social learning theory is centered around the concept that individuals learn behaviors through the observation of others, emphasizing the role of modeling, imitation, and reinforcement in learning. Developed by Albert Bandura, this theory posits that people can acquire new behaviors simply by watching others perform them, often called "models," and this can occur without direct experience or reinforcement for the observer. This theory also incorporates the idea of attention, retention, reproduction, and motivation as essential stages in the learning process. For example, a child may observe a parent or a peer engaging in a particular behavior and then attempt to replicate that behavior themselves, especially if they see that behavior being rewarded or praised. In contrast, humanistic theory focuses on individual potential and stresses the importance of personal growth and self-actualization. Operant conditioning involves learning through reinforcement and punishment rather than observation. Cognitive-behavioral theory integrates cognitive and behavioral approaches to treat psychological disorders, focusing on how thought patterns influence emotions and behaviors, rather than primarily emphasizing observational learning.

3. What is the difference between intrinsic and extrinsic motivation?

- A. Intrinsic motivation involves peer influence, whereas extrinsic does not
- B. Intrinsic motivation comes from within, while extrinsic motivation is driven by external rewards**
- C. Intrinsic motivation is more effective than extrinsic motivation
- D. Intrinsic motivation is generally more stable than extrinsic motivation

The distinction between intrinsic and extrinsic motivation is fundamentally rooted in the source of motivation. Intrinsic motivation arises from within the individual; it occurs when someone engages in an activity for the inherent satisfaction or pleasure it brings. For example, a person who reads a novel because they genuinely enjoy storytelling is intrinsically motivated. On the other hand, extrinsic motivation is influenced by external factors, such as rewards or recognition. An individual may clean their room to receive praise from parents or to avoid punishment, thus their motivation is contingent on external rewards. Understanding this difference is crucial for recognizing how people are driven to perform tasks or pursue goals. Intrinsic motivation often leads to higher engagement and persistence because the activity itself is rewarding. Conversely, extrinsic motivation may drive behavior effectively in the short term, but it might not foster lasting interest or commitment like intrinsic motivation can. This nuanced understanding underscores the complexities of human behavior and motivation in various contexts.

4. What is the bystander effect?

- A. A tendency to intervene more in emergencies
- B. A phenomenon where individuals are likely to help
- C. A phenomenon where individuals are less likely to help when others are present**
- D. An increase in helping behaviors in a group setting

The bystander effect is a social psychological phenomenon that occurs when the presence of others discourages an individual from intervening in an emergency situation. In essence, the greater the number of bystanders, the less likely it is that any one individual will offer help. This is attributed to a diffusion of responsibility, where individuals assume that someone else will take action and therefore feel less compelled to do so themselves. The correct answer identifies this phenomenon accurately, reflecting the tendency of individuals to feel less personally accountable for aiding someone in distress when they are part of a group. Research in social psychology has demonstrated that the presence of multiple bystanders can lead to a decrease in the likelihood of helping behavior compared to situations where an individual is alone. Factors that contribute to this effect include social influence, where individuals look to others for cues on how to respond, and pluralistic ignorance, where everyone in a group assumes someone else will step in, leading to inaction. Understanding the bystander effect is crucial for fields such as psychology, sociology, and emergency response training. It highlights the importance of being aware of human behaviors in group contexts, particularly in situations requiring immediate action.

5. What cognitive process is primarily affected by the thalamus?

- A. Emotional regulation
- B. Learning capacity
- C. Sensory perception**
- D. Decision making

The thalamus is a vital structure within the brain primarily responsible for relaying sensory and motor signals to the cerebral cortex. It acts as a central hub for transmitting sensory information from various modalities, such as visual, auditory, and tactile inputs, before this information reaches higher cognitive areas for further processing. This makes sensory perception the cognitive process that is most directly influenced by the thalamus. While the thalamus can play roles in emotional regulation and decision-making through its connections with other brain regions, its fundamental function is to manage and relay sensory information, which is critical for perception. Learning capacity may involve several brain structures, including the hippocampus and cortex, rather than being predominantly influenced by the thalamus. Thus, the primary role of the thalamus relates to sensory perception, making it the correct choice in this context.

