

ABO Exam Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. In which demographic is myopia most commonly diagnosed?**
 - A. Older adults**
 - B. Children and young adults**
 - C. Middle-aged adults**
 - D. Newborns**

- 2. What are the visible bundles of energy?**
 - A. Electromagnetic Theory**
 - B. All colors**
 - C. Photons**
 - D. Refraction**

- 3. What is hyperopia?**
 - A. A shorter eyeball than normal**
 - B. A longer eyeball than normal**
 - C. An irregularly shaped cornea**
 - D. Excessive tear production**

- 4. Which of the following statements best describes the difference between single vision and multifocal lenses?**
 - A. Single vision lenses correct for one field of vision while multifocal lenses provide multiple prescriptions in one lens**
 - B. Single vision lenses are typically thicker than multifocal lenses**
 - C. Single vision lenses can magnify objects, whereas multifocal lenses cannot**
 - D. Single vision lenses are only for reading, and multifocal lenses are only for distance**

- 5. What is the purpose of prescription sunglasses?**
 - A. To change color perception**
 - B. To correct vision while providing protection from sunlight**
 - C. To enhance visual acuity in low light**
 - D. To provide a fashion accessory**

- 6. How does the shape of a lens influence its optical properties?**
- A. It affects social acceptance**
 - B. It impacts curvature**
 - C. It changes the color**
 - D. It determines the weight**
- 7. Which type of lens is designed to correct presbyopia?**
- A. Bifocal lenses**
 - B. Monofocal lenses**
 - C. Concave lenses**
 - D. Polarized lenses**
- 8. What term describes a lens with different curvatures on different axes to correct astigmatism?**
- A. Spherical lens**
 - B. Aspheric lens**
 - C. Toric lens**
 - D. Bifocal lens**
- 9. What does a phoropter measure during an eye examination?**
- A. Eye pressure**
 - B. Visual acuity**
 - C. Color vision**
 - D. Both refractive error and visual acuity**
- 10. What is a common feature of high-index lenses?**
- A. Heavyweight design**
 - B. Reduced lens thickness**
 - C. Standard durability**
 - D. Increased tinting options**

Answers

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

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Explanations

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1. In which demographic is myopia most commonly diagnosed?

- A. Older adults**
- B. Children and young adults**
- C. Middle-aged adults**
- D. Newborns**

Myopia, or nearsightedness, is most commonly diagnosed in children and young adults due to several factors related to their developmental stages. During these years, the eye is still growing, and changes in shape or size can more significantly affect visual acuity. Environmental factors, such as the increasing use of screens and a shift towards more indoor activities, have also been linked to a rise in myopia diagnoses within this demographic. Additionally, studies suggest that myopia often has a genetic predisposition, and it frequently manifests during school-age years when children begin to engage in more focusing activities such as reading and using electronic devices. The condition can remain stable or progress into young adulthood as well. In contrast, while myopia can be addressed at other life stages, the peak incidence is indeed among younger populations, making this choice the most accurate.

2. What are the visible bundles of energy?

- A. Electromagnetic Theory**
- B. All colors**
- C. Photons**
- D. Refraction**

Visible bundles of energy are known as photons. Electromagnetic theory is a larger concept that includes photons, but it does not refer specifically to the visible bundles of energy. All colors can be seen as a result of photons, but they are not the same as the visible bundles of energy themselves. Refraction is a phenomenon that involves the bending of light, but it does not refer to the visible bundles of energy specifically. Therefore, C is the only option that accurately describes the visible bundles of energy.

3. What is hyperopia?

- A. A shorter eyeball than normal**
- B. A longer eyeball than normal**
- C. An irregularly shaped cornea**
- D. Excessive tear production**

Hyperopia, commonly known as farsightedness, is a refractive error where distant objects can be seen more clearly than objects that are near. This is because in hyperopia, the eyeball is actually shorter than normal. This causes light rays to focus behind the retina rather than directly on it, leading to blurred vision when looking at close objects. Option B is incorrect because a longer eyeball is actually associated with myopia, not hyperopia. Option C is incorrect because an irregularly shaped cornea is more commonly associated with astigmatism, not hyperopia. Option D is incorrect because excessive tear production is unrelated to hyperopia.

