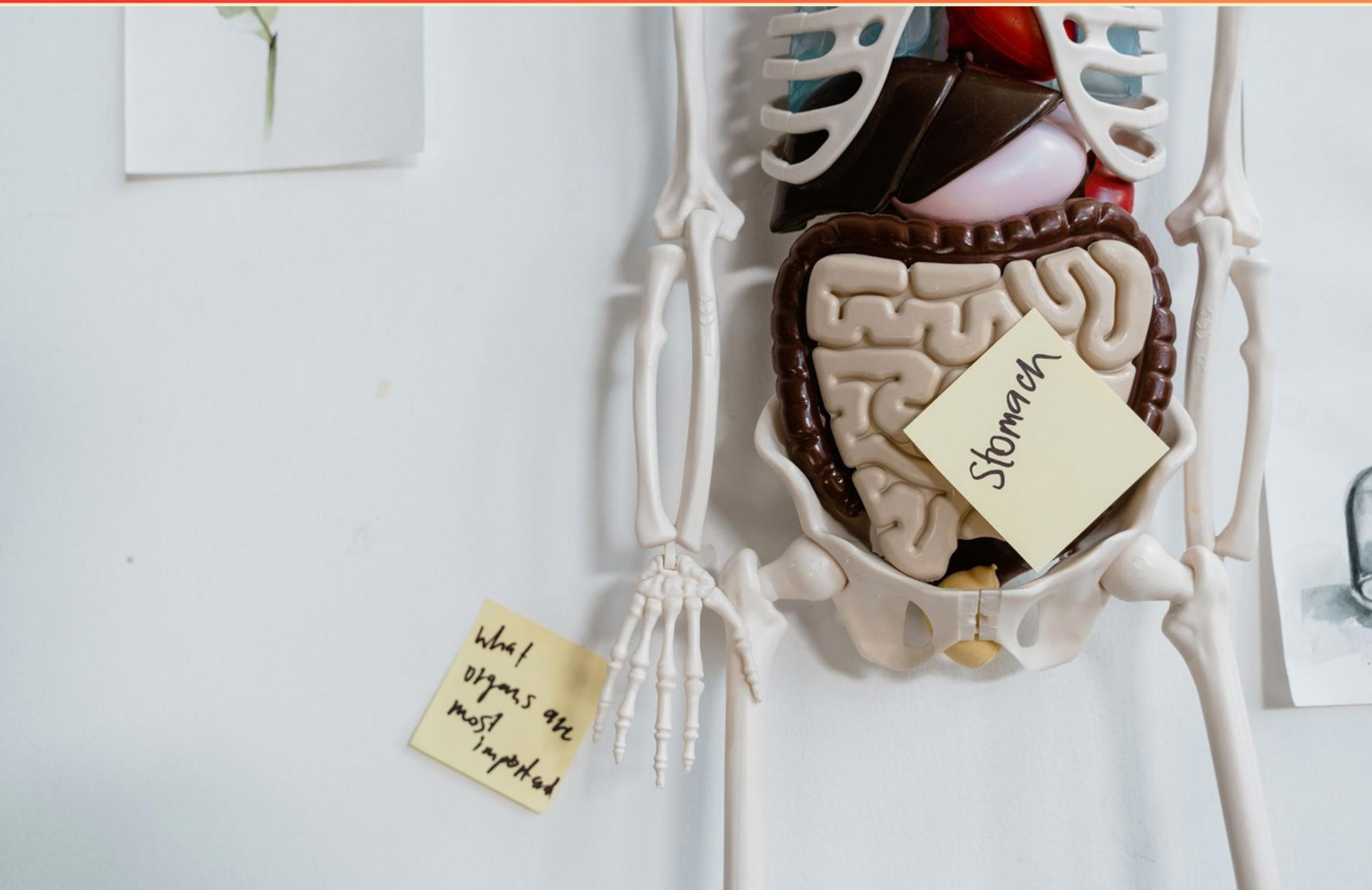


BIOLOGICAL PSYCHOLOGY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
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. When does Seasonal Affective Disorder (SAD) typically start and end?**
 - A. Starts in spring, ends in summer
 - B. Starts in summer, ends in fall
 - C. Starts in fall, ends in spring
 - D. Starts in winter, ends in fall
- 2. How long did participants work on the continuous performance task during Raine's study?**
 - A. 10 minutes
 - B. 20 minutes
 - C. 30 minutes
 - D. 32 minutes
- 3. Which of the following best defines exogenous zeitgebers?**
 - A. Internal biological rhythms
 - B. External stimuli that influence biological rhythms
 - C. Hormonal fluctuations
 - D. Genetic predispositions
- 4. How does reduced sunlight affect serotonin levels according to the text?**
 - A. It increases serotonin production
 - B. It has no effect
 - C. It may cause a drop in serotonin
 - D. It causes serotonin levels to stabilize
- 5. During which seasons is SAD most prevalent?**
 - A. Spring and summer
 - B. Winter and fall
 - C. Summer and fall
 - D. Year-round
- 6. What is a primary use of PET scans in clinical practice?**
 - A. To perform surgery on damaged brain tissues
 - B. To investigate areas of the brain not functioning normally
 - C. To monitor blood flow during physical activity
 - D. To assess psychological conditions through emotional responses

- 7. What suggests the influence of genetics in adoption studies?**
- A. Similarity between a child and their adoptive parents
 - B. Similarity between a child and their biological parents
 - C. Differences between the child's preferences and their parents'
 - D. The age at which the child was adopted
- 8. What role do dendrites play in a neuron's function?**
- A. They receive signals from other neurons
 - B. They transmit information away from the cell
 - C. They insulate the axon
 - D. They store neurotransmitters
- 9. According to Raine's research, what is a key emotional response linked to violence?**
- A. Lack of empathy
 - B. Heightened aggression
 - C. Lack of fear
 - D. Overwhelming sadness
- 10. What type of twins had a concordance rate of 17% in the Gottesman and Shields study?**
- A. MZ twins
 - B. DZ twins
 - C. Fraternal twins
