

AQA BIOPSYCHOLOGY PRACTICE EXAM (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. What is the role of neurotransmitters during synaptic transmission?**
 - A. To amplify the electrical signal
 - B. To carry the electrical signal directly
 - C. To facilitate the transfer of signals between neurons
 - D. To store impulses for later use
- 2. Which factor would likely enhance the recovery of brain function after injury?**
 - A. Advanced age
 - B. High levels of stress
 - C. Engagement in rehabilitation
 - D. Alcohol consumption
- 3. Which areas are associated with language processing in the left hemisphere?**
 - A. Hippocampus and amygdala
 - B. Broca's area and Wernicke's area
 - C. Motor cortex and sensory cortex
 - D. Cerebellum and thalamus
- 4. How do genes influence behavior in biopsychology?**
 - A. By solely determining personality traits
 - B. By determining biological predispositions that interact with environmental factors
 - C. By creating identical behaviors in all individuals
 - D. By controlling emotional responses exclusively
- 5. Which part of the brain is critical for forming new memories?**
 - A. Cerebellum
 - B. Amygdala
 - C. Hippocampus
 - D. Thalamus

6. How does trauma particularly affect emotional regulation?

- A. It has no significant impact
- B. It may lead to improved coping strategies
- C. It alters brain function affecting emotional responses
- D. It enhances the self-regulation of emotions

7. What is the primary function of the hypothalamus?

- A. Regulating emotional responses
- B. Regulating vital bodily functions
- C. Controlling motor functions
- D. Processing sensory information

8. What body function does the hypothalamus NOT regulate?

- A. Hunger
- B. Thirst
- C. Vision
- D. Circadian rhythms

9. What is mainly measured by electroencephalography (EEG)?

- A. Blood flow in the brain
- B. Electrical activity in the brain
- C. Hormonal levels in the body
- D. Temperature regulation

10. Which of the following are the main types of neurons?

- A. Sensory neurons, motor neurons, and interneurons
- B. Motor neurons, sensory organs, and muscle fibers
- C. Spinal neurons, cortical neurons, and glial cells
- D. Connecting neurons, relay neurons, and assisting neurons

Answers

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

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Explanations

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1. What is the role of neurotransmitters during synaptic transmission?

- A. To amplify the electrical signal
- B. To carry the electrical signal directly
- C. To facilitate the transfer of signals between neurons**
- D. To store impulses for later use

During synaptic transmission, neurotransmitters play a crucial role in facilitating communication between neurons. When an electrical signal, or action potential, reaches the end of a neuron (the presynaptic terminal), it triggers the release of neurotransmitters from vesicles into the synaptic cleft, the small gap between neurons. These neurotransmitters then bind to specific receptors on the postsynaptic neuron, which can lead to the generation of a new electrical signal in that neuron. This process is fundamental for sending signals throughout the nervous system, thus enabling various functions such as muscle movement, mood regulation, and thought processes. The binding of neurotransmitters to receptors doesn't just transmit a direct electrical signal or simply amplify it; rather, it allows for the transmission of chemical signals that influence the activity of the receiving neuron. The other options do not accurately reflect the role of neurotransmitters. They do not carry an electrical signal directly nor store impulses for later use; rather, they are involved specifically in the chemical transfer of information from one neuron to another through synapses.

2. Which factor would likely enhance the recovery of brain function after injury?

- A. Advanced age
- B. High levels of stress
- C. Engagement in rehabilitation**
- D. Alcohol consumption

Engagement in rehabilitation is crucial for enhancing recovery of brain function after an injury. Rehabilitation often includes various therapies aimed at helping individuals regain lost skills and adapt to changes in their cognitive and motor functions. Programs may involve physical therapy, occupational therapy, and cognitive exercises, all designed to encourage neuroplasticity—the brain's ability to reorganize itself by forming new neural connections. This process is often vital for recovery, as it allows the brain to compensate for lost functions and improve overall performance over time. Engaging actively in rehabilitation can provide structured support and motivation, ultimately leading to more significant functional improvements compared to a lack of such intervention. In contrast, factors such as advanced age, high levels of stress, and alcohol consumption generally have a negative impact on recovery. Advanced age can be associated with slower healing processes and reduced neuroplasticity. High levels of stress can hinder cognitive function and inhibit the brain's ability to recover effectively. Alcohol consumption is also detrimental, as it can lead to further cognitive impairment and hinder the body's natural recovery processes.