4. Which of the following statements best describes the difference between single vision and multifocal lenses?

- A. Single vision lenses correct for one field of vision while multifocal lenses provide multiple prescriptions in one lens**
- B. Single vision lenses are typically thicker than multifocal lenses**
- C. Single vision lenses can magnify objects, whereas multifocal lenses cannot**
- D. Single vision lenses are only for reading, and multifocal lenses are only for distance**

The distinction between single vision and multifocal lenses is fundamentally based on their design and purpose, which is accurately summarized in the statement that single vision lenses correct for one field of vision while multifocal lenses provide multiple prescriptions in one lens. Single vision lenses are designed to correct a single visual requirement, such as nearsightedness, farsightedness, or astigmatism, allowing the wearer to see clearly at one specific distance. In contrast, multifocal lenses encompass multiple prescriptions within a single lens, enabling the wearer to transition seamlessly between different visual fields—usually distance vision, intermediate vision, and near vision. This feature is particularly beneficial for individuals who require vision correction for various tasks, such as reading, working on a computer, and driving, all without the need to switch different pairs of glasses. The other options do not accurately capture the primary differentiation between these lens types. For instance, the relative thickness of the lenses is influenced by factors such as the prescription power and lens material rather than the nature of the lenses being single vision or multifocal. Additionally, both lens types can provide magnification depending on their prescription strengths, and both are designed to cater to various visual needs rather than being limited to just one function, like reading or distance viewing

5. What is the purpose of prescription sunglasses?

- A. To change color perception**
- B. To correct vision while providing protection from sunlight**
- C. To enhance visual acuity in low light**
- D. To provide a fashion accessory**

Prescription sunglasses serve the dual purpose of correcting vision and providing protection from harmful sunlight. They are designed specifically for individuals who require vision correction, such as those with nearsightedness, farsightedness, or astigmatism, while simultaneously offering the benefits of tinted lenses that reduce glare and block ultraviolet (UV) rays. This combination is essential for outdoor activities, ensuring that individuals can see clearly and safely in bright conditions. Other options touch on aspects that do not accurately represent the primary function of prescription sunglasses. For instance, changing color perception is not a focus of these glasses; while they can come in various tints, the primary goal is vision correction and sunlight protection. Enhancing visual acuity in low light pertains more to lenses designed for nighttime or low-visibility conditions rather than sunglasses, which focus on bright outdoor settings. Lastly, while fashion can be a component of sunglasses, it is not their intended purpose; the main aim remains functional in terms of vision and sun protection.

6. How does the shape of a lens influence its optical properties?

- A. It affects social acceptance
- B. It impacts curvature**
- C. It changes the color
- D. It determines the weight

The shape of a lens significantly influences its optical properties primarily through its impact on curvature. The curvature of a lens determines how light rays are refracted as they pass through the lens. A highly curved lens, such as a convex lens, will converge light rays to a focal point, while a flatter lens may allow light to pass through with less curvature, leading to a different focal point or even diverging the rays in the case of a concave lens. Curvature directly affects the lens's refractive power—stronger curvature results in a higher refractive power, which is essential for correcting vision. Therefore, the shape of the lens not only governs how it bends light but also plays a crucial role in determining the overall functionality and effectiveness of the lens for specific visual needs. This fundamental relationship highlights the importance of lens design in optometry and eyewear. The other options do not relate directly to the optical properties of the lens. Social acceptance is influenced by aesthetic aspects, not optical performance. Color can be manipulated with coatings and material choice but is separate from the inherent optical properties influenced by shape. Weight relates to the material used rather than the geometric configuration of the lens itself.

