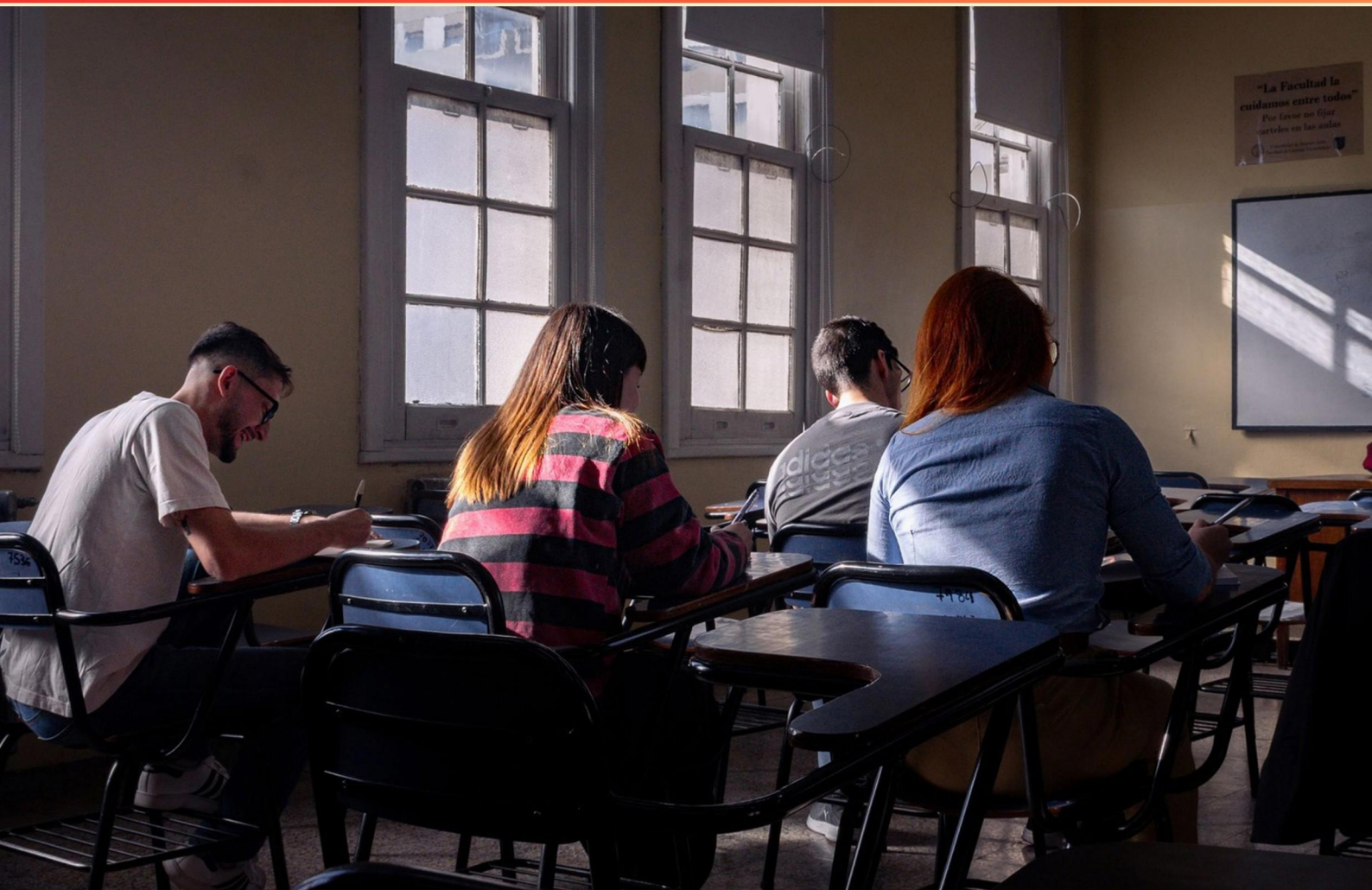


CED FUNDAMENTALS OF PSYCHOLOGY PRACTICE TEST (SAMPLE)

