

# CED Fundamentals of Psychology Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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**SAMPLE**

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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

- 1. Which statistical techniques are aimed at making inferences or predictions about a population from sample data?**
  - A. Descriptive statistics**
  - B. Inferential statistics**
  - C. Quantitative analysis**
  - D. Comparative statistics**
- 2. Who proposed a theory of moral development involving stages?**
  - A. Sigmund Freud**
  - B. Carl Rogers**
  - C. Lawrence Kohlberg**
  - D. Alfred Adler**
- 3. Which of the following is not a measure of central tendency?**
  - A. Mean**
  - B. Median**
  - C. Mode**
  - D. Standard error**
- 4. What type of conflict involves being torn between two desirable outcomes?**
  - A. Avoidance-avoidance conflict**
  - B. Approach-approach conflict**
  - C. Approach-avoidance conflict**
  - D. Unresolvable conflict**
- 5. Which neurotransmitter is primarily involved in mood regulation?**
  - A. Dopamine**
  - B. Norepinephrine**
  - C. Serotonin**
  - D. Acetylcholine**

- 6. What is the difference between a primary and secondary reinforcer?**
- A. A primary reinforcer satisfies a biological need, while a secondary reinforcer is associated with primary reinforcers**
  - B. A primary reinforcer is learned, while a secondary is innate**
  - C. A primary reinforcer is always tangible, while secondary is not**
  - D. A primary reinforcer is used only in classical conditioning, while secondary is in operant conditioning**
- 7. What does the term "self-efficacy" refer to?**
- A. Beliefs about personal accomplishments**
  - B. An individual's belief in their own ability to succeed**
  - C. External influences on motivation**
  - D. Confidence in social interactions**
- 8. What research method involves the in-depth study of a single individual or group?**
- A. Survey**
  - B. Case study**
  - C. Longitudinal study**
  - D. Experimental research**
- 9. Who is considered the father of modern psychology?**
- A. Sigmund Freud**
  - B. Wilhelm Wundt**
  - C. John B. Watson**
  - D. Ivan Pavlov**
- 10. What can increase confidence in the results of a psychological study?**
- A. Using less diverse samples**
  - B. Inconsistent experimental conditions**
  - C. Replicating the study multiple times**
  - D. Limiting participant feedback**



## **Answers**

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

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## **Explanations**

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**1. Which statistical techniques are aimed at making inferences or predictions about a population from sample data?**

- A. Descriptive statistics**
- B. Inferential statistics**
- C. Quantitative analysis**
- D. Comparative statistics**

Inferential statistics are specifically designed for making inferences or predictions about a larger population based on data collected from a representative sample. The primary focus of inferential statistics is to draw conclusions beyond the immediate data available. This includes estimating population parameters, testing hypotheses, and making predictions. Techniques such as confidence intervals and significance tests are common within this framework, enabling researchers to determine if their sample findings can be generalized to the broader population with a specified level of confidence. Descriptive statistics, on the other hand, are used to summarize and describe the main features of a data set without making predictions or inferences about the wider population. They provide simple summaries through measures such as mean, median, and standard deviation. Quantitative analysis refers to the broader process of using statistical methods and mathematical models to analyze numerical data. While it may involve both descriptive and inferential statistics, it does not specifically focus on making inferences from samples. Comparative statistics generally involve comparing two or more data sets or groups rather than focusing specifically on making predictions or inferences about a population.

**2. Who proposed a theory of moral development involving stages?**

- A. Sigmund Freud**
- B. Carl Rogers**
- C. Lawrence Kohlberg**
- D. Alfred Adler**

The theory of moral development involving stages was proposed by Lawrence Kohlberg. His model outlines how individuals progress through a series of stages that reflect the evolution of their moral reasoning. Kohlberg suggested that these stages are hierarchical and that individuals move from a more simplistic, self-centered view of morality to a more complex understanding that incorporates societal rules and universal ethical principles. Kohlberg's stages are categorized into three levels: pre-conventional, conventional, and post-conventional morality. Each of these levels contains two stages that highlight how moral reasoning develops as individuals are exposed to new experiences and challenges. This progression is influenced by cognitive growth and social interaction, making Kohlberg's theory significant in understanding how moral education and ethical decision-making evolve over time. The other figures mentioned have made substantial contributions to psychology but do not focus specifically on the theory of moral development in the way Kohlberg did. Sigmund Freud is known for his psychoanalytic theory, Carl Rogers for his humanistic approach, and Alfred Adler for the development of individual psychology, all of which address different aspects of personality and behavior rather than the stages of moral reasoning.