 - D. Adoptive twins

Answers

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

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Explanations

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1. When does Seasonal Affective Disorder (SAD) typically start and end?

- A. Starts in spring, ends in summer
- B. Starts in summer, ends in fall
- C. Starts in fall, ends in spring**
- D. Starts in winter, ends in fall

Seasonal Affective Disorder (SAD) is a type of depression that is related to changes in seasons, primarily affecting individuals during the shorter days of fall and winter. It typically begins in the fall as daylight hours decrease and can continue into the winter months. Many people experience symptoms improving with the arrival of spring when days become longer and brighter. This seasonal pattern of onset in the fall and resolution in the spring is well-established in research on SAD, highlighting the role of light exposure in mood regulation. Individuals affected by SAD may find that as spring comes, their mood improves significantly, aligning with increased daylight and warmer weather. This understanding is crucial in addressing SAD, as light therapy and other treatments can be particularly effective during the fall and winter months when symptoms are most prevalent.

2. How long did participants work on the continuous performance task during Raine's study?

- A. 10 minutes
- B. 20 minutes
- C. 30 minutes
- D. 32 minutes**

In Raine's study, participants worked on the continuous performance task for 32 minutes. This duration is significant because it provides sufficient time for assessing attentional control and sustained attention, which are critical components of cognitive functioning evaluated in studies related to biological psychology. The length of 32 minutes allows researchers to gather reliable and valid data about participants' performance on cognitive tasks, illustrating how attentional processes may be affected by various factors, including biological and psychological variables. The choice of 32 minutes, in particular, may have been designed to ensure that participants were engaged enough to provide meaningful insights into their cognitive abilities without leading to fatigue or loss of attention, which could compromise the results.