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. What do researchers aim to quantify when they use measures of central tendency and variability?**
 - A. Qualitative data
 - B. Descriptive analyses
 - C. Causal relationships
 - D. Statistical significance
- 2. What is the term for inaccuracies in survey responses due to factors like social desirability or misunderstanding?**
 - A. Self-report bias
 - B. Social desirability bias
 - C. Third variable problem
 - D. Skewed distribution
- 3. Which of the following problems can arise when two correlated variables suggest a relationship, yet the underlying causation is unknown?**
 - A. Confounding
 - B. Directionality problem
 - C. Selection bias
 - D. Spurious relationship
- 4. Which of the following is a critical step in psychological research to ensure ethical standards are met?**
 - A. Hypothesis formation
 - B. Debriefing
 - C. Literature review
 - D. Data analysis
- 5. What principle suggests that for a hypothesis to be scientific, it must be possible to conceive evidence that could prove it false?**
 - A. Testability
 - B. Falsifiable/falsifiability
 - C. Replicability
 - D. Hypothetical reasoning

- 6. Which concept refers to maintaining a non-judgmental positive outlook towards individuals in a therapeutic setting?**
- A. Unconditional Positive Regard
 - B. Empathy
 - C. Behavior Modification
 - D. Constructive Feedback
- 7. What is the concept of neuroplasticity?**
- A. The brain's ability to remember past experiences
 - B. The brain's ability to form new neural connections
 - C. The brain's failure to adapt to learning
 - D. The brain's capacity for information storage
- 8. What is a defense mechanism in psychology?**
- A. A conscious strategy to confront anxiety
 - B. A mental process initiated to avoid anxiety or uncomfortable thoughts
 - C. A therapeutic technique to alleviate stress
 - D. A biological response to stress
- 9. What psychological concept explains why someone might believe in coincidences as significant events?**
- A. Illusory correlations
 - B. Attribution theory
 - C. Disconfirmation bias
 - D. Self-fulfilling prophecy
- 10. What does the term "social facilitation" refer to?**
- A. The tendency of individuals to conform to group norms
 - B. The tendency for individuals to perform better on tasks in the presence of others
 - C. The effect of others on individual decision making
 - D. The improvement of performance due to competition

Answers

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

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Explanations

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1. What do researchers aim to quantify when they use measures of central tendency and variability?

- A. Qualitative data
- B. Descriptive analyses**
- C. Causal relationships
- D. Statistical significance

Researchers aim to quantify aspects of the data through the measures of central tendency and variability to provide a clear representation of the data set. Measures of central tendency, such as the mean, median, and mode, summarize the data by identifying the central point around which the data clusters. Variability measures, like standard deviation and range, indicate the extent to which the data points differ from one another, offering insights into the spread or dispersion of the data. This quantification allows researchers to analyze and describe key characteristics of data in a clear and concise manner, which is the essence of descriptive analyses. By employing these statistical measures, researchers can effectively present findings and understand the general trends and patterns within the data without necessarily drawing conclusions about cause and effect or verifying significance. Other options do not directly relate to the purpose of measures of central tendency and variability in this context.

2. What is the term for inaccuracies in survey responses due to factors like social desirability or misunderstanding?

- A. Self-report bias**
- B. Social desirability bias
- C. Third variable problem
- D. Skewed distribution

The term for inaccuracies in survey responses caused by factors such as social desirability or misunderstanding is most accurately described as self-report bias. Self-report bias refers to the tendency of respondents to answer questions inaccurately or misleadingly about themselves, often to present themselves in a more favorable light or due to confusion or misinterpretation of the questions. In the case of survey research, issues like social desirability can lead individuals to provide responses that they believe are socially acceptable rather than their true feelings or behaviors, thus skewing the data. Misunderstandings can arise from unclear questions or terminology, leading to inaccurate self-reporting. Recognizing self-report bias is crucial for researchers as it can significantly affect the validity of survey results, making it a foundational concept in understanding survey data in psychological research. The other terms listed are related but do not specifically encapsulate the comprehensive concept of inaccuracies in self-reported information. For instance, social desirability bias is a specific type of self-report bias focused solely on the tendency to answer in a manner that will be viewed favorably by others. The third variable problem pertains to a situation where an outside variable may influence both the independent and dependent variables, thus complicating cause-and-effect relationships. Skewed distribution refers

3. Which of the following problems can arise when two correlated variables suggest a relationship, yet the underlying causation is unknown?

