

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. Which test is commonly used to screen for color blindness?**
 - A. Snellen test**
 - B. Amsler grid**
 - C. Visual field test**
 - D. Ishihara test**

- 2. What does the term "oleophobic" mean in relation to lenses?**
 - A. Visibility in low light conditions**
 - B. Ability to filter UV light**
 - C. Resistance to impact**
 - D. Oil repelling**

- 3. What effect do increasing plus powers have on the base curves selected for the lens?**
 - A. Decrease steepness**
 - B. Increase steepness**
 - C. No effect on steepness**
 - D. Transform into prisms**

- 4. Which eye condition can be directly caused by diabetes?**
 - A. Cataracts**
 - B. Astigmatism**
 - C. Glaucoma**
 - D. Myopia**

- 5. How can adjustments to the frame improve comfort?**
 - A. Proper adjustment can alleviate pressure points and ensure stability**
 - B. They can make the lenses thicker**
 - C. They can enhance light transmission**
 - D. They can add a color tint to the lenses**

- 6. Which of the following is NOT a function of a lensometer in opticianry?**
- A. Reads base curves**
 - B. Measures prism**
 - C. Checks lens power**
 - D. Checks lens thickness**
- 7. 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**
- 8. Which lens material is the most commonly used plastic material in optical frames?**
- A. CR-39**
 - B. Polycarbonate**
 - C. Trivex**
 - D. Cellulose Acetate**
- 9. 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**
- 10. What do the red numbers on a lens clock read?**
- A. Minus curves or concave surfaces of lenses**
 - B. Responsible for activating photochromatic lenses**
 - C. The red numbers on a lens clock**
 - D. The unit used to measure the displacement of a ray of light**

Answers

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

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Explanations

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1. Which test is commonly used to screen for color blindness?

- A. Snellen test**
- B. Amsler grid**
- C. Visual field test**
- D. Ishihara test**

The Snellen test is used to measure visual acuity, not screen for color blindness. The Amsler grid is used for detecting central visual field defects, which are not indicative of color blindness. The visual field test is used to detect peripheral vision issues, again unrelated to color blindness. The Ishihara test is specifically designed to screen for color blindness by presenting images with hidden numbers or patterns that only those with normal color vision can see.

2. What does the term "oleophobic" mean in relation to lenses?

- A. Visibility in low light conditions**
- B. Ability to filter UV light**
- C. Resistance to impact**
- D. Oil repelling**

The term "oleophobic" in relation to lenses means that the lenses have the ability to repel oil. This is particularly useful as oils can cause smudges and reduce the clarity of vision through the lenses. By being oleophobic, the lenses are easier to clean and maintain, as they are less likely to attract and retain oils from fingerprints or other sources. The other options are not correct: - Visibility in low light conditions (A): This refers to lens tints or coatings that improve visibility in situations of low light, which is different from being oleophobic. - Ability to filter UV light (B): This pertains to the lens' capability to block or absorb ultraviolet rays, which is not related to being oleophobic. - Resistance to impact (C): This relates to the durability and ability of the lens to withstand external forces, rather than its oil-repelling properties.

3. What effect do increasing plus powers have on the base curves selected for the lens?

- A. Decrease steepness**
- B. Increase steepness**
- C. No effect on steepness**
- D. Transform into prisms**

Increasing plus powers in lenses typically lead to an increase in the steepness of the base curves selected for the lenses. This relationship stems from the optical principles governing the design and function of convex lenses. As plus power increases, the curvature of the lens also must increase to properly converge light rays and focus them on the retina. The steepness of the base curve directly corresponds to how much light the lens can bend; therefore, with higher plus powers, a steeper curve is necessary to achieve the desired optical effect for patients with hyperopia (farsightedness). A steeper base curve ensures that the lens can adequately facilitate the necessary convergence of light. Understanding this relationship is crucial for lens designers and opticians when prescribing lenses to ensure proper fit and vision correction. It is also important to note that base curve adjustments can affect the lens thickness, weight, and overall aesthetics of the eyewear, factors that are also essential in patient satisfaction.

