

AAMC PSYCHOLOGICAL, SOCIAL, AND BIOLOGICAL FOUNDATIONS OF BEHAVIOR (PS) FULL- LENGTH (FL) 5 PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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

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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. What does "social role conflict" signify?**
 - A. The effects of socioeconomic status on personal relations
 - B. Conflicting demands from different social roles held by an individual
 - C. Changes in societal roles due to economic shifts
 - D. Imbalances in societal role expectations
- 2. Which of the following is an example of an intrinsic motivator?**
 - A. A monetary reward for performance
 - B. Recognition from peers
 - C. A passion for the task at hand
 - D. External competition
- 3. What is a common psychological effect of chronic stress?**
 - A. Regular sleep patterns
 - B. Heightened immune function
 - C. Increased risk for heart disease
 - D. Unchanged blood pressure
- 4. How does partial reinforcement compare to continuous reinforcement in terms of response rates?**
 - A. Leads to faster response rates and quicker extinction
 - B. Results in slower response rates and quicker extinction
 - C. Encourages varying response rates and greater persistence
 - D. Has no impact on response rates
- 5. Which processing type suggests careful attention to message content and quality?**
 - A. Central route processing
 - B. Peripheral route processing
 - C. Automatic processing
 - D. Cursory processing

- 6. What characterizes a double-blind study in psychological research?**
- A. Only the participants are unaware of who receives treatment
 - B. Both participants and experimenters are unaware of treatment assignments
 - C. The experimenters know who receives the treatment
 - D. Participants self-report their treatment effects
- 7. What psychological concept relates income and financial stability to mental health?**
- A. Social identity theory
 - B. Social cognitive theory
 - C. Economic status as a social determinant of health
 - D. Resilience theory
- 8. How does social identity affect group behavior?**
- A. Encourages individuality within groups
 - B. Increases collaboration among diverse groups
 - C. Leads to in-group favoritism and out-group discrimination
 - D. Reduces intergroup conflicts
- 9. What is an outcome of cognitive dissonance in decision-making?**
- A. A commitment to one's initial beliefs
 - B. A decrease in critical thinking
 - C. A potential change in beliefs or attitudes
 - D. An increase in oppositional behavior
- 10. What is the implication of detecting a taste in the context of a confounding variable in a color in wine study?**
- A. Only certain colors affect taste perceptions of wines.
 - B. Changes in flavor perception remain constant across the experiment.
 - C. Color alterations directly influence flavor perception, complicating results.
 - D. Taste does not correlate with the color manipulation in the study.

Answers

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

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Explanations

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1. What does "social role conflict" signify?

- A. The effects of socioeconomic status on personal relations
- B. Conflicting demands from different social roles held by an individual**
- C. Changes in societal roles due to economic shifts
- D. Imbalances in societal role expectations

Social role conflict signifies the conflicting demands that arise from different social roles held by an individual. In many cases, individuals occupy multiple roles simultaneously, such as being a parent, employee, student, and friend. Each role comes with its own set of expectations and responsibilities, which can sometimes conflict with one another. For example, a person may struggle to meet the expectations of being a dedicated employee while also needing to attend a child's school event. This internal struggle embodies social role conflict, as the individual tries to navigate competing priorities from their various roles. The concept highlights the pressure and stress that can result from trying to fulfill the demands of multiple identities in different contexts, which can lead to feelings of inadequacy or stress. Awareness of social role conflict helps to understand how individuals manage their time and priorities in a complex social landscape.

2. Which of the following is an example of an intrinsic motivator?

- A. A monetary reward for performance
- B. Recognition from peers
- C. A passion for the task at hand**
- D. External competition

An intrinsic motivator arises from within the individual, driving them to engage in an activity for the inherent satisfaction or joy that the activity brings, rather than for external rewards. A passion for the task at hand exemplifies this concept, as it reflects an internal desire to participate in the activity due to interest, enjoyment, or personal fulfillment. When individuals are motivated intrinsically, they often experience deeper engagement and greater satisfaction in their activities since they are driven by their own values and interests, rather than by outside influences. In contrast, the other options involve external factors: a monetary reward for performance represents a tangible incentive that comes from outside oneself; recognition from peers highlights social validation as a motivating factor; and external competition underscores a drive based on the desire to outperform others. These are all examples of extrinsic motivators, which can certainly drive behavior, but do not tap into the intrinsic joy or fulfillment that comes from engaging in an activity for its own sake.

