

# ABO Exam Practice Test (Sample)

## Study Guide



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

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

# 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

- 1. What is the speed of light in air?**
  - A. 186,000 miles per second**
  - B. One meter**
  - C. One diopter prism**
  - D. Refraction**
- 2. Which term refers to the characteristic of a minus lens?**
  - A. Power times 0.5**
  - B. The limb in conjunction with the cornea and sclera**
  - C. Measures vertex distance**
  - D. Minifies**
- 3. What is the term for when a patient's eyes move inward to focus at near?**
  - A. When a patient's eyes move inward to focus at near**
  - B. Unit of measurement for ophthalmic prism**
  - C. Convergence**
  - D. Inflammation of the cornea**
- 4. What is the primary difference between hard and soft contact lenses?**
  - A. Hard lenses are thicker than soft lenses**
  - B. Hard lenses are rigid and do not conform to the shape of the eye, while soft lenses are flexible**
  - C. Soft lenses provide better vision than hard lenses**
  - D. Hard lenses are disposable while soft lenses are not**
- 5. How do photochromatic lenses change in response to light?**
  - A. They darken in bright light and become clear in low light**
  - B. They change color randomly based on temperature**
  - C. They become more rigid in low light**
  - D. They darken consistently regardless of light**

- 6. What should be the angle of the temple arm in relation to the frame front for optimal fit?**
- A. Approximately 90 degrees**
  - B. About 45 degrees**
  - C. Typically straight**
  - D. Ranging from 80 to 100 degrees**
- 7. What is the standard for optical infinity usually measured as?**
- A. Geometric center**
  - B. Converge**
  - C. Provides approximately 43 diopters of power to an eye's refractive system**
  - D. 20 feet**
- 8. In which field do opticians primarily work?**
- A. Orthopedic surgery**
  - B. Optometry**
  - C. Dentistry**
  - D. Pharmacy**
- 9. What does the closest distance between lenses indicate in opticianry?**
- A. Lens thickness**
  - B. Lens curvature**
  - C. Pupil distance**
  - D. Frame fit**
- 10. What is the significance of the axis in a prescription?**
- A. It specifies the power of the lens required**
  - B. It indicates the orientation of astigmatism correction**
  - C. It determines the thickness of the lens**
  - D. It measures the distance between pupils**



## **Answers**

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

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## **Explanations**

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**1. What is the speed of light in air?**

**A. 186,000 miles per second**

**B. One meter**

**C. One diopter prism**

**D. Refraction**

The speed of light in air is approximately 186,000 miles per second. This value is derived from the speed of light in a vacuum, which is roughly 299,792 kilometers per second (or about 300,000 kilometers per second), and when light travels through air, its speed is slightly reduced due to the refractive index of air. However, this reduction is minimal, so for practical purposes, the speed of light is often approximated as 186,000 miles per second when discussing its behavior in air. Other options do not relate directly to the measurement of the speed of light. One meter is a unit of distance, not a measure of speed. One diopter prism refers to a unit related to the bending of light, but does not specify speed. Refraction is a phenomenon that describes how light changes direction when moving from one medium to another, not a measurement of speed itself. Thus, stating that the speed of light in air is 186,000 miles per second accurately captures the scientific consensus on this topic.

**2. Which term refers to the characteristic of a minus lens?**

**A. Power times 0.5**

**B. The limb in conjunction with the cornea and sclera**

**C. Measures vertex distance**

**D. Minifies**

A minus lens is a type of lens used to correct nearsightedness or myopia. The term "minifies" specifically refers to the characteristic of a minus lens to reduce the size of the image being viewed. Option A, power times 0.5, is not a commonly used term to describe minus lenses. Option B, the limb in conjunction with the cornea and sclera, does not pertain to the characteristics of a minus lens and is a reference to ocular anatomy. Option C, measures vertex distance, is a term used to determine the proper placement of lenses in glasses, but does not describe the characteristics of a minus lens. Therefore, the most accurate and relevant term to describe the characteristic of a minus lens is "minifies."

