

AICE Psychology Paper 1 Practice Exam (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. What kind of scenes did participants view in the Canli study?**
 - A. Only neutral scenes**
 - B. Only negative scenes**
 - C. Neutral and negative scenes**
 - D. Abstract art pieces**
- 2. According to the Andrade study, doodling serves to prevent which of the following?**
 - A. Creative thinking**
 - B. Concentration on a task**
 - C. Mind wandering**
 - D. Complex problem-solving**
- 3. What type of model did Bandura's study specifically categorize children into according to the aggression displayed?**
 - A. Aggressive and non-aggressive models**
 - B. Gender-based models**
 - C. Positive and negative models**
 - D. Passive and active models**
- 4. What is the primary difference between reliability and validity in research?**
 - A. Reliability is the accuracy of a measure; validity is the consistency**
 - B. Reliability focuses on the consistency of a measure; validity focuses on its accuracy**
 - C. Reliability refers to measurement errors; validity to sampling errors**
 - D. Reliability is concerned with the qualitative analysis; validity with quantitative**
- 5. In the Pepperburg study, what was the result of familiar object trials?**
 - A. 99 correct responses out of 129**
 - B. 69 correct responses out of 99**
 - C. 79 correct responses out of 96**
 - D. 96 correct responses out of 113**

6. What characterizes the placebo effect?

- A. A measurable improvement due to actual treatment**
- B. A perceived improvement based on belief in treatment effectiveness**
- C. An immediate reaction to medication**
- D. A systematic physiological response to stimuli**

7. What was the design of the Andrade experiment?

- A. Laboratory experiment with between-subjects design**
- B. Field experiment with repeated measures design**
- C. Laboratory experiment with independent measures design**
- D. Field experiment with matched pairs design**

8. How did the Milgram study findings apply specifically to military and hospital settings?

- A. They show the importance of medical training**
- B. Authority can override personal beliefs**
- C. Rules must be followed at all times**
- D. Compliance is unnecessary in emergency situations**

9. What method was employed in the Saavedra study?

- A. Observational studies**
- B. Case study with self-report measures**
- C. Cross-sectional survey**
- D. Experimental trials**

10. Which of the following statements is true regarding schemas?

- A. They represent innate tendencies in human behavior**
- B. They develop solely through formal education**
- C. They help in organizing and interpreting new information**
- D. They are fixed and do not change over time**

Answers

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

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Explanations

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1. What kind of scenes did participants view in the Canli study?

- A. Only neutral scenes**
- B. Only negative scenes**
- C. Neutral and negative scenes**
- D. Abstract art pieces**

In the Canli study, participants viewed both neutral and negative scenes. This variety is essential because the study aimed to investigate the relationship between emotional arousal and memory retention. By including negative scenes—known to provoke a stronger emotional response—alongside neutral scenes, the researchers could explore how different levels of emotional content impacted memory recall. The presence of neutral scenes served as a control to help compare responses and memory retrieval between arousing and non-arousing stimuli. This design is crucial for understanding how emotional experiences influence cognitive processes, particularly memory, thereby providing insights into how our emotions can enhance or impair our ability to remember information.

2. According to the Andrade study, doodling serves to prevent which of the following?

- A. Creative thinking**
- B. Concentration on a task**
- C. Mind wandering**
- D. Complex problem-solving**

Doodling, as observed in the Andrade study, plays a crucial role in managing cognitive resources during tasks that require concentration. The study found that engaging in doodling can help individuals maintain focus on the primary task at hand. This phenomenon occurs because doodling occupies a part of the brain that might otherwise become distracted by unrelated thoughts or stimuli, thus effectively reducing mind wandering. The ability to doodle allows for a light cognitive load that aids in processing information without overwhelming the participant. By preventing the mind from wandering, doodling can enhance memory retention and recall when individuals listen to information, as evidenced in Andrade's experiments. This fascinating insight into the relationship between doodling and concentration highlights the potential benefits of seemingly trivial activities in maintaining engagement and improving cognitive performance.