**3. Which of the following is not a measure of central tendency?**

- A. Mean**
- B. Median**
- C. Mode**
- D. Standard error**

The standard error is not a measure of central tendency. Measures of central tendency, which include the mean, median, and mode, are statistical tools used to summarize a set of data by identifying the central point within that data set. The mean represents the average, calculated by adding all the values together and dividing by the number of values. The median indicates the middle value when the data set is ordered from least to greatest, effectively representing the point at which half the data points fall below and half above. The mode refers to the value that appears most frequently in the data set. In contrast, the standard error quantifies the amount of variation or dispersion of sample means around the population mean and is primarily used to estimate the accuracy of a sample mean as an estimate of the population mean. It differs fundamentally in purpose from the other measures, as it does not indicate a central value of a data set but rather suggests how closely the sample mean is expected to be to the actual population mean.

**4. What type of conflict involves being torn between two desirable outcomes?**

- A. Avoidance-avoidance conflict**
- B. Approach-approach conflict**
- C. Approach-avoidance conflict**
- D. Unresolvable conflict**

The type of conflict characterized by being torn between two desirable outcomes is the approach-approach conflict. In this scenario, an individual is faced with two attractive options, making the decision challenging because both choices are positive and desirable. For example, deciding between two job offers that both align with one's career goals and personal interests would exemplify an approach-approach conflict. The emotional difficulty arises from the need to choose one desirable outcome over the other, leading to potential feelings of regret or anxiety about the choice made. In contrast, avoidance-avoidance conflict pertains to situations where a person faces two negative options, and approach-avoidance conflict involves a single option with both positive and negative aspects. Unresolvable conflict speaks to situations where no satisfactory resolution seems possible, but it does not specifically pertain to the desirability of outcomes. Thus, the essence of approach-approach conflict lies in the allure of the choices at hand, which captures the mental and emotional strain of the decision-making process.

**5. Which neurotransmitter is primarily involved in mood regulation?**

- A. Dopamine**
- B. Norepinephrine**
- C. Serotonin**
- D. Acetylcholine**

Serotonin is primarily involved in mood regulation, making it the correct answer. This neurotransmitter plays a crucial role in the brain's ability to stabilize mood, emotions, and overall emotional well-being. Research has shown that low levels of serotonin are often associated with mood disorders such as depression and anxiety. This connection highlights its significance in maintaining a balanced mood and emotional health. In contrast, while dopamine is related to reward and pleasure and can influence mood, it is more specifically involved in motivation and the experience of pleasure rather than general mood stabilization. Norepinephrine is associated with alertness and arousal, affecting mood indirectly but not being the main regulator of mood. Acetylcholine, primarily involved in muscle movement and cognitive processes like memory, does not play a direct role in mood regulation compared to serotonin. Thus, serotonin's specific and well-established role in mood regulation makes it the most appropriate answer.

**6. What is the difference between a primary and secondary reinforcer?**

- A. A primary reinforcer satisfies a biological need, while a secondary reinforcer is associated with primary reinforcers**
- B. A primary reinforcer is learned, while a secondary is innate**
- C. A primary reinforcer is always tangible, while secondary is not**
- D. A primary reinforcer is used only in classical conditioning, while secondary is in operant conditioning**

The distinction between primary and secondary reinforcers is fundamental to understanding how reinforcement works in behaviors. A primary reinforcer directly satisfies a biological need, such as food, water, or shelter. These reinforcers have intrinsic value because they fulfill basic human and animal needs critical for survival. For example, if you are hungry, food acts as a primary reinforcer that motivates you to seek and consume it. In contrast, a secondary reinforcer gains its value through association with primary reinforcers. Items like money, praise, or tokens are not inherently valuable but become reinforcing because they are linked to primary reinforcers. For instance, money itself does not satisfy a biological need directly. However, it can be exchanged for food, clothing, or shelter, all of which are primary reinforcers. Understanding this relationship clarifies how behaviors can be shaped through reinforcement. Primary reinforcers motivate behaviors naturally, while secondary reinforcers can enhance motivation through learned associations, enhancing the overall learning process in operant conditioning.