**3. What is the term for when a patient's eyes move inward to focus at near?**

- A. When a patient's eyes move inward to focus at near**
- B. Unit of measurement for ophthalmic prism**
- C. Convergence**
- D. Inflammation of the cornea**

The term for when a patient's eyes move inward to focus at near is known as convergence. Convergence is a natural process that occurs when the brain and eyes work together to allow both eyes to focus on close objects. This inward movement enables adequate alignment of the visual axes in order to obtain a single, clear image from both eyes, which is essential for depth perception and seeing smaller details clearly. This physiological response is critical for proper near vision as it helps maintain binocular vision, where both eyes work together effectively. Understanding convergence is vital for opticians and eye care professionals as it relates directly to the assessment of a patient's ability to see clearly at varied distances, and can lead to diagnosis and management of various vision disorders.

**4. What is the primary difference between hard and soft contact lenses?**

- A. Hard lenses are thicker than soft lenses**
- B. Hard lenses are rigid and do not conform to the shape of the eye, while soft lenses are flexible**
- C. Soft lenses provide better vision than hard lenses**
- D. Hard lenses are disposable while soft lenses are not**

The primary difference between hard and soft contact lenses lies in their material and flexibility. Hard lenses, often referred to as rigid gas permeable (RGP) lenses, are manufactured from a firm, durable material that does not bend or flex. This rigidity allows them to maintain their shape on the eye, providing a consistent refractive surface. Their design often results in clearer vision for patients, especially those with certain vision conditions, as they can correct higher levels of astigmatism. On the other hand, soft lenses are made from a pliable, hydrophilic (water-attracting) material that allows them to conform to the shape of the eye. This flexibility makes soft lenses generally more comfortable for wearers, as they move with the eye during blinking and are less likely to dislodge. The snug fit also allows for better oxygen permeability, contributing to the overall comfort of the wearer. This distinction in material and functionality is crucial for selecting the appropriate type of contact lens based on individual needs, comfort levels, and the specific vision correction required. The other options do not accurately summarize the fundamental difference, such as the misconception about thickness, vision quality comparisons, or disposability, which can vary within each lens type and wear schedule.

**5. How do photochromatic lenses change in response to light?**

**A. They darken in bright light and become clear in low light**

**B. They change color randomly based on temperature**

**C. They become more rigid in low light**

**D. They darken consistently regardless of light**

Photochromic lenses are designed to enhance visual comfort by adjusting their tint based on the amount of UV light exposure. In bright light conditions, particularly outdoors where UV rays are more prevalent, these lenses darken. This provides additional protection against glare and harmful UV radiation. Conversely, when the wearer transitions to a low-light environment or indoors where the UV light is minimal, the lenses become clear again, allowing for normal vision without the dark tint. This dynamic response is a defining feature of photochromic technology, making option A the most accurate description of how these lenses operate in varying light conditions.

**6. What should be the angle of the temple arm in relation to the frame front for optimal fit?**

**A. Approximately 90 degrees**

**B. About 45 degrees**

**C. Typically straight**

**D. Ranging from 80 to 100 degrees**

The optimal angle of the temple arm in relation to the frame front is approximately 90 degrees. This angle is crucial for achieving a secure and comfortable fit of eyewear on the face. When the temple arms are set at this angle, they can effectively hold the glasses in place, ensuring that the lenses are properly positioned in front of the eyes for clear vision. A 90-degree angle also allows the temple arms to sit comfortably against the sides of the head, preventing slippage while the wearer is active. Additionally, this angle helps in distributing the weight of the glasses evenly across the nose and the ears, enhancing overall comfort during prolonged wear. This positioning is essential for avoiding pressure points that can lead to discomfort or headaches. In contrast, other angles such as 45 degrees would potentially cause the eyewear to sit unsteadily, leading to misalignment of the lenses and possibly affecting vision clarity. A typically straight temple arm could indicate a poor fit for curvilinear head shapes, which might also lead to discomfort and improper lens alignment. An angle ranging from 80 to 100 degrees may not provide the necessary stability or comfort that a precise 90-degree angle offers, risking movement and the need for frequent adjustments.

