

Approaches in Psychology AQA Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

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

SAMPLE

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

SAMPLE

- 1. Which of the following is a potential negative effect of schemas?**
 - A. They help memory**
 - B. They can lead to prejudice and racism**
 - C. They always improve accuracy**
 - D. They have no emotional impact**

- 2. Which model refers to real people such as parents, siblings, and teachers?**
 - A. Live Models**
 - B. Symbolic Models**
 - C. Mediational Processes**
 - D. Vicarious Reinforcement**

- 3. Which mediational process provides a reason to want to copy the behaviour?**
 - A. Motivation**
 - B. Attention**
 - C. Retention**
 - D. Motor Reproduction**

- 4. The 'reality check' that balances the conflicting demands of the id and superego is known as which structure?**
 - A. Ego**
 - B. Superego**
 - C. Conscious**
 - D. Repression**

- 5. Which components are said to influence behaviour in the biological approach?**
 - A. Genes, brain and nervous system, and hormones/neurotransmitters**
 - B. Environmental factors only**
 - C. Unconscious conflicts**
 - D. Cultural norms**

- 6. In psychodynamic theory, which structure acts as the mediator between id impulses and moral constraints and follows the reality principle?**
- A. Ego**
 - B. Superego**
 - C. Id**
 - D. Conscious**
- 7. Which of the following is a weakness of the social learning theory?**
- A. It explains all behaviour**
 - B. It overlooks biological factors**
 - C. It ignores lab research**
 - D. It provides no practical applications**
- 8. Which statement correctly differentiates genotype from genes?**
- A. Genotype refers to DNA sequences, while genes refer to inherited traits**
 - B. Genotype is a set of genes a person possesses, while genes are DNA segments that code traits**
 - C. Genotype and genes are the same concept**
 - D. Genotype refers to environmental influences on gene expression**
- 9. The Little Hans case is used to illustrate which psychoanalytic idea?**
- A. Father**
 - B. Mother**
 - C. Castration anxiety**
 - D. The horse symbolized the mother**
- 10. What is the long fibre that conducts electrical impulses away from the neuron called?**
- A. Axon**
 - B. Dendrite**
 - C. Soma**
 - D. Synapse**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which of the following is a potential negative effect of schemas?

- A. They help memory**
- B. They can lead to prejudice and racism**
- C. They always improve accuracy**
- D. They have no emotional impact**

Schemas organize how we store and interpret information. A negative effect is that they can lead to prejudice and racism because they create generalizations about groups and push us to apply stereotypes to individuals. When we encounter someone from a group we already have a schema about, we tend to interpret their actions through that stereotype, remember details that fit it, and forget or distort information that doesn't. This makes judgments biased and can fuel discriminatory attitudes. Schemas also shape our emotions by setting up expectations about how people should behave, which can provoke emotional responses based on those expectations. While schemas can sometimes help memory by making it easier to encode and retrieve related information, they don't guarantee accuracy and can actively distort our understanding in ways that support prejudice.

2. Which model refers to real people such as parents, siblings, and teachers?

- A. Live Models**
- B. Symbolic Models**
- C. Mediational Processes**
- D. Vicarious Reinforcement**

The key idea here is that learning can happen by watching real people who are present in a learner's life. When the model is someone physically present like a parent, sibling, or teacher, that's a live model. Seeing a real person perform a behavior makes it more salient and relatable, so attention and imitation are more likely to occur. The learner can also directly observe the consequences the model experiences, which can influence whether they choose to imitate. In contrast, symbolic models are people seen in media or fiction, not physically present in the learner's environment; mediational processes are the mental steps that occur between watching and doing (attention, retention, reproduction, motivation); and vicarious reinforcement refers to learning from observing the consequences others receive, not the type of model itself.

3. Which mediational process provides a reason to want to copy the behaviour?

A. Motivation

B. Attention

C. Retention

D. Motor Reproduction

In Bandura's social learning framework, imitation is guided by four mediational processes: attention, retention, motor reproduction, and motivation. The one that gives you the reason to copy is motivation. It's the drive or incentive to perform the behavior, shaped by expected outcomes. When you anticipate a reward or positive consequence from imitating, your motivation increases and you're more likely to imitate the observed action. If you expect punishment or no benefit, motivation drops and imitation is less likely. The other three processes—attention (noticing the behavior), retention (remembering it), and motor reproduction (being able to perform it)—are necessary for imitation to happen, but they don't provide the motivational pull to do it.

4. The 'reality check' that balances the conflicting demands of the id and superego is known as which structure?

A. Ego

B. Superego

C. Conscious

D. Repression

The reality principle is at work here, carried out by the ego. The ego acts as a mediator between the id's instinctual urges and the superego's moral demands, weighing real-world consequences and opting for socially acceptable ways to satisfy desires. It delays gratification and plans with consideration of the outside world. The superego is the moral voice, the id is the instinctive impulse, and repression is a defense mechanism used by the ego—not the balancing structure itself.

