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 statement best describes the risk assessment framework for potential harms in social-behavioral research?

A. The funding source.

B. The magnitude of potential harm and the probability that it could occur.

C. The sampling method and recruitment strategy.

D. The gender mix of participants.

2. Which type of IRB review does not require IRB approval but requires a determination by a designated individual (such as an IRB member or experienced staff person)?

A. Expedited

B. Exempt

C. Full Board

D. Conditional

3. A researcher leaves a research file in her car while she attends a concert and her car is stolen. The file contains charts of aggregated numerical data from a research study with human subjects, but no other documents. The consent form said that no identifying information would be retained, and the researcher adhered to that component. Which statement best characterizes what occurred?

A. There was a breach of privacy and confidentiality.

B. There was a breach of privacy only.

C. There was a breach of confidentiality only.

D. There was neither a violation of privacy nor a breach of confidentiality.

4. What is the impact of exemption status on institutional review requirements?

A. Full IRB review always

B. No review at all

C. Exemption may remove some review requirements

D. Parental consent always required

5. Which scenario constitutes both a breach of confidentiality and a violation of subjects' privacy?

- **A. A researcher discloses aggregated data to a third party without consent.**
- **B. A faculty member makes identifiable data about sexual behavior available to graduate students, although the subjects were assured that the data would be de-identified.**
- **C. The data are de-identified and securely stored.**
- **D. The subject's data are protected by confidentiality agreements.**

6. Which method is a best practice for informing respondents how their answers will be protected in an online survey?

- **A. The investigator explains that confidentiality can never be absolutely guaranteed and describes encryption and IP non-recording.**
- **B. The investigator promises absolute confidentiality.**
- **C. The investigator avoids detailing data protection measures.**
- **D. The investigator asks participants to trust the website.**

7. A research informed consent form must describe _____.

- **A. The study's funding sources.**
- **B. All foreseeable risks and discomforts.**
- **C. The principal investigator's qualifications.**
- **D. The duration of the study.**

8. Census data are considered what type of information for research purposes?

- **A. Personal emails are public information.**
- **B. Census data from government sources are considered public information.**
- **C. Bank transaction histories are public information.**
- **D. Medical records are public information.**

9. A graduate student wants to study print versus televised media effects using access to a prison population by a local work release facility. The IRB should:

A. Approve under exempt status

B. Approve with expedited review

C. Not approve because prisoners are a population of convenience

D. