

APPROACHES IN PSYCHOLOGY AQA PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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 statement about pharmacological treatments is most accurate?**
 - A. Drugs have no effect on neurotransmitter systems
 - B. Drugs cure mental illness instantly
 - C. Drugs only treat physical symptoms, not mental disorders
 - D. Drugs modulate neurotransmitter systems to alleviate symptoms; e.g., SSRIs for depression and antipsychotics for schizophrenia
- 2. What concordance rate would be expected for monozygotic twins if a trait were completely genetic?**
 - A. 100%
 - B. 50%
 - C. 0%
 - D. 25%
- 3. How does the endocrine system influence behavior?**
 - A. Glands release hormones (e.g., cortisol, adrenaline) that influence arousal, stress response, and mood
 - B. Hormones are neurotransmitters released at synapses
 - C. Hormones are only produced during sleep
 - D. Hormones directly encode memories
- 4. Which defense mechanism involves transferring feelings from the original source of distress to a substitute target?**
 - A. Denial
 - B. Displacement
 - C. Projection
 - D. Repression
- 5. In Bandura's experiments, watching a video of an aggressive model produced similar effects to live modeling. This supports which concept?**
 - A. Observational Learning
 - B. Classical Conditioning
 - C. Genetic Determinism
 - D. Innate Reflexes

- 6. In the Anal stage, pleasure is derived from which bodily area?**
- A. Anus
 - B. Mother's breast
 - C. Genital area
 - D. Hands
- 7. How does the cognitive approach study mental processes?**
- A. Through introspection alone.
 - B. Through controlled experiments and inferences.
 - C. Through genetics only.
 - D. Through dream analysis.
- 8. What is a commonly cited criticism about the evidence base and generalizability of humanistic psychology?**
- A. The approach has robust experimental control and broad generalizability.
 - B. Relies on subjective reports and case studies; lacks rigorous experimental support and may not generalize across cultures.
 - C. Findings are derived from large-scale randomized trials.
 - D. The evidence base is universally accepted across all cultures.
- 9. In genetics, what does concordance rate refer to?**
- A. The extent to which both twins share the same trait
 - B. The mutation frequency in a population
 - C. The rate of gene replication
 - D. The speed of trait development in a twin pair
- 10. Which statement describes how unconditional positive regard and conditions of worth influence self-esteem?**
- A. Conditions of worth are beneficial because they encourage achievement.
 - B. Unconditional positive regard fosters a healthy self-concept and resilience.
 - C. Unconditional positive regard leads to dependence.
 - D. Conditions of worth have no effect on self-esteem.

Answers

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

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Explanations

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1. Which statement about pharmacological treatments is most accurate?

- A. Drugs have no effect on neurotransmitter systems
- B. Drugs cure mental illness instantly
- C. Drugs only treat physical symptoms, not mental disorders
- D. Drugs modulate neurotransmitter systems to alleviate symptoms; e.g., SSRIs for depression and antipsychotics for schizophrenia**

Pharmacological treatments work by altering the brain's chemical signaling to reduce symptoms. Drugs modulate neurotransmitter systems to help mental health conditions feel less intense or distressing. For example, selective serotonin reuptake inhibitors increase serotonin availability in the brain, which can improve mood and other depression-related symptoms after a period of use. Antipsychotic medications often block dopamine receptors, especially D2 receptors, which helps lessen positive symptoms like delusions and hallucinations in schizophrenia; many also affect other receptors to address broader symptom profiles. These medications are not a quick cure and are usually part of a broader treatment plan, including therapy and lifestyle changes. The other statements miss the core idea because drugs do indeed affect neurotransmitters, they do not cure mental illness instantly, and they can address mental health conditions rather than only physical symptoms.

2. What concordance rate would be expected for monozygotic twins if a trait were completely genetic?

- A. 100%**
- B. 50%
- C. 0%
- D. 25%

Concordance rate is the chance the second twin shows a trait given that the first twin does. Monozygotic twins are genetically identical, so if a trait is completely genetic with no environmental influence, the second twin would necessarily have the trait whenever the first does—giving a 100% concordance. In real life, even highly genetic traits often show less than perfect concordance because of environment, development, or measurement limits. The other numbers reflect different genetic sharing (fraternal twins share about half their genes), or no genetic influence, or other inheritance patterns, but for a trait that is entirely genetic in monozygotic twins, the expected concordance is 100%.

3. How does the endocrine system influence behavior?

- A. Glands release hormones (e.g., cortisol, adrenaline) that influence arousal, stress response, and mood**
- B. Hormones are neurotransmitters released at synapses
- C. Hormones are only produced during sleep
- D. Hormones directly encode memories

The main idea is that the endocrine system influences behavior through hormones released by glands into the bloodstream, which then travel to many parts of the body, including the brain. These chemical messengers can change how brain circuits work, shaping arousal, the stress response, and mood. For example, adrenaline (epinephrine) and cortisol prepare the body to deal with stress by increasing alertness and energy availability, which can make you more focused and ready to act. Hormones don't act like neurotransmitters released at synapses; they travel through the blood to distant targets and can produce longer-lasting effects. They're not produced only during sleep; their release is driven by various signals, including stress, circadian rhythms, and hormone feedback loops. While hormones can influence memory processes, they don't directly encode memories themselves—the neural processes in hippocampal and cortical circuits do that, with hormones modulating how strongly those memories are formed or retrieved.

4. Which defense mechanism involves transferring feelings from the original source of distress to a substitute target?

- A. Denial
- B. Displacement**
- C. Projection
- D. Repression

Displacement is the defense where feelings directed at the real source of distress are redirected to a safer, substitute target. This lets you vent or express intense emotions without confronting the original source directly. For example, someone who feels anger toward a difficult boss might come home and snap at a family member, transferring the emotion to a less threatening target. This differs from denial (refusing to accept reality), repression (pushing distressing thoughts out of awareness), or projection (attributing your own unacceptable feelings to someone else rather than redirecting them). The key idea is shifting the emotional energy from what's really provoking it to someone or something else that's safer to react to.

5. In Bandura's experiments, watching a video of an aggressive model produced similar effects to live modeling. This supports which concept?

- A. Observational Learning**
- B. Classical Conditioning
- C. Genetic Determinism
- D. Innate Reflexes

Observational learning shows you can learn new behaviors by watching others and then imitate them. In Bandura's work, children who watched a video of an adult behaving aggressively toward a Bobo doll later imitated that aggressive behavior, even though the model wasn't present to be reinforced. This shows that learning can occur by observing a model through media like video, not just through direct experience with a live person. It highlights that attention to the model, memory of what was seen, the ability to reproduce the behavior, and motivation to imitate (often shaped by expected consequences) can drive learning without direct reinforcement at the time of observation. The other options don't fit because classical conditioning involves forming associations between stimuli, not learning by observation; genetic determinism attributes behavior to genes rather than learned by watching others; and innate reflexes are automatic, unlearned responses rather than learned actions from modeling.

6. In the Anal stage, pleasure is derived from which bodily area?

- A. Anus**
- B. Mother's breast
- C. Genital area
- D. Hands

In Freud's psychosexual development, the Anal stage centers on the anus. Pleasure comes from defecation and the sense of control over bowel movements through the anal sphincter. This focus on toilet training and mastering elimination defines this stage. The other areas map to different stages: the mouth for the oral stage (pleasure from the mother's breast), the genital area for the phallic stage, and hands are not identified as a primary erogenous zone in Freud's stages.

7. How does the cognitive approach study mental processes?

- A. Through introspection alone.
- B. Through controlled experiments and inferences.**
- C. Through genetics only.
- D. Through dream analysis.

The cognitive approach studies mental processes by looking at how we perceive, remember, think, and solve problems, using controlled experiments to observe behavior that allows us to infer what's going on in the mind. By carefully manipulating variables in a lab and measuring outcomes like reaction times and accuracy, researchers can isolate specific cognitive operations and build models of how information is processed—what happens in memory stores, attention, and decision-making. Introspection or dream analysis aren't used as primary methods because they rely on subjective reports that can be unreliable; instead, the emphasis is on objective data and inferences about internal processes. Genetics alone wouldn't explain the step-by-step processing involved in cognition, whereas the controlled experiments approach provides a way to link observable performance to underlying mental mechanisms.

8. What is a commonly cited criticism about the evidence base and generalizability of humanistic psychology?

- A. The approach has robust experimental control and broad generalizability.
- B. Relies on subjective reports and case studies; lacks rigorous experimental support and may not generalize across cultures.**
- C. Findings are derived from large-scale randomized trials.
- D. The evidence base is universally accepted across all cultures.

The main idea tested is the methodological critique of humanistic psychology. This approach relies heavily on subjective experiences, interviews, and case studies rather than tightly controlled experiments. Because of that, the evidence base can be seen as lacking rigorous experimental support, making it hard to draw firm conclusions or establish causality. It also raises questions about generalizability, since many theories (like self-actualization) were developed in Western, individualistic contexts and may not translate well to other cultures or settings. In practical terms, results from case studies and qualitative reports are often idiosyncratic and not easily replicated, which further fuels concerns about whether findings would hold across different people and cultures. This contrasts with the kind of robust, large-scale experimental evidence seen in some other approaches, which is why this critique is commonly raised.

9. In genetics, what does concordance rate refer to?

- A. The extent to which both twins share the same trait**
- B. The mutation frequency in a population
- C. The rate of gene replication
- D. The speed of trait development in a twin pair

Concordance rate measures how similarly two individuals, typically twins, express a trait. It's used to gauge how much genetics contribute to a trait versus the environment. In twin studies, researchers compare identical twins who share nearly all their genes with fraternal twins who share about half. A high concordance in identical twins, compared to a lower rate in fraternal twins, suggests a strong genetic influence. If concordance is similar across both types of twins, environmental factors may play a bigger role. The rate is calculated as the number of twin pairs where both twins show the trait divided by the total number of twin pairs studied. The other options refer to different concepts—mutation frequency, gene replication, or the speed of trait development—and don't describe what concordance measures.

10. Which statement describes how unconditional positive regard and conditions of worth influence self-esteem?

- A. Conditions of worth are beneficial because they encourage achievement.
- B. Unconditional positive regard fosters a healthy self-concept and resilience.**
- C. Unconditional positive regard leads to dependence.
- D. Conditions of worth have no effect on self-esteem.

In Rogers' view, self-esteem grows from how freely a person is valued and accepted. Unconditional positive regard means being valued without strings attached, which lets someone explore thoughts and feelings honestly and integrate experiences into a coherent self-concept. When acceptance isn't contingent on meeting specific standards, the self remains (and can become) healthier and more resilient because setbacks don't threaten their worth. Conditions of worth, by contrast, tie love and approval to meeting particular conditions. If someone feels loved only when they achieve, behave in a certain way, or meet others' expectations, their self-esteem becomes dependent on those external criteria. This creates a mismatch between the real self and the ideal or demanded self, leading to anxiety, defensiveness, and a reduced capacity to cope with setbacks. So the statement that unconditional positive regard fosters a healthy self-concept and resilience best captures how acceptance without conditions supports self-esteem, while conditions of worth undermine it.

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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:

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

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