3. Which areas are associated with language processing in the left hemisphere?

- A. Hippocampus and amygdala
- B. Broca's area and Wernicke's area**
- C. Motor cortex and sensory cortex
- D. Cerebellum and thalamus

The correct answer identifies Broca's area and Wernicke's area, both of which are crucial for language processing in the left hemisphere of the brain. Broca's area, located in the frontal lobe, is primarily involved in the production of speech and the formation of sentences. Damage to this area can lead to Broca's aphasia, characterized by difficulties in speech production while comprehension often remains relatively intact. Wernicke's area, located in the temporal lobe, is key for language comprehension. It enables individuals to understand spoken and written language. Damage to this area can result in Wernicke's aphasia, where individuals may produce fluent but nonsensical speech, struggling with comprehending language. Together, these areas represent a network that is essential for effective communication, where Broca's is associated with speech output and Wernicke's with language understanding. This specialization illustrates the left hemisphere's critical role in language functions.

4. How do genes influence behavior in biopsychology?

- A. By solely determining personality traits
- B. By determining biological predispositions that interact with environmental factors**
- C. By creating identical behaviors in all individuals
- D. By controlling emotional responses exclusively

Genes play a crucial role in shaping behavior by establishing biological predispositions that can interact dynamically with environmental influences. This understanding highlights the complexity of human behavior, which is not dictated solely by genetic coding, but rather a result of a complex interplay between genetic and environmental factors. In this framework, genes may provide certain potentials or predispositions, such as a tendency towards certain temperaments or stress responses. However, how these predispositions manifest in actual behavior can be greatly influenced by the environment, life experiences, learned behaviors, and social contexts. This interaction emphasizes that while genetics can lay the groundwork for behaviors, the resulting behaviors are shaped through experiences and interaction with the external world. The other options suggest more simplistic or deterministic views of behavior. For instance, genes do not dictate personality traits exclusively nor do they create identical behaviors across individuals. Each person's life experiences and environmental interactions contribute to the unique expression of behavior, meaning behaviors are not purely controlled by genetic makeup. Similarly, genes do not solely govern emotional responses, as these are also highly influenced by social, contextual, and individual factors.

5. Which part of the brain is critical for forming new memories?

- A. Cerebellum
- B. Amygdala
- C. Hippocampus**
- D. Thalamus

The hippocampus is crucial for forming new memories, particularly explicit or declarative memories, which include facts and events. This brain structure plays a key role in the processes of encoding and retrieving memories. When experiences occur, the hippocampus helps consolidate information from short-term to long-term memory. It is within this region that new information is processed and integrated with existing knowledge, enabling the formation of lasting memories. Damage to the hippocampus can lead to difficulties in forming new memories, as seen in conditions like amnesia, underscoring its importance in memory formation. In contrast, other options have different functions: the cerebellum is primarily involved in motor control and coordination; the amygdala plays a significant role in processing emotions and emotional memories; while the thalamus acts as a relay station for sensory information but is not directly involved in the formation of memories. This distinction highlights the specific role of the hippocampus in memory processes.

6. How does trauma particularly affect emotional regulation?

- A. It has no significant impact
- B. It may lead to improved coping strategies
- C. It alters brain function affecting emotional responses**
- D. It enhances the self-regulation of emotions

Trauma significantly affects emotional regulation by altering brain function, which is why this choice is the correct one. When a person experiences trauma, it can lead to changes in areas of the brain involved in processing emotions, such as the amygdala and prefrontal cortex. The amygdala becomes more reactive to stressors, which can result in heightened feelings of anxiety or fear and difficulty regulating emotions. The prefrontal cortex, which plays an essential role in impulse control and emotional regulation, may become less effective, making it harder for individuals to manage their emotional responses in challenging situations. This alteration in brain functions can manifest in various emotional responses, like increased aggression, difficulty in calming down, or experiencing overwhelming sadness, highlighting the profound impact trauma has on one's ability to regulate emotions effectively. Other choices either downplay the impact of trauma or inaccurately suggest that it leads to improved coping or enhancement in regulating emotions, which contradicts the established understanding of the psychological and biological effects of traumatic experiences on emotional functioning.