4. Which eye condition can be directly caused by diabetes?

- A. Cataracts**
- B. Astigmatism**
- C. Glaucoma**
- D. Myopia**

Cataracts are a significant eye condition that can be directly influenced by diabetes. High blood sugar levels associated with diabetes can lead to changes in the eye lens, causing it to swell and eventually leading to the formation of cataracts. This condition results in cloudiness of the lens, impairing vision over time. While astigmatism is primarily related to the shape of the cornea and is not a direct outcome of diabetes, and glaucoma, which involves increased pressure in the eye, can also be associated with diabetes, these connections are more complex and not as directly correlated as cataracts. Myopia, or nearsightedness, primarily stems from the eye's physical shape rather than metabolic conditions like diabetes. Thus, cataracts stand out as the eye condition most directly caused by diabetes due to the physiological effects of the disease on the lens of the eye.

5. How can adjustments to the frame improve comfort?

- A. Proper adjustment can alleviate pressure points and ensure stability**
- B. They can make the lenses thicker**
- C. They can enhance light transmission**
- D. They can add a color tint to the lenses**

Adjustments to the frame play a crucial role in enhancing the overall comfort of eyewear. When frames are properly adjusted, they can redistribute weight evenly across the temples and nose, which helps in alleviating pressure points that may cause discomfort over time. This is particularly important for individuals who wear their glasses for extended periods. A well-fitted frame ensures that it stays in place during regular activities, preventing sliding or pinching that can distract from daily tasks. The other options relate to different aspects of eyewear that do not directly impact comfort. For instance, while making lenses thicker could theoretically alter their durability or visual aid capabilities, it does not contribute to the comfort of how the frame fits on the face. Enhancing light transmission or adding a color tint to the lenses are features that affect vision quality or aesthetics, but they don't address the physical fit of the frame on the wearer's face, which is the primary concern when discussing comfort. Therefore, proper frame adjustment is a key factor in ensuring a comfortable wearing experience.

6. Which of the following is NOT a function of a lensometer in opticianry?

- A. Reads base curves**
- B. Measures prism**
- C. Checks lens power**
- D. Checks lens thickness**

In the context of lensometry, the primary functions of a lensometer include checking lens power, measuring prism, and reading various properties of lenses such as their optical characteristics. The lensometer is an essential instrument in opticianry that enables practitioners to verify prescription lenses, ensuring they meet the necessary optical specifications. Reading base curves, however, is not a function performed by a lensometer. Base curves refer to the curvature of the lens surfaces, which can be more accurately assessed using a tool designed for this purpose, such as a lens gauge or a spherometer. These instruments measure the radius of curvature of the lens surface, which is essential for fitting and proper optical performance but is not something that a lensometer evaluates. Therefore, it is accurate to say that reading base curves is not a function of a lensometer.

7. 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.

8. Which lens material is the most commonly used plastic material in optical frames?

A. CR-39

B. Polycarbonate

C. Trivex

D. Cellulose Acetate

Choosing a plastic lens material comes down to balancing optical quality, color accuracy, weight, durability, and cost. CR-39 provides clear optics with a high Abbe value, meaning minimal color dispersion, and it's easy to manufacture, cut, and finish into lenses. It's also inexpensive compared with newer materials, making it the standard choice for most eyeglass lenses. While polycarbonate offers excellent impact resistance, its lower Abbe value can introduce more chromatic aberration, which makes CR-39 more favorable for everyday wear. Trivex offers a good mix of clarity and toughness but isn't as widely used due to cost and availability. Cellulose acetate is primarily a frame material, not a lens material, which is why it isn't considered for lenses.

9. 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.

10. What do the red numbers on a lens clock read?

- A. Minus curves or concave surfaces of lenses**
- B. Responsible for activating photochromatic lenses**
- C. The red numbers on a lens clock**
- D. The unit used to measure the displacement of a ray of light**

The red numbers on a lens clock indicate the measurement of minus curves or concave surfaces of lenses. Lens clocks are designed to measure the curvature of the lens surfaces, and different colors are used to signify specific types of curvature. In this case, the red numbers specifically represent concave surfaces where the radius of curvature is negative. This is important for opticians when determining the proper fit and prescription of lenses, as well as ensuring that lenses with concave curves are appropriately identified and manufactured. Other options present different ideas but do not pertain directly to the function of the red numbers on a lens clock. Photochromatic lens activation and light ray displacement measurements are unrelated to the specific color coding used on a lens clock. The focus of the lens clock is primarily on measuring surface curvature, making the association with minus curves essential for accurate lens fitting and designing.

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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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