CITI Training Social and Behavioral Focus Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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 Belmont principle emphasizes respect for persons, including protection for those with diminished autonomy and the requirement for informed consent?**

   A. Respect for Persons

   B. Beneficence

   C. Justice

   D. Nonmaleficence

2. **Why can parental permission be problematic in research conducted in a clinical service setting?**

   A. It has no effect on participants.

   B. It could create coercion by ensuring continued access to services.

   C. It is always allowed.

   D. It is never allowed.

3. **In the U.S., the first federal regulations for human subjects research began in 1981 with the codification of the _____.**

   A. The Helsinki Declaration

   B. The Nuremberg Code

   C. The Common Rule

   D. The Belmont Report

4. **A researcher collects data by observing people in a public space without interacting with them. This data is typically categorized as which type?**

   A. Private information

   B. Identifiable private information

   C. De-identified data

   D. Public behavior

5. **What is the IRB's primary role in protecting human subjects?**

   A. The IRB protects the rights and welfare of human subjects by reviewing research protocols.

   B. The IRB writes grant proposals for researchers.

   C. The IRB conducts the experiments.

   D. The IRB funds the research.

6. One IRB function includes reviewing recruitment materials and strategies to ensure ethical recruitment. This activity is best described as:

A. Publishing results

B. Reviewing recruitment materials and strategies

C. Conducting the study

D. Monitoring financial conflicts

7. PPRA gives parents some level of control over their child's participation in what?

A. Participation in school sports

B. Participation in third-party survey research or exposure to instructional materials developed by researchers

C. Access to cafeteria menus

D. Enrollment in after-school programs

8. Which statement best describes protected health information (PHI) under HIPAA?

A. Identifiable health information created or held by covered entities and their business associates.

B. De-identified health information.

C. Personal data not related to health care.

D. Health information stored in non-healthcare contexts.

9. In the context of de-identification, which statement best describes the main purpose of not retaining identifying information?

A. To improve data analysis speed.

B. To protect privacy by removing identifying information.

C. To facilitate data sharing with other researchers.

D. To ensure accuracy of results.

10. The Belmont principle of beneficence requires that:

A. Risks to subjects are reasonable in relation to anticipated benefits.

B. Benefits must exceed risks and be certain to occur.

C. Risks must be minimized to zero.

D. Participants must be compensated for risk

Answers

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

Explanations

1. Which Belmont principle emphasizes respect for persons, including protection for those with diminished autonomy and the requirement for informed consent?

A. Respect for Persons

B. Beneficence

C. Justice

D. Nonmaleficence

Respect for Persons means treating individuals as autonomous agents and protecting those with diminished autonomy, which includes ensuring informed consent. This principle requires that participants understand what they are getting into—the risks, benefits, and alternatives—and that they volunteer without coercion. It also calls for extra protections for people who may have limited decision-making capacity, such as children or individuals with cognitive impairments. The other Belmont principles address different ideas: Beneficence focuses on maximizing benefits while minimizing harms; Nonmaleficence is the obligation to do no harm; Justice concerns fair distribution of research burdens and benefits. In practice, Respect for Persons underpins the consent process and the need to respect participants' autonomy throughout a study.

2. Why can parental permission be problematic in research conducted in a clinical service setting?

A. It has no effect on participants.

B. It could create coercion by ensuring continued access to services.

C. It is always allowed.

D. It is never allowed.

Parental permission can be problematic in research that's conducted within a clinical service setting because it introduces a real risk of coercion tied to access to care. When families are already receiving treatment, parents may feel that agreeing to participate in a study is necessary to keep their child's services or to maintain contact with the providers they trust. This sense of obligation can blur the line between voluntary research participation and a decision driven by the desire to ensure ongoing treatment, making consent less genuinely voluntary. In such contexts, researchers must be especially careful to separate the decision to participate from the receipt of clinical care and to ensure there are safeguards like independent consent processes and clear communication about the voluntary nature of participation.

3. In the U.S., the first federal regulations for human subjects research began in 1981 with the codification of the _____.

A. The Helsinki Declaration

B. The Nuremberg Code

C. The Common Rule

D. The Belmont Report

In the U.S., the first federal regulations for protecting people in research were codified in 1981 as the Common Rule. This policy established the enforceable standards for human subjects research, including requirements for IRB review, informed consent, and extra protections for vulnerable groups. It sits on the ethical framework laid out by the Belmont Report, which identifies the principles of respect for persons, beneficence, and justice and guides how those protections are implemented. The Helsinki Declaration and the Nuremberg Code are influential international and historical documents, not U.S. regulations adopted in 1981, though they shaped ethical thinking.

4. A researcher collects data by observing people in a public space without interacting with them. This data is typically categorized as which type?