7. What is the primary function of the hypothalamus?

- A. Regulating emotional responses
- B. Regulating vital bodily functions**
- C. Controlling motor functions
- D. Processing sensory information

The primary function of the hypothalamus involves regulating vital bodily functions, making it essential for maintaining homeostasis within the body. The hypothalamus plays a crucial role in several key processes, including the regulation of body temperature, hunger, thirst, sleep-wake cycles, and hormonal balance. It connects the nervous system to the endocrine system via the pituitary gland, thereby influencing many physiological processes through the release of hormones. This regulation is vital because it helps ensure that various bodily systems operate within their optimal ranges. For instance, if a person becomes too hot, the hypothalamus prompts processes like sweating to cool the body down. Similarly, it signals the need for food when energy levels are low or activates thirst mechanisms when dehydration occurs. These functions are fundamental for survival, emphasizing the hypothalamus's role in maintaining the internal state of the body amidst external changes.

8. What body function does the hypothalamus NOT regulate?

- A. Hunger
- B. Thirst
- C. Vision**
- D. Circadian rhythms

The hypothalamus plays a crucial role in regulating various autonomic functions in the body related to homeostasis, including hunger, thirst, and circadian rhythms. It is involved in regulating food intake and the feeling of hunger through its interaction with other brain regions and the release of hormones that signal satiety or hunger. Similarly, the hypothalamus monitors hydration levels and controls thirst mechanisms by sensing changes in blood osmolality. Circadian rhythms, which are the physiological and behavioral changes that follow a roughly 24-hour cycle, are also influenced by the hypothalamus. Specifically, the suprachiasmatic nucleus (SCN), located within the hypothalamus, is responsible for controlling these rhythms in response to light cues and various hormonal signals. In contrast, vision is primarily processed by the occipital lobe in the brain and is controlled by the visual pathways beginning in the retina and projecting to this area. While the hypothalamus can influence some aspects of visual processing indirectly, such as through its role in regulating the sleep-wake cycle (which can affect visual perception), it does not directly regulate vision itself. Therefore, saying the hypothalamus does not regulate vision highlights its specific functional focus within bodily homeostasis rather than sensory processing.

9. What is mainly measured by electroencephalography (EEG)?

- A. Blood flow in the brain
- B. Electrical activity in the brain**
- C. Hormonal levels in the body
- D. Temperature regulation

Electroencephalography (EEG) is primarily used to measure the electrical activity in the brain. This technique involves placing electrodes on the scalp to detect electrical impulses produced by the activity of neurons. Because neurons communicate with one another through electrical signals, EEG provides valuable insights into brain function, including identifying neurological disorders, monitoring brain activity during surgeries, and understanding various states of consciousness such as sleep. The other options pertain to different physiological measurements. For instance, measuring blood flow in the brain is more commonly associated with techniques like functional magnetic resonance imaging (fMRI) or positron emission tomography (PET). Hormonal levels would typically be measured through blood tests or other biochemical assays, while temperature regulation is monitored by thermometers or physiological measures related to homeostasis. Thus, the focus of EEG on electrical activity distinguishes it from these other monitoring techniques.

10. Which of the following are the main types of neurons?

- A. Sensory neurons, motor neurons, and interneurons**
- B. Motor neurons, sensory organs, and muscle fibers
- C. Spinal neurons, cortical neurons, and glial cells
- D. Connecting neurons, relay neurons, and assisting neurons

The main types of neurons are sensory neurons, motor neurons, and interneurons, which perform distinct functions essential for the nervous system's operation. Sensory neurons are responsible for transmitting sensory information from sensory receptors to the central nervous system (CNS). They play a crucial role in detecting stimuli from the environment, such as touch, sound, and light, and converting these stimuli into neural signals. Motor neurons, on the other hand, carry signals from the CNS to muscles and glands, facilitating movement and physiological responses. For example, when the brain sends a command to move an arm, motor neurons execute that command by signaling the appropriate muscles. Interneurons serve as connectors between sensory and motor neurons within the CNS, enabling communication and processing of information. They are essential for reflexes and complex behaviors, integrating information from various parts of the nervous system. The other options do not accurately represent the primary categories of neurons found in biological systems. For instance, the inclusion of sensory organs, muscle fibers, or glial cells represents other components of the nervous system rather than different types of neurons.

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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