3. Which of the following best defines exogenous zeitgebers?

- A. Internal biological rhythms
- B. External stimuli that influence biological rhythms**
- C. Hormonal fluctuations
- D. Genetic predispositions

Exogenous zeitgebers refer to external cues or stimuli in the environment that help regulate and synchronize the internal biological rhythms of organisms. These rhythms include processes like sleep-wake cycles, hormone release, and other physiological functions governed by the body's circadian rhythms. Factors such as light, temperature, and social interactions are examples of exogenous zeitgebers, as they can influence the timing and functioning of our internal clocks. Internal biological rhythms, while related to exogenous zeitgebers, are governed by the body's own processes and are not influenced directly by external stimuli. Hormonal fluctuations and genetic predispositions also play crucial roles in biological functions but do not specifically pertain to the concept of environmental cues impacting timing. Thus, understanding exogenous zeitgebers as external factors that aid in regulating internal biological processes highlights their importance in maintaining proper physiological function and overall health.

4. How does reduced sunlight affect serotonin levels according to the text?

- A. It increases serotonin production
- B. It has no effect
- C. It may cause a drop in serotonin**
- D. It causes serotonin levels to stabilize

Reduced sunlight is known to influence serotonin levels in the brain, and research suggests that it can lead to a drop in serotonin production. Serotonin is a neurotransmitter that contributes to feelings of well-being and happiness. Sunlight exposure is important because it stimulates the production of serotonin. During periods of less sunlight, such as in winter months or in certain geographical locations, the chemical signals that promote serotonin synthesis may be diminished. This drop in serotonin can be linked to seasonal affective disorder (SAD), where individuals experience depression during specific seasons. The lack of sunlight leads to reduced levels of serotonin, which is associated with mood regulation and can result in feelings of sadness or lethargy. Thus, the correct choice accurately reflects the understanding that diminished sunlight can negatively impact serotonin levels, leading to potential mood disorders.

5. During which seasons is SAD most prevalent?

- A. Spring and summer
- B. Winter and fall**
- C. Summer and fall
- D. Year-round

Seasonal Affective Disorder (SAD) is a type of depression that is typically associated with changes in seasons, particularly the lack of natural sunlight during the fall and winter months. During these seasons, many individuals experience symptoms such as low energy, feelings of sadness, and changes in sleep patterns. The reduced exposure to sunlight is thought to disrupt the body's internal clock (circadian rhythm) and decrease the production of serotonin, a neurotransmitter linked to mood regulation. This connection to the lesser availability of daylight in winter and fall is why SAD is most prevalent during these seasons. In contrast, SAD is less commonly reported during spring and summer when days are longer and people generally have more exposure to sunlight. These periods tend not to be associated with the mood disturbances that characterize SAD. Thus, the correct answer reflects the seasonal timing that aligns with the onset and prevalence of this disorder.

6. What is a primary use of PET scans in clinical practice?

- A. To perform surgery on damaged brain tissues
- B. To investigate areas of the brain not functioning normally**
- C. To monitor blood flow during physical activity
- D. To assess psychological conditions through emotional responses

Positron Emission Tomography (PET) scans are primarily used in clinical practice to investigate areas of the brain that are not functioning normally. This imaging technique allows medical professionals to visualize metabolic processes within the brain by detecting radioactive tracers that are injected into the bloodstream. These tracers highlight areas of high metabolic activity, which often correspond to regions of the brain that may be abnormally functioning due to various conditions such as tumors, dementia, or other neurological disorders. By identifying regions of abnormal activity, healthcare providers can gain valuable insights into the underlying causes of various symptoms and conditions, making PET scans an essential tool for diagnosing and monitoring brain health. This capability to investigate brain function makes PET scans particularly useful in the context of neurological disorders, where changes in brain metabolism can indicate dysfunction long before structural changes might be evident through other imaging modalities, such as MRI or CT scans.