- A. Confounding
- B. Directionality problem**
- C. Selection bias
- D. Spurious relationship

The directionality problem occurs when two variables are correlated, making it unclear whether one variable causes changes in the other or vice versa. This uncertainty can lead to misinterpretations of the relationship between the variables. For instance, if there is a positive correlation between exercise and mood, it may be unclear if increased exercise leads to better moods or if individuals with better moods are more likely to exercise. This ambiguity about the direction of causation is critical in research, as it can influence conclusions drawn from the data and affect the validity of any causal claims. In contrast, confounding involves a third variable that influences both correlated variables, potentially distorting the apparent relationship between them. Selection bias refers to systematic differences in groups being compared, affecting the generalizability of findings. A spurious relationship highlights a situation where correlation is present without any actual causal relationship due to the influence of an external factor. Thus, the directionality problem specifically captures the uncertainty inherent in the relationship between two correlated variables when the direction of causation is not established.

4. Which of the following is a critical step in psychological research to ensure ethical standards are met?

- A. Hypothesis formation
- B. Debriefing**
- C. Literature review
- D. Data analysis

Debriefing is a critical step in psychological research as it ensures ethical standards are upheld, particularly in studies involving human participants. After the completion of the study, debriefing involves informing participants about the nature of the research, including its purpose, any deception that may have been involved, and the potential implications of the findings. This process not only respects the autonomy of the participants but also helps to alleviate any distress caused by participation in the study. It provides an opportunity for researchers to clarify any misconceptions and answer any questions participants may have about the study. Additionally, ensuring that participants leave the study with a clear understanding of what occurred can enhance transparency and trust in the research process, fostering a more ethical approach to psychology. While hypothesis formation, literature review, and data analysis are important components of the research process, they do not directly address the ethical considerations regarding participant treatment and informed consent, which are addressed during the debriefing phase.

5. What principle suggests that for a hypothesis to be scientific, it must be possible to conceive evidence that could prove it false?

- A. Testability
- B. Falsifiable/falsifiability**
- C. Replicability
- D. Hypothetical reasoning

The principle that suggests a hypothesis must be able to be proven false in order to be considered scientific is the concept of falsifiability. This principle, introduced by philosopher Karl Popper, emphasizes that for a hypothesis to hold scientific merit, it should be stated in such a way that there is a possibility of it being tested and potentially disproven. If a hypothesis cannot be challenged by evidence, it remains outside the realm of science because it does not allow for critical testing or validation. In scientific inquiry, the ability to disprove a hypothesis is crucial, as it ensures that claims are subject to scrutiny and empirical evaluation. This approach fosters a rigorous scientific method where ideas can be confirmed or rejected based on observable evidence. Other concepts like testability, while important, are often encompassed by the broader notion of falsifiability. Replicability refers to the ability to duplicate results in different studies, and hypothetical reasoning involves forming conclusions based on theoretical scenarios rather than empirical testing. However, none of these concepts directly address the necessity of disproving a hypothesis as clearly as falsifiability does.

6. Which concept refers to maintaining a non-judgmental positive outlook towards individuals in a therapeutic setting?

- A. Unconditional Positive Regard**
- B. Empathy
- C. Behavior Modification
- D. Constructive Feedback

The concept that refers to maintaining a non-judgmental positive outlook towards individuals in a therapeutic setting is known as unconditional positive regard. This term, popularized by psychologist Carl Rogers, emphasizes acceptance and support of a person regardless of what they say or do. It is a fundamental aspect of person-centered therapy, where the therapist provides an environment free from judgment, allowing clients to express themselves openly and honestly without fear of criticism. Unconditional positive regard helps clients feel valued and understood, fostering self-acceptance and personal growth. It creates a safe space where individuals can explore their thoughts and feelings, which is crucial for effective therapy. This acceptance does not mean that therapists condone harmful behaviors; rather, it means they acknowledge and support the person without bias, which can lead to positive change and self-discovery. Other options, such as empathy, although important in therapeutic settings, refer specifically to understanding and sharing the feelings of another, rather than the broader acceptance that unconditional positive regard encompasses. Behavior modification focuses more on changing specific behaviors through reinforcement and consequences, while constructive feedback typically involves providing specific information or suggestions for improvement, which may not always be non-judgmental.