3. What type of model did Bandura's study specifically categorize children into according to the aggression displayed?

- A. Aggressive and non-aggressive models**
- B. Gender-based models**
- C. Positive and negative models**
- D. Passive and active models**

The categorization of children into aggressive and non-aggressive models in Bandura's study is rooted in the focus of his research on observational learning and aggression. Bandura's experiments, particularly the Bobo doll experiment, aimed to investigate how children mimic behaviors they observe in adults. By observing adults acting aggressively towards a Bobo doll, children were later encouraged to interact with the doll themselves, leading to the discovery of a clear distinction in behavior based on the role models they observed. Children who watched aggressive behavior were more likely to display similar aggression in their play with the doll, while those who observed non-aggressive models demonstrated far less aggression. This differentiation highlights the impact that role models have in shaping behaviors, particularly in how children learn and imitate actions based on what they observe. The research demonstrated that exposure to different types of models (aggressive vs. non-aggressive) distinctly influenced the aggressiveness exhibited by the children, clearly categorizing them into these two groups based on the behavior they imitated.

4. What is the primary difference between reliability and validity in research?

- A. Reliability is the accuracy of a measure; validity is the consistency**
- B. Reliability focuses on the consistency of a measure; validity focuses on its accuracy**
- C. Reliability refers to measurement errors; validity to sampling errors**
- D. Reliability is concerned with the qualitative analysis; validity with quantitative**

The primary difference between reliability and validity in research is that reliability focuses on the consistency of a measure, while validity examines the accuracy of that measure. Reliability refers to the extent to which a measurement method produces stable and consistent results over repeated trials or across different observers. This means that if the same measurement is taken multiple times under the same conditions, it should yield the same or very similar results. On the other hand, validity assesses whether a tool or method accurately measures what it intends to measure. Validity ensures that the conclusions drawn from a study or test reflect the true situation or construct. For example, a valid IQ test should accurately measure intelligence, rather than something unrelated like motivation or test-taking skills. Understanding this distinction is crucial in research design since a reliable measure is necessary, but not sufficient, for validity. A consistent measurement can still be systematically inaccurate. Thus, the relationship between the two concepts is fundamental in ensuring the quality and credibility of research findings.

5. In the Pepperburg study, what was the result of familiar object trials?

- A. 99 correct responses out of 129**
- B. 69 correct responses out of 99**
- C. 79 correct responses out of 96**
- D. 96 correct responses out of 113**

In the Pepperberg study, the result of familiar object trials indicated that animals, particularly African grey parrots, showed remarkable understanding and cognitive abilities concerning previously known objects. The correct answer reflects that the parrots were able to demonstrate a significant level of comprehension and learning by achieving 69 correct responses out of 99 trials with objects they were familiar with. This performance is noteworthy as it showcases the parrots' ability to recognize and communicate their knowledge of the familiar objects, which strengthens the study's findings on the cognitive skills of non-human animals. The number of correct responses signifies their ability not only to recognize but also to respond correctly to the questions posed about these objects, thereby providing insights into their intelligence and understanding of language. The other choices present figures that do not accurately represent the results of the familiar object trials in the study, which solidifies the importance of the selected answer as part of understanding animal cognition and communication.

6. What characterizes the placebo effect?

- A. A measurable improvement due to actual treatment**
- B. A perceived improvement based on belief in treatment effectiveness**
- C. An immediate reaction to medication**
- D. A systematic physiological response to stimuli**

The placebo effect is characterized by a perceived improvement based on an individual's belief in the effectiveness of a treatment, even when that treatment has no active therapeutic ingredients. This phenomenon underscores the power of the mind in influencing physical health and well-being. When a person believes that they are receiving an effective treatment, their expectations and attitudes can lead to real changes in their symptoms, demonstrating how psychological factors can play a significant role in physical health outcomes. This effect illustrates that our understanding of treatment efficacy isn't solely based on the physiological action of a drug or intervention but also on the psychological context surrounding it. Factors such as the patient's beliefs, the interaction with the healthcare provider, and the setting in which treatment is administered can all influence the experience of relief or improvement, even when an inert substance or sham treatment is involved. Other options, while relating to different aspects of medical treatment and response, do not accurately describe the unique nature of the placebo effect.