3. What is a common psychological effect of chronic stress?

- A. Regular sleep patterns
- B. Heightened immune function
- C. Increased risk for heart disease**
- D. Unchanged blood pressure

Chronic stress has significant implications for both mental and physical health, with one of the well-documented effects being an increased risk for heart disease. When an individual experiences chronic stress, the body remains in a prolonged state of heightened arousal, which can lead to a variety of physiological changes. These changes include elevated levels of stress hormones like cortisol and adrenaline, which can contribute to increased heart rate and blood pressure. Over time, this persistent strain on the cardiovascular system can result in damage to blood vessels, inflammation, and an overall increase in the risk for developing heart-related issues, such as hypertension and coronary artery disease. In contrast, regular sleep patterns are often disrupted by chronic stress, heightened immune function can actually be impaired due to prolonged stress exposure, and blood pressure is typically affected rather than remaining unchanged. Therefore, the association between chronic stress and an increased risk for heart disease is well supported by research within the field of psychology and health.

4. How does partial reinforcement compare to continuous reinforcement in terms of response rates?

- A. Leads to faster response rates and quicker extinction
- B. Results in slower response rates and quicker extinction
- C. Encourages varying response rates and greater persistence**
- D. Has no impact on response rates

Partial reinforcement is known for fostering a unique pattern of response rates compared to continuous reinforcement. When a behavior is reinforced only some of the time, it tends to produce varying response rates. This variability can lead to greater persistence in behavior, as individuals are less certain of when the next reinforcement will occur. For example, think about gambling; players are intermittently rewarded with payouts, which encourages them to keep playing despite the uncertainty of winning. This unpredictability creates a motivation that can sustain behavior over longer periods compared to continuous reinforcement, where the behavior is rewarded every time. Thus, because partial reinforcement creates an expectation and anticipation for rewards that are not guaranteed, it results in higher rates of responding and greater resistance to extinction when compared to continuous reinforcement, where the predictable nature of rewards can lead to quicker extinction if rewards stop.

5. Which processing type suggests careful attention to message content and quality?

- A. Central route processing**
- B. Peripheral route processing
- C. Automatic processing
- D. Cursory processing

Central route processing is a concept derived from the Elaboration Likelihood Model (ELM) of persuasion, which posits that individuals can be influenced by a message through two distinct pathways: the central route and the peripheral route. Central route processing involves a high level of cognitive engagement, where individuals focus intently on the content of the message, critically analyzing its arguments and evidence. This careful attention typically leads to more enduring attitude change because it requires thoughtful consideration and a thorough evaluation of the message's validity. In contrast, peripheral route processing occurs when individuals respond to superficial cues rather than the message's actual content. This could include factors like the attractiveness of the speaker or emotional appeal, leading to temporary attitude changes. Other options, such as automatic processing and cursory processing, suggest different levels of attentiveness and engagement that are not as focused on the quality of the content in the same way that central route processing is. Therefore, the emphasis on careful attention to message content and quality is what makes central route processing the correct answer in this context.

6. What characterizes a double-blind study in psychological research?

- A. Only the participants are unaware of who receives treatment
- B. Both participants and experimenters are unaware of treatment assignments**
- C. The experimenters know who receives the treatment
- D. Participants self-report their treatment effects

A double-blind study is a research design that minimizes bias in psychological research and enhances the validity of the findings. In this type of study, both the participants and the experimenters are unaware of which participants are receiving the treatment and which are receiving a placebo or control. This lack of awareness is crucial because it prevents both parties from unintentionally influencing the study's outcomes or interpreting the results differently based on their knowledge of treatment assignments. When both groups are kept in the dark about who receives which intervention, the chances of bias—such as demand characteristics where participants might change their behavior based on what they believe they should feel—are significantly reduced. Additionally, without the experimenter's knowledge, personal biases or expectations about treatment effects do not impact how they measure or interpret study outcomes. This design is particularly important in fields like psychology, where subject perceptions and interactions can greatly influence results. By ensuring that neither party knows the treatment allocation, the study's integrity is upheld, leading to more reliable conclusions.

