

Blooket Social Psychology Practice Test (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. Which Piagetian stage lasts from about age 2 to 6 or 7 and is characterized by language development but does not yet understand conservation?**
 - A. Sensorimotor Stage**
 - B. Preoperational Stage**
 - C. Concrete Operational Stage**
 - D. Formal Operational Stage**

- 2. Which Erikson stage is associated with toddlers exerting their will over their own bodies for the first time?**
 - A. Initiative vs Guilt**
 - B. Trust vs Mistrust**
 - C. Industry vs Inferiority**
 - D. Autonomy vs Shame and Doubt**

- 3. Damage to which brain region would likely result in continued eating and potential obesity?**
 - A. Ventromedial hypothalamus**
 - B. Lateral hypothalamus**
 - C. Prefrontal cortex**
 - D. Amygdala**

- 4. Which eating disorder is characterized by cycles of binge eating followed by compensatory behaviors to prevent weight gain?**
 - A. Anorexia nervosa**
 - B. Bulimia nervosa**
 - C. Binge-eating disorder**
 - D. Avoidant/restrictive food intake disorder**

- 5. Which theory asserts that gender differences are driven by nature, or biology?**
 - A. Information-Processing Model**
 - B. Social-Cognitive Theory**
 - C. Biopsychology**
 - D. Psychodynamic Theory**

- 6. Which brain structure is the brain's sensory switchboard that directs messages to the sensory areas of the cortex and transmits replies to the cerebellum and medulla?**
- A. Thalamus**
 - B. Cerebellum**
 - C. Limbic System**
 - D. Hypothalamus**
- 7. In Erikson's psychosocial theory, what is the focus of the seventh stage, generativity versus stagnation?**
- A. Guiding the next generation and contributing to society**
 - B. Achieving basic trust**
 - C. Establishing identity**
 - D. Reflecting on life with despair**
- 8. Which concept refers to the tendency for behavior to influence our own and others' thoughts, feelings, and actions?**
- A. Behavior Feedback Effect**
 - B. Facial Feedback Hypothesis**
 - C. Arousal**
 - D. Valence**
- 9. Which parenting style is described as 'Can get away with anything'?**
- A. Authoritarian**
 - B. Authoritative**
 - C. Uninvolved**
 - D. Permissive**
- 10. Which instrument is designed to measure physiological signals to infer deception?**
- A. Polygraph**
 - B. Arousal**
 - C. Facial Feedback**
 - D. Behavior Feedback Effect**

Answers

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

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Explanations

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1. Which Piagetian stage lasts from about age 2 to 6 or 7 and is characterized by language development but does not yet understand conservation?

A. Sensorimotor Stage

B. Preoperational Stage

C. Concrete Operational Stage

D. Formal Operational Stage

Preoperational thinking occurs roughly from ages 2 to 6 or 7 and is marked by rapid language development and the use of symbolic thought, such as pretend play and the use of words as symbols. At this stage children talk a lot and express ideas with language, but they haven't yet mastered logical operations like conservation. Conservation means understanding that quantities remain the same even if appearances change, and that concept isn't developed until the concrete operational stage, which comes a bit later. This combination—expanded language and symbolic thinking without grasp of conservation—fits the described period best. The sensorimotor stage is centered on real-world interactions and object permanence, not language-driven symbolism. The concrete operational stage introduces logical thought and conservation, and the formal operational stage brings abstract reasoning.

2. Which Erikson stage is associated with toddlers exerting their will over their own bodies for the first time?

A. Initiative vs Guilt

B. Trust vs Mistrust

C. Industry vs Inferiority

D. Autonomy vs Shame and Doubt

Autonomy vs Shame and Doubt is the stage where toddlers first show a real push for control over their own bodies and actions. In this period, roughly around ages 1 to 3, children want to do things for themselves—feeding, dressing, toilet routines, and making simple choices. When caregivers respond with patience, encouragement, and safe opportunities to practice, the child develops a sense of autonomy—a belief in their own abilities. If guidance comes with constant criticism, over-control, or harsh punishment, the child may feel shame or doubt about what they can do, which can lead to dependence on others and a hesitant approach to new tasks. This early push for independence is distinct from other stages: Trust vs Mistrust, in infancy, centers on basic safety and reliability; Initiative vs Guilt, in the preschool years, involves planning and undertaking activities beyond basic needs; and Industry vs Inferiority, in school-age years, focuses on mastering skills and gaining competence.

3. Damage to which brain region would likely result in continued eating and potential obesity?

A. Ventromedial hypothalamus

B. Lateral hypothalamus

C. Prefrontal cortex

D. Amygdala

Damage to the ventromedial hypothalamus disrupts satiety signals, so the normal cue to stop eating fails. The ventromedial hypothalamus acts as a satiety center; when it's damaged, individuals (and animals) can overeat and gain weight, leading to obesity. In contrast, damage to the lateral hypothalamus—the hunger center—tends to reduce eating, not promote it. The prefrontal cortex handles planning and self-control, and the amygdala influences emotional responses to food, but neither is the primary regulator of hunger. So, the region whose damage most reliably leads to continued eating and potential obesity is the ventromedial hypothalamus.

4. Which eating disorder is characterized by cycles of binge eating followed by compensatory behaviors to prevent weight gain?