7. What was the design of the Andrade experiment?

- A. Laboratory experiment with between-subjects design
- B. Field experiment with repeated measures design
- C. Laboratory experiment with independent measures design**
- D. Field experiment with matched pairs design

The Andrade experiment utilized a laboratory experiment with an independent measures design. This choice is correct because the study aimed to investigate the effect of doodling on memory. Participants were divided into different groups where one group doodled while listening to a monotonous message, and the other group simply listened without doodling. By implementing an independent measures design, each participant only experienced one condition, allowing for a direct comparison of the memory recall between those who doodled and those who did not. This method helps reduce potential confounding variables that could arise from having the same participants in both conditions, such as practice effects or fatigue. The context of the design emphasizes how the independent measures can support the conclusion that doodling may help with retaining information, as differences in performance can be attributed more confidently to the activity of doodling itself rather than variables relating to repeated testing.

8. How did the Milgram study findings apply specifically to military and hospital settings?

- A. They show the importance of medical training
- B. Authority can override personal beliefs**
- C. Rules must be followed at all times
- D. Compliance is unnecessary in emergency situations

The findings from the Milgram study highlight the significant influence of authority figures on individual behavior, particularly in structured environments like military and hospital settings. The research demonstrated that individuals are often willing to comply with requests or orders that conflict with their personal moral beliefs when those orders come from an authority figure. In the context of military settings, this can manifest in soldiers following orders that may involve harmful actions, as compliance is often viewed as part of duty and discipline. Similarly, in hospitals, healthcare professionals may follow directives from superiors, which can sometimes lead to ethical dilemmas concerning patient care. This illustrates that the presence of authority can lead individuals to prioritize obedience over their personal values or ethical considerations, which is a crucial insight for understanding behavior in hierarchical institutions.

9. What method was employed in the Saavedra study?

- A. Observational studies
- B. Case study with self-report measures**
- C. Cross-sectional survey
- D. Experimental trials

The method used in the Saavedra study is a case study that involved self-report measures. This approach allows for an in-depth examination of an individual's experiences, thoughts, and feelings regarding specific issues—in this case, the fear and aversion related to certain stimuli. Self-report measures are particularly useful in capturing subjective data, providing insights into how participants perceive their fears and anxiety. In the Saavedra study, the participant's detailed accounts, along with assessments such as questionnaires, contributed to a comprehensive understanding of the factors influencing his phobic reactions. This method is valuable because it collects rich qualitative data, making it easier for researchers to identify patterns and themes, which might not emerge through more quantitative methods like surveys or experiments. By focusing on a single case, the researchers can explore complex behavioral and emotional aspects that may not be detectable in larger, more generalized studies. Thus, using a case study with self-report measures in this context allows for a nuanced understanding of phobia treatment and helps highlight the interplay between cognitive and emotional components of fears.

10. Which of the following statements is true regarding schemas?

- A. They represent innate tendencies in human behavior
- B. They develop solely through formal education
- C. They help in organizing and interpreting new information**
- D. They are fixed and do not change over time

Schemas are cognitive frameworks or structures that help individuals organize and interpret information based on previous knowledge and experiences. The statement highlighting that schemas assist in organizing and interpreting new information is accurate, as they allow us to make sense of our environment by relating new experiences to existing mental structures. When encountering new data, schemas guide our understanding and expectations, enabling us to efficiently process information and respond appropriately in various contexts. The other options do not accurately describe schemas. While there may be innate tendencies in human behavior, schemas themselves are not strictly innate but rather developed over time through experiences and interactions. They are also not solely derived through formal education; instead, they are shaped by a variety of life experiences, including informal learning. Furthermore, schemas are not fixed; they can evolve and adapt over time as individuals encounter new information and experiences, allowing for continuous learning and adjustment in understanding.

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://aicepsychologypaper1.examzify.com>

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

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