## 7. What does the term "self-efficacy" refer to?

- A. Beliefs about personal accomplishments
- B. An individual's belief in their own ability to succeed**
- C. External influences on motivation
- D. Confidence in social interactions

The term "self-efficacy" specifically refers to an individual's belief in their own ability to succeed in specific situations or accomplish a task. This concept, introduced by psychologist Albert Bandura, emphasizes the role of personal beliefs in determining one's approach to challenges, motivation, and persistence. High self-efficacy can lead to setting challenging goals, greater effort, and resilience in the face of setbacks. Understanding self-efficacy is crucial because it influences how a person thinks, feels, and behaves. For example, someone with high self-efficacy is likely to view difficult tasks as opportunities for growth rather than insurmountable obstacles. This belief in one's capabilities can enhance performance across various domains, including academic achievement, sports, and professional life. The other choices touch on related concepts but do not encapsulate the essence of self-efficacy. Personal accomplishments are broader and can include a variety of factors beyond self-belief. External influences on motivation relate more to factors outside the individual, such as societal expectations or feedback from others, while confidence in social interactions pertains specifically to social situations rather than an overall belief in one's capabilities across various tasks.

## 8. What research method involves the in-depth study of a single individual or group?

- A. Survey
- B. Case study**
- C. Longitudinal study
- D. Experimental research

The case study method is characterized by its in-depth examination of a single individual or a small group. This approach allows researchers to gather detailed and rich qualitative data, which can lead to a deep understanding of complex issues, behaviors, or psychological phenomena. By focusing on the intricacies of a specific case, whether it's a person, a family, or a group of individuals with shared experiences, the case study can illuminate unique insights that broader studies may overlook. The flexibility of case studies also permits the exploration of various aspects of the subject's life, including personal history, social context, and psychological factors. This method is particularly useful in psychology, allowing clinicians to develop hypotheses and understand atypical or extreme cases in a way that is not possible with other methodologies.

## 9. Who is considered the father of modern psychology?

- A. Sigmund Freud
- B. Wilhelm Wundt**
- C. John B. Watson
- D. Ivan Pavlov

Wilhelm Wundt is regarded as the father of modern psychology primarily because he established the first psychology laboratory in Leipzig, Germany, in 1879. This event marked the formal separation of psychology from philosophy and biology, establishing it as a distinct scientific discipline. Wundt's approach focused on introspection and structuralism, aiming to identify the basic components of consciousness and how they combine to form more complex thoughts and behaviors. His emphasis on empirical research and the scientific method laid the groundwork for psychology to be studied systematically and rigorously. Wundt also promoted the idea that psychology should be based on measurable processes and observations, moving away from speculative philosophical approaches. This foundational work significantly influenced the growth of psychology as a science, making Wundt a pivotal figure in its evolution and earning him the title of its father.

## 10. What can increase confidence in the results of a psychological study?

- A. Using less diverse samples
- B. Inconsistent experimental conditions
- C. Replicating the study multiple times**
- D. Limiting participant feedback

Replicating the study multiple times is a fundamental practice that significantly enhances the confidence in the results of a psychological study. When researchers replicate a study, they conduct it anew, typically with new samples, to see if the findings are consistent with the original results. This process helps to determine the reliability and validity of the findings. If multiple studies yield similar results, it strengthens the evidence for the original hypothesis and suggests that the findings are not due to chance or specific circumstances unique to the initial study. On the other hand, using less diverse samples, inconsistent experimental conditions, and limiting participant feedback can undermine the confidence in study results. Less diverse samples may not accurately represent the population, affecting the generalizability of the findings. Inconsistent experimental conditions can introduce confounding variables that distort the results. Limiting participant feedback might prevent researchers from identifying potential biases or additional factors influencing the outcomes. Together, these factors can lead to less reliable conclusions, highlighting the importance of replication in building robust psychological science.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://cedfundofpsychology.examzify.com>**

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