7. Which type of lens is designed to correct presbyopia?

- A. Bifocal lenses**
- B. Monofocal lenses
- C. Concave lenses
- D. Polarized lenses

Bifocal lenses are specifically designed to correct presbyopia, which is a condition that typically occurs as people age, making it difficult to focus on close objects. Bifocal lenses contain two distinct optical powers: one for distance vision and one for near vision, typically separated by a visible line on the lens. This allows individuals with presbyopia to seamlessly transition between viewing objects at different distances without needing to switch between different pairs of glasses. Monofocal lenses, on the other hand, are designed to have a single prescription throughout the entire lens. They can correct either distance vision or near vision but are not suitable for individuals with presbyopia who need assistance with both. Concave lenses are primarily used to correct myopia (nearsightedness) rather than presbyopia, as they help diverge light rays to allow clearer vision for distant objects. Polarized lenses are designed to reduce glare from surfaces such as water or roads and enhance visual comfort but do not specifically address the vision correction needed for presbyopia. Thus, bifocal lenses are the optimal choice for accommodating the vision changes associated with presbyopia, catering to both distance and near sight with their dual prescription design.

8. What term describes a lens with different curvatures on different axes to correct astigmatism?

- A. Spherical lens**
- B. Aspheric lens**
- C. Toric lens**
- D. Bifocal lens**

A lens designed with different curvatures on different axes specifically to correct astigmatism is known as a toric lens. Astigmatism arises when the cornea or lens of the eye is not perfectly spherical, leading to distorted vision. The toric lens incorporates two distinct optical powers, which address the varying degrees of curvature needed for each axis of the eye. This design enables clearer vision by compensating for the irregular shape of the eye that causes astigmatism. Spherical lenses, on the other hand, have a uniform curvature throughout and are meant to correct nearsightedness or farsightedness but are ineffective for astigmatism. Aspheric lenses offer a more complex surface profile that improves visual quality, particularly in higher prescriptions, but they are not specifically tailored with dual curvatures as toric lenses are. Bifocal lenses, designed for individuals with presbyopia, have two distinct optical powers for distance and near vision but do not directly address astigmatism. Therefore, the unique design of a toric lens makes it the appropriate choice for correcting astigmatism.

9. What does a phoropter measure during an eye examination?

- A. Eye pressure**
- B. Visual acuity**
- C. Color vision**
- D. Both refractive error and visual acuity**

A phoropter is an essential instrument used in eye examinations primarily to measure a person's refractive error and determine their visual acuity. When a patient looks through the phoropter, the optometrist or ophthalmologist can present various lenses and determine the best combination for clear vision. This process allows for the assessment of nearsightedness, farsightedness, and astigmatism, which are all aspects of refractive error. In addition to measuring refractive error, the phoropter helps assess visual acuity. By presenting different lenses to the patient, the eye care professional can evaluate how well they can see at different distances. The results collected from the phoropter are crucial in formulating a precise prescription for corrective lenses. While other choices mention important aspects of vision care - such as eye pressure and color vision - they do not pertain to the primary functions of a phoropter. Eye pressure is typically measured with a tonometer, and color vision tests are conducted separately, often using tools like Ishihara plates. Therefore, the correct answer encompasses both refractive error and visual acuity, highlighting the phoropter's significant role in comprehensive eye examinations.

10. What is a common feature of high-index lenses?

- A. Heavyweight design**
- B. Reduced lens thickness**
- C. Standard durability**
- D. Increased tinting options**

High-index lenses are designed specifically to be thinner and lighter compared to traditional lenses made from standard materials. This reduced thickness allows them to provide adequate vision correction while minimizing the overall weight of the eyewear, which enhances comfort for the wearer. The advancement in high-index materials allows for a higher refraction index, meaning that these lenses can bend light more effectively. As a result, they need to be less thick than lower-index lenses to achieve the same visual correction. This characteristic is particularly beneficial for people with strong prescriptions, allowing for a more aesthetically pleasing look without bulking up the lenses. While high-index lenses do typically come with various options for durability and tinting, these features are not exclusive to high-index materials. Their standout quality remains the reduction of lens thickness.

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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://abopractice.examzify.com>

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

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