7. What is the concept of neuroplasticity?

- A. The brain's ability to remember past experiences
- B. The brain's ability to form new neural connections**
- C. The brain's failure to adapt to learning
- D. The brain's capacity for information storage

Neuroplasticity refers to the brain's remarkable ability to reorganize itself by forming new neural connections throughout life, particularly in response to learning, experience, or injury. This dynamic process allows the brain to adapt to new situations or changes in the environment, facilitating recovery from brain injuries and enhancing cognitive abilities through learning and practice. Understanding neuroplasticity is essential because it emphasizes the brain's potential for growth and change, contradicting earlier beliefs that the structure of the brain is fixed after a certain developmental window. It showcases not only how learning occurs but also how experiences shape neural pathways, leading to improved cognitive function and emotional regulation over time. This concept underscores the importance of ongoing mental engagement and challenges, as they can stimulate neuroplastic changes that enhance both brain resilience and overall cognitive health.

8. What is a defense mechanism in psychology?

- A. A conscious strategy to confront anxiety
- B. A mental process initiated to avoid anxiety or uncomfortable thoughts**
- C. A therapeutic technique to alleviate stress
- D. A biological response to stress

A defense mechanism in psychology refers to a mental process that is employed to protect an individual from experiencing anxiety, uncomfortable thoughts, or distressing emotions. These mechanisms operate unconsciously and serve to shield the individual from psychological harm by distorting reality. For example, mechanisms like denial, repression, and rationalization can help a person cope with situations that may otherwise overwhelm them. Understanding defense mechanisms is crucial because they can impact behaviors and emotional responses in various situations, influencing how people manage relationships and stress. While some strategies may involve conscious efforts to confront anxiety directly, defense mechanisms are often automatic and not recognized by the individual. This distinguishes them from more direct coping strategies, which are typically approached with awareness and intention.

9. What psychological concept explains why someone might believe in coincidences as significant events?

- A. Illusory correlations**
- B. Attribution theory
- C. Disconfirmation bias
- D. Self-fulfilling prophecy

The psychological concept of illusory correlations explains why someone might believe in coincidences as significant events. This phenomenon occurs when individuals perceive a relationship between two unrelated events due to a cognitive bias. Often, people remember instances that reinforce their beliefs while neglecting contrary evidence, leading them to see patterns that don't actually exist. For example, if a person experiences a series of coincidences, they may start to believe that there is a meaningful connection between them, such as thinking that seeing the same number repeatedly is a spiritual sign. This distorted perception creates the illusion that these coincidences are more significant than they truly are, thereby reinforcing the belief in superstitions or fate. Attribution theory deals with how we interpret and understand the causes of behaviors, which does not specifically address the misinterpretation of coincidences. Disconfirmation bias refers to the tendency to reject evidence that contradicts one's beliefs, but it does not directly explain the perception of significance in coincidences. Lastly, a self-fulfilling prophecy involves a prediction that causes itself to become true due to the behavior it generates, rather than misinterpreting coincidences as significant.

10. What does the term "social facilitation" refer to?

- A. The tendency of individuals to conform to group norms
- B. The tendency for individuals to perform better on tasks in the presence of others**
- C. The effect of others on individual decision making
- D. The improvement of performance due to competition

The term "social facilitation" specifically refers to the phenomenon where the presence of others enhances an individual's performance on simple or well-practiced tasks. This idea stems from research suggesting that being observed by others can increase arousal levels, leading to improved performance due to heightened motivation or alertness. In scenarios where individuals are performing tasks that they are already familiar with or skilled in, having an audience can provide a boost, leading to better outcomes compared to when they perform alone or in a less stimulating environment. This concept can be contrasted with situations involving complex or unfamiliar tasks, where the presence of others might actually hinder performance, as it can increase anxiety or self-doubt. Understanding social facilitation helps grasp how social contexts influence individual behavior and performance, particularly in settings such as sports, public speaking, or performances in front of an audience.

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://cedfundofpsychology.examzify.com>

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

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