5. Which components are said to influence behaviour in the biological approach?

A. Genes, brain and nervous system, and hormones/neurotransmitters

B. Environmental factors only

C. Unconscious conflicts

D. Cultural norms

In the biological approach, behaviour is explained through physiological processes that underlie our thoughts, feelings, and actions. Genes carry inherited information that can shape traits and predispositions. The brain and nervous system provide the neural hardware that processes information, coordinates actions, and regulates bodily functions. Hormones and neurotransmitters mediate communication within the brain and between the body and brain, influencing mood, arousal, motivation, and behavior. Together, these biological elements account for why behaviour arises and changes with biological states. Options that emphasize environmental factors, unconscious conflicts, or cultural norms fall outside this viewpoint, which is why they don't fit as well. Environmental factors focus on learning from the outside world, unconscious conflicts are a psychodynamic concept, and cultural norms relate to sociocultural influences, not the biological mechanisms this approach highlights.

6. In psychodynamic theory, which structure acts as the mediator between id impulses and moral constraints and follows the reality principle?

A. Ego

B. Superego

C. Id

D. Conscious

The mediator is the ego. It operates on the reality principle, meaning it tries to satisfy the id's desires in ways that are realistic and socially acceptable. The ego develops to balance the id's push for immediate gratification with the moral constraints of the superego, negotiating, planning, and delaying gratification when needed. It uses rational thinking and problem-solving to find workable compromises or redirects for impulses. By contrast, the superego provides moral guidance and ideals, the id pursues primitive desires, and the conscious refers to what we are aware of, but none of them play the same role as the ego in mediating between impulse and morality through the reality principle.

7. Which of the following is a weakness of the social learning theory?

- A. It explains all behaviour
- B. It overlooks biological factors**
- C. It ignores lab research
- D. It provides no practical applications

Biology plays a significant role in shaping behavior, and a common criticism of social learning theory is that it underemphasizes biological factors. The theory centers on learning through observing others, imitation, and cognitive processing within social contexts, but it tends to treat behavior as primarily shaped by environment and modeling. In reality, genetics, hormones, brain structures, and neurochemistry influence how easily someone imitates others, which behaviors are learned, and how strongly those behaviors are expressed. For instance, hormonal influences can affect aggression or fear responses, making some modeled behaviors more likely for some individuals than others. Physical and physiological limits can also constrain what can be learned or performed. Because these biological influences aren't fully integrated into the theory, this omission is a recognized weakness.

8. Which statement correctly differentiates genotype from genes?

- A. Genotype refers to DNA sequences, while genes refer to inherited traits
- B. Genotype is a set of genes a person possesses, while genes are DNA segments that code traits**
- C. Genotype and genes are the same concept
- D. Genotype refers to environmental influences on gene expression

Genotype refers to your genetic makeup—the specific variants (alleles) you carry across your genes. Genes are the individual DNA segments that carry instructions to make proteins or regulate processes, and they are the units of heredity located on chromosomes. Saying the genotype is a set of genes captures the idea that your genetic constitution is the collection of those variant forms you possess, while a gene is the actual DNA piece that codes for a trait. For example, for a gene involved in a trait, your genotype might be the combination of alleles you have (like two versions of that gene), and the goal is to understand how those variants influence potential traits. Environmental factors can affect how those genes are expressed into visible traits, but they don't define what the genotype is. The other statements mix up what genes are or what genotype represents, so this view best distinguishes the two concepts.

9. The Little Hans case is used to illustrate which psychoanalytic idea?

- A. Father**
- B. Mother**
- C. Castration anxiety**
- D. The horse symbolized the mother**

In Freudian theory, the Little Hans case is used to show how a child's earliest fears and fantasies revolve around the father and the father's authority during the phallic stage. Freud interpreted Hans's fear of horses as a disguised expression of anxiety about the father and the threat of losing the mother to him. The horse was read as a stand-in for the father, so the case foregrounds the father as the central figure in this early psychoanalytic conflict. This focus on the father and the father-child dynamic is what the item aims to capture.

10. What is the long fibre that conducts electrical impulses away from the neuron called?

- A. Axon**
- B. Dendrite**
- C. Soma**
- D. Synapse**

The key idea is neuron structure and how signals travel. The long fibre that carries electrical impulses away from the cell body is the axon. Dendrites are the branched parts that receive incoming signals, the soma (cell body) integrates those signals, and the synapse is the gap where communication with the next neuron occurs. The axon acts like a transmission line, moving the impulse along from the cell body to the terminals to reach other neurons or muscles, often faster when it's insulated by myelin. So, the term that fits the description of a long fibre conducting impulses away from the neuron is the axon.

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://approachesinpsychaqa.examzify.com>

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

SAMPLE