**7. What is the standard for optical infinity usually measured as?**

- A. Geometric center**
- B. Converge**
- C. Provides approximately 43 diopters of power to an eye's refractive system**
- D. 20 feet**

The standard measure for optical infinity is typically represented as 20 feet. This is the distance at which a person with normal vision can see objects clearly without any further adjustments to their eye's focus. A geometric center is not used as the standard as it does not have a specific distance or measurement associated with it. The concept of convergence in relation to optical infinity is also incorrect as it refers to the angle at which the eyes must turn inward to fixate on a specific object. Measuring optical infinity as providing 43 diopters of power to a person's refractive system is also not accurate as diopters measure the curvature of a lens and not distance. Therefore, the most relevant and commonly used measurement for optical infinity is 20 feet.

**8. In which field do opticians primarily work?**

- A. Orthopedic surgery**
- B. Optometry**
- C. Dentistry**
- D. Pharmacy**

Opticians primarily work in the field of optometry. This profession focuses on helping patients select and fit eyewear, such as eyeglasses and contact lenses, based on the prescriptions provided by optometrists or ophthalmologists. Opticians also play a crucial role in the optical retail environment, assisting customers with lens care, frame selection, and adjustments, ensuring that eyewear is not only functional but also aesthetically pleasing and comfortable for the patient. The focus on optometry highlights how opticians are integral to the eye care process, working closely with the eye care team to provide comprehensive visual solutions for patients. This collaboration involves understanding and interpreting prescriptions from optometrists to deliver the best possible optical products tailored to the individual needs of the patients.

**9. What does the closest distance between lenses indicate in opticianry?**

- A. Lens thickness**
- B. Lens curvature**
- C. Pupil distance**
- D. Frame fit**

The closest distance between lenses is a significant consideration in the context of frame fit. This distance, often referred to as the "inter-lens distance," conveys important information regarding how well the lenses interact with the wearer's face, particularly in ensuring that the optical centers of the lenses align with the wearer's pupils. If the lenses are too far apart or too close together, it can lead to discomfort or visual disturbances, such as double vision, because the alignment impacts how effectively light is focused through the prescribed lenses. A proper frame fit ensures that the wearer will experience optimal visual performance, as well as comfort, throughout their daily activities. If the lenses are not positioned correctly relative to the eyes, corrective benefits may not be fully realized, and the user could potentially have adverse experiences while wearing their eyewear. The other options, such as lens thickness, lens curvature, and pupil distance, while related to lens design and prescription parameters, do not directly reference the positioning of the lenses in the frame in relation to each other and the wearer's eyes. Therefore, understanding the connection between the closest distance between lenses and frame fit is crucial for ensuring an effective and comfortable eyewear experience.

**10. What is the significance of the axis in a prescription?**

- A. It specifies the power of the lens required**
- B. It indicates the orientation of astigmatism correction**
- C. It determines the thickness of the lens**
- D. It measures the distance between pupils**

The axis in a prescription is essential because it indicates the orientation of astigmatism correction. Astigmatism is caused by an irregular shape of the cornea or lens, which results in different refractive powers in different meridians of the eye. The axis value is measured in degrees and denotes where along the 360-degree plane the cylindrical power for correcting astigmatism should be applied. For example, if a lens is prescribed with a specific cylinder power to correct astigmatism, the axis tells the optician or technician how to position the lens correctly on the patient's eye. Without the correct axis, the cylindrical power would not effectively correct the patient's vision, resulting in inadequate treatment of their astigmatism.



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

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