7. What suggests the influence of genetics in adoption studies?

- A. Similarity between a child and their adoptive parents
- B. Similarity between a child and their biological parents**
- C. Differences between the child's preferences and their parents'
- D. The age at which the child was adopted

The influence of genetics in adoption studies is primarily suggested by the similarity between a child and their biological parents. This is because adoption studies often compare traits, behaviors, or psychological outcomes of adopted children with those of their biological parents, despite the children being raised by different families. When significant similarities are observed, such as in personality traits, intelligence, or certain behaviors, it indicates that genetic factors play a substantial role in the development of these traits independent of the environmental influences from the adoptive parents. This genetic link becomes particularly evident in studies where traits of adoptive children are compared with those of their biological families, highlighting the inherent influence of genetic predispositions over the environmental factors provided by the adoptive family. Thus, when adopted children show remarkable similarities to their biological parents, it points to the role of inherited characteristics, supporting the conclusion that genetics significantly contribute to those traits.

8. What role do dendrites play in a neuron's function?

- A. They receive signals from other neurons**
- B. They transmit information away from the cell
- C. They insulate the axon
- D. They store neurotransmitters

Dendrites play a crucial role in a neuron's function by receiving signals from other neurons. They are specialized extensions of the neuron that provide a larger surface area for synaptic connections. When neurotransmitters are released from the axon terminals of adjacent neurons, they bind to receptors located on the dendrites. This binding process allows dendrites to collect incoming information and convert it into electrical signals, which are then transmitted to the cell body of the neuron. The ability of dendrites to receive and integrate signals is essential for neuronal communication and ultimately influences how the neuron will respond, including whether it will generate an action potential and transmit information further along its axon. This process underlies many fundamental brain functions, including learning and memory.

9. According to Raine's research, what is a key emotional response linked to violence?

- A. Lack of empathy
- B. Heightened aggression
- C. Lack of fear**
- D. Overwhelming sadness

Raine's research indicates that a lack of fear is a significant emotional response linked to violent behavior. This lack of fear can lead individuals to engage in riskier actions without the usual apprehension that might inhibit such behavior. When people do not experience fear effectively, they may not respond appropriately to threatening situations, potentially resulting in violent outcomes. This insensitivity to fear can affect decision-making and can diminish social and moral considerations that usually guide individuals toward non-violent behaviors. In the context of Raine's studies, understanding how emotional responses can influence behavior is crucial. A diminished fear response can compromise an individual's ability to empathize with others and can alter their perceptions of social consequences, which may lead to increased aggression or violence. In contrast, heightened aggression, lack of empathy, and overwhelming sadness have different psychological dimensions and are not specifically highlighted in Raine's findings as fundamental emotional responses linked to violent behavior in the same way that a lack of fear is.

10. What type of twins had a concordance rate of 17% in the Gottesman and Shields study?

- A. MZ twins
- B. DZ twins**
- C. Fraternal twins
- D. Adoptive twins

In the Gottesman and Shields study, the concordance rate of 17% pertains specifically to dizygotic (DZ) twins. This finding indicates that when one twin in a pair of DZ twins shows a particular trait or disorder, there is a 17% likelihood that the other twin will also exhibit the same trait or disorder. Dizygotic twins are the result of two separate eggs being fertilized by two separate sperm cells, which means they share about 50% of their genetic material. This lower concordance rate compared to monozygotic (MZ) twins—who share nearly 100% of their genetic material—provides insights into the genetic versus environmental influences on traits and disorders. The study illustrates how genetic factors may play a role in the development of certain conditions, but environmental and social factors are equally significant, particularly given the differences observed when comparing concordance rates between MZ and DZ twins. In summary, the 17% concordance rate in DZ twins reinforces the understanding that genetic predisposition does not solely determine outcomes and highlights the importance of studying different types of twins to disentangle the effects of genetics and environment on behavior and psychological conditions.

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://biologicalpsych.examzify.com>

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

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