A. Anorexia nervosa

B. Bulimia nervosa

C. Binge-eating disorder

D. Avoidant/restrictive food intake disorder

Bulimia nervosa is defined by cycles of binge eating followed by compensatory behaviors to prevent weight gain. During a binge, a person consumes a large amount of food in a short period and feels a sense of loss of control. To neutralize the fear of gaining weight, they then engage in actions such as self-induced vomiting, misuse of laxatives or diuretics, fasting, or excessive exercise. This pattern can occur even when weight is normal or only mildly above normal, which helps distinguish it from other disorders. Anorexia nervosa focuses on severe restriction and often leads to significantly low body weight, with intense fear of gaining weight and a distorted body image. Binge-eating disorder involves recurrent binge eating without the regular compensatory behaviors used to prevent weight gain. Avoidant/restrictive food intake disorder centers on avoiding or restricting foods for reasons like sensory preferences or fear of aversive outcomes, without the binge-purge cycle.

5. Which theory asserts that gender differences are driven by nature, or biology?

- A. Information-Processing Model**
- B. Social-Cognitive Theory**
- C. Biopsychology**
- D. Psychodynamic Theory**

Biopsychology explains behavior by biology, focusing on how the brain, nervous system, hormones, and genetics shape actions and traits. When applied to gender differences, this perspective points to biological factors as driving those differences—nature at work through hormones, brain organization, and genetic influences. The other theories center on cognition, learning from social contexts, or unconscious dynamics, rather than biology as the primary cause, so they don't specifically assert that gender differences come from biology in the same way. For example, information-processing looks at how we encode and use information; social-cognitive theory emphasizes learning from others and expectations; and psychodynamic theory centers on unconscious conflicts and early experiences.

6. Which brain structure is the brain's sensory switchboard that directs messages to the sensory areas of the cortex and transmits replies to the cerebellum and medulla?

- A. Thalamus**
- B. Cerebellum**
- C. Limbic System**
- D. Hypothalamus**

Think of the thalamus as the brain's relay station for sensory information. It receives signals from most senses and directs them to the appropriate areas of the cortex for processing, acting like a central switchboard. It also sends answers back from the cortex to motor hubs, guiding responses down to the cerebellum and brainstem to help coordinate movement. This gateway role is why it's described as the sensory switchboard. Other structures do different jobs: the cerebellum mainly coordinates movement and balance, the limbic system handles emotions and memory, and the hypothalamus regulates autonomic functions and hormones.

7. In Erikson's psychosocial theory, what is the focus of the seventh stage, generativity versus stagnation?

- A. Guiding the next generation and contributing to society**
- B. Achieving basic trust**
- C. Establishing identity**
- D. Reflecting on life with despair**

The focus here is on generativity—the drive to guide the next generation and contribute to society through parenting, mentoring, productive work, and community involvement. In this stage, people seek to leave a positive legacy and feel that their efforts will benefit others beyond themselves. When this need is met, individuals typically feel useful, connected, and confident in their ongoing impact on the world. If it isn't met, they may experience stagnation, a sense of meaninglessness, and self-absorption. For context, basic trust comes from infancy, establishing the sense that the world is reliable. Establishing identity is the adolescent task of figuring out who you are. Reflecting on life with despair characterizes the later-life struggle with integrity versus despair.

8. Which concept refers to the tendency for behavior to influence our own and others' thoughts, feelings, and actions?

- A. Behavior Feedback Effect**
- B. Facial Feedback Hypothesis**
- C. Arousal**
- D. Valence**

The main idea here is that doing something can shape how you think, feel, and act, as well as how others respond to you. This is the Behavior Feedback Effect: our actions influence our own internal states and the social dynamics around us, creating a feedback loop. For example, adopting a confident posture or smiling can make us feel more positive and can also prompt others to respond more warmly, which then reinforces those behaviors and feelings. This broader notion covers how behavior can alter mood and judgments in ourselves and in others, beyond what a single cue like facial expression would suggest. The facial feedback idea focuses specifically on facial expressions affecting emotion, while arousal describes general bodily activation, and valence refers to how positive or negative an emotion is.

9. Which parenting style is described as 'Can get away with anything'?

- A. Authoritarian**
- B. Authoritative**
- C. Uninvolved**
- D. Permissive**

Permissive parenting features warmth and acceptance with very few rules or boundaries. When parents let kids do nearly anything and enforce little discipline, children often feel they can get away with behavior because there aren't meaningful consequences. That leads to more impulsive actions and weaker self-control, since structure and accountability are minimal. In contrast, authoritarian is strict and obedience-focused, authoritative balances warmth with firm limits, and uninvolved is distant. The description "can get away with anything" most clearly describes permissive parenting.

10. Which instrument is designed to measure physiological signals to infer deception?

A. Polygraph

B. Arousal

C. Facial Feedback

D. Behavior Feedback Effect

Measuring physiological signals to infer deception relies on monitoring bodily responses that often accompany arousal when someone lies. The polygraph is built for this purpose, recording several physiological channels at once—breathing changes, skin conductance, heart rate, and blood pressure. By comparing responses to relevant questions with responses to control questions, it aims to reveal deception through differential arousal. While it's designed for this use, results aren't definitive—anxious truth-tellers, countermeasures, or other factors can produce similar patterns, so interpretation must be cautious. Arousal is a physiological state, not a measurement tool. Facial Feedback concerns how facial movements influence emotions rather than collecting signals for deception. The Behavior Feedback Effect describes how actions can influence thoughts or feelings, not about measuring deception-related physiological signals.

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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:

<https://blooketsocialpsych.examzify.com>

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

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