A. Private information

B. Identifiable private information

C. De-identified data

D. Public behavior

Observing people in public spaces without interacting is considered public behavior. In settings where people are in public, there's generally no reasonable expectation of privacy for the actions you can observe, so the data collected are viewed as behavior that is publicly observable. Private information would involve details people expect to keep private, which isn't the case with straightforward public behavior. If the data were tied to identifiable individuals, it could become identifiable private information, and removing identifiers would yield de-identified data. But the act of observing in public without interaction is categorized as public behavior.

5. What is the IRB's primary role in protecting human subjects?

A. The IRB protects the rights and welfare of human subjects by reviewing research protocols.

B. The IRB writes grant proposals for researchers.

C. The IRB conducts the experiments.

D. The IRB funds the research.

The IRB's role is to safeguard the rights and welfare of people who participate in research by reviewing research protocols before a study involving humans begins. They examine the plan to ensure risks are minimized and reasonable relative to potential benefits, that informed consent will be obtained and clearly explained, and that privacy and confidentiality protections are in place. They also look at fair subject selection and protections for vulnerable populations, and provide ongoing oversight through continuing reviews. The other options describe tasks that aren't the IRB's job: grant proposal writing, conducting experiments, or funding decisions are handled by researchers, sponsors, or grant offices, not the IRB.

6. One IRB function includes reviewing recruitment materials and strategies to ensure ethical recruitment. This activity is best described as:

A. Publishing results

B. Reviewing recruitment materials and strategies

C. Conducting the study

D. Monitoring financial conflicts

The key idea is ensuring that people are recruited in a way that is honest, fair, and voluntary. When the IRB reviews recruitment materials and strategies, it checks that ads, flyers, and outreach clearly describe the study, its risks and benefits, and what participation entails, so potential participants can make an informed choice. It also looks to prevent coercion or unduly influential incentives, ensures fair access and non-discriminatory targeting, and verifies that screening and eligibility criteria are appropriate. This is exactly what ethical recruitment oversight involves, making it the best description of the activity. Publishing results, conducting the study, or monitoring financial conflicts are separate responsibilities and not about evaluating recruitment messages.

7. PPRA gives parents some level of control over their child's participation in what?

A. Participation in school sports

B. Participation in third-party survey research or exposure to instructional materials developed by researchers

C. Access to cafeteria menus

D. Enrollment in after-school programs

PPRA focuses on parental control over their child's participation in activities involving third-party survey research or exposure to instructional materials developed by researchers. This means schools must inform parents and, in many cases, obtain an opportunity to opt their child out or review materials before they're used, especially when outside researchers are involved or when sensitive topics might be explored. The other areas—participation in school sports, access to cafeteria menus, and enrollment in after-school programs—are not governed by PPRA, so they aren't the target of these parental protections.

8. Which statement best describes protected health information (PHI) under HIPAA?

A. Identifiable health information created or held by covered entities and their business associates.

B. De-identified health information.

C. Personal data not related to health care.

D. Health information stored in non-healthcare contexts.

Protected health information (PHI) refers to health information that is identifiable and is created or received by covered entities (like doctors, hospitals) and their business associates, in any form, and relates to the individual's past, present, or future health, the care provided, or the payment for that care. That matches the statement because it emphasizes identifiable health information and ties it to entities covered by HIPAA. De-identified data isn't PHI because the identifiers are removed. Personal data not related to health care isn't PHI, and health information isn't limited to being stored in healthcare settings—the key factors are identifiability, health relevance, and the involvement of a covered entity or business associate.

9. In the context of de-identification, which statement best describes the main purpose of not retaining identifying information?

A. To improve data analysis speed.

B. To protect privacy by removing identifying information.

C. To facilitate data sharing with other researchers.

D. To ensure accuracy of results.

Protecting privacy by removing identifying information is the main aim of de-identification. By stripping or coding direct identifiers (like names and addresses) and removing or masking indirect identifiers that could hint at who the data belong to, the data become much harder to link back to a specific person. This reduction in re-identification risk is what lets researchers analyze data and share it under appropriate safeguards without exposing individuals. While de-identification can influence how data are shared or may affect some analyses if variables are altered, the core purpose remains privacy protection. It's also important to remember that de-identified data aren't guaranteed to be completely anonymous—re-identification could be possible if combined with other information, so additional controls like data-use agreements and access restrictions are often used.

10. The Belmont principle of beneficence requires that:

A. Risks to subjects are reasonable in relation to anticipated benefits.

B. Benefits must exceed risks and be certain to occur.

C. Risks must be minimized to zero.

D. Participants must be compensated for risk

Beneficence in research is about doing good for participants and society by balancing benefits and harms. The Belmont principle says that the risks participants bear should be reasonable in relation to the anticipated benefits and the importance of the knowledge to be gained. In other words, a study is acceptable if the potential benefits (to participants or to future patients and knowledge) justify the risks, while efforts are made to minimize those risks as much as possible. This does not require that benefits always exceed risks in every individual case, nor that risks be zero, nor that participants be compensated for risk. It's about a fair, thoughtful risk–benefit balance guided by the potential value of the research.

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://cititrainingsocbehavioralfocus.examzify.com

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