6. What characteristic is a common indicator of major depressive disorder?

- A. Increased energy levels
- B. Heightened motivation
- C. Persistent sadness and loss of interest**
- D. Overconfidence in one's ability

Persistent sadness and loss of interest are hallmark characteristics of major depressive disorder (MDD). Individuals experiencing MDD often report feeling a profound sense of emptiness or hopelessness that lasts most of the day, nearly every day. This emotional state is commonly accompanied by an inability to derive pleasure from activities that were once enjoyable, a condition known as anhedonia. The presence of these symptoms is critical for diagnosing MDD, as they significantly impact an individual's daily functioning and overall quality of life. In contrast, options suggesting increased energy levels, heightened motivation, or overconfidence are inconsistent with the typical presentation of MDD, as individuals suffering from this disorder often experience fatigue, low motivation, and feelings of worthlessness or inadequacy. This understanding of the symptoms is crucial in mental health assessment and treatment planning.

7. In attachment theory, what does 'secure attachment' refer to?

- A. A bond that leads to anxious behavior in children
- B. A healthy emotional bond with a responsive caregiver**
- C. A reliance on peers for emotional support
- D. A cycle of unstable relationships in childhood

Secure attachment refers to a healthy emotional bond that develops when a caregiver is responsive to a child's needs and provides a stable, nurturing environment. This type of attachment is characterized by the child's ability to feel safe, explore their surroundings, and develop confidence in their relationships with others. Children with secure attachments typically exhibit a sense of security, knowing that they can rely on their caregivers for support and comfort, which leads to positive social and emotional development. In contrast to insecure attachment styles, such as anxious or avoidant attachment, secure attachment enables children to form strong and stable relationships throughout their lives. Research in attachment theory emphasizes the importance of responsive parenting in helping children feel valued, understood, and emotionally secure. Therefore, the concept of secure attachment is tied to the idea that a caregiver's sensitivity and availability foster a strong foundation for healthy emotional development.

8. Interoceptive awareness is sensitivity to increases in the activity of which system?

- A. Reticular activation system.
- B. Autonomic nervous system.**
- C. Limbic system.
- D. Somatic nervous system.

Interoceptive awareness refers to the ability to perceive and interpret signals arising from within the body, particularly those related to internal physiological states. This concept is closely linked to the autonomic nervous system, which regulates involuntary physiological functions such as heart rate, digestion, and respiratory rate. When the autonomic nervous system is activated, it produces various bodily sensations that individuals can become aware of, such as increased heart rate when anxious or the sensation of fullness when the stomach is distended. Sensitivity to these internal cues is what defines interoceptive awareness. The other systems mentioned—such as the reticular activation system, which is involved in arousal and attention, the limbic system, which is associated with emotion processing, and the somatic nervous system, which controls voluntary movements—are important in their own right but do not specifically govern the internal bodily signals that interoceptive awareness focuses on. Thus, the autonomic nervous system is correctly identified as the system whose increases in activity relate directly to interoceptive awareness.

9. How do neighborhood-level socioeconomic inequalities affect physician-patient interactions?

- A. Status hierarchies rely on socioeconomic differences.
- B. Physical boundaries create social boundaries and closed networks.**
- C. They create role conflict for physicians.
- D. Physician-patient relationships are immune to external forces.

Neighborhood-level socioeconomic inequalities can significantly influence physician-patient interactions by creating social boundaries that affect communication and trust. In neighborhoods where socioeconomic status is low, patients may experience higher levels of stress or reduced access to health resources, which can impact their expectations and interactions with healthcare providers. Physical boundaries, such as those seen in less affluent areas, often correlate with social boundaries, limiting individuals' networks and access to supportive resources. This environment can foster closed networks where patients may lack diverse perspectives or knowledge about healthcare options, potentially leading to challenges in how they engage with physicians. Consequently, these social boundaries can affect the dynamics of physician-patient relationships. For instance, patients from lower socioeconomic backgrounds may feel intimidated or less empowered to express their concerns, leading to difficulties in communication and potentially affecting health outcomes. Understanding these dynamics is crucial for healthcare providers to foster more equitable interactions with patients from diverse backgrounds.

10. What best describes the idea of self-esteem?

- A. It is based solely on external validation
- B. It is a personal measure of worth that can fluctuate**
- C. It is constant and unchanging
- D. It is determined by social interactions only

Self-esteem is best described as a personal measure of worth that can fluctuate. This concept recognizes that an individual's perception of their own value can change based on various factors, including personal experiences, achievements, failures, and social comparisons. Unlike a fixed trait, self-esteem is dynamic and can vary over time or in different contexts, influenced by successes, relationships, and mental health. This understanding aligns with psychological theories that emphasize the subjective nature of self-worth and how it can be shaped by internal beliefs and external feedback, rather than being solely dependent on external validation or remaining constant through an individual's life.

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://aamcpsfl1.examzify.com>

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

SAMPLE