7. What psychological concept relates income and financial stability to mental health?

- A. Social identity theory
- B. Social cognitive theory
- C. Economic status as a social determinant of health**
- D. Resilience theory

The connection between income and financial stability to mental health is fundamentally captured by the concept of economic status as a social determinant of health. This concept emphasizes that socioeconomic factors, including income level and financial security, play a critical role in influencing individuals' overall health and well-being. Research shows that individuals with higher income and financial stability typically experience better access to healthcare, resources, and the ability to afford healthy lifestyles, as well as reduced stress levels related to financial insecurity. Conversely, those with lower income may face numerous challenges, including limited access to mental health resources, increased exposure to stressors, and greater life dissatisfaction, all of which can negatively impact mental health. While other theories explore different aspects of human behavior and psychology—such as social identity theory, which focuses on group affiliations; social cognitive theory, which examines learning through observation; and resilience theory, which looks at how individuals cope with adversity—they do not directly address the role of economic status on mental health outcomes in the way that the social determinants of health framework does. Understanding this relationship can help inform policies and interventions aimed at improving mental health through addressing economic disparities.

8. How does social identity affect group behavior?

- A. Encourages individuality within groups
- B. Increases collaboration among diverse groups
- C. Leads to in-group favoritism and out-group discrimination**
- D. Reduces intergroup conflicts

Social identity significantly influences group behavior by creating a sense of belonging among members of a group. When individuals identify strongly with their social group, they tend to exhibit in-group favoritism, which is the preference for and favorable treatment of their group over others. This favoritism can manifest in various ways, such as increased trust, support, and collaboration among group members. At the same time, it can lead to out-group discrimination, where members of the in-group may hold negative attitudes or exhibit hostility toward those outside their group. This phenomenon is rooted in the desire to enhance one's own group's status and cohesion, often at the expense of others. In essence, social identity shapes behaviors by reinforcing group norms and by influencing how individuals perceive and interact with those who belong to different social groups.

9. What is an outcome of cognitive dissonance in decision-making?

- A. A commitment to one's initial beliefs
- B. A decrease in critical thinking
- C. A potential change in beliefs or attitudes**
- D. An increase in oppositional behavior

Cognitive dissonance occurs when an individual experiences discomfort due to holding two or more conflicting beliefs, attitudes, or values, particularly after making a decision. One of the key outcomes of this psychological phenomenon is a potential change in beliefs or attitudes in order to resolve the dissonance and reduce the discomfort. When faced with dissonance, individuals are motivated to restore harmony, which often leads them to rationalize their choices or shift their beliefs to align with their decisions. For example, after making a significant purchase, a person might emphasize the positive aspects of the product while downplaying any negative features they initially considered. This adjustment allows them to alleviate the discomfort caused by conflicting thoughts about their decision. This process illustrates how cognitive dissonance can influence decision-making by leading to changes in opinions or attitudes as a coping mechanism to maintain psychological consistency.

10. What is the implication of detecting a taste in the context of a confounding variable in a color in wine study?

- A. Only certain colors affect taste perceptions of wines.
- B. Changes in flavor perception remain constant across the experiment.
- C. Color alterations directly influence flavor perception, complicating results.**
- D. Taste does not correlate with the color manipulation in the study.

Detecting a taste in relation to the confounding variable of color in a wine study suggests that alterations in color directly affect flavor perception. This implies that when participants perceive a specific color in the wine, it may unintentionally influence their sensory evaluation of the taste, making it difficult to isolate the effect of one variable from the other. If the color of the wine is changed, the participants might have preconceived notions about what a particular color indicates in terms of flavor, thus altering their tasting experience. This interplay complicates the results as it introduces bias; the observed flavor may not solely be due to the actual taste of the wine, but rather influenced by the color presented, leading to potential misinterpretation of the data. Understanding this interaction is critical in experimental design to ensure that any observed effects in taste perception are truly due to the wine itself and not the confounding influence of color. This highlights the importance of controlling for variables that might confound the results in sensory perception research.

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://aamcpsfl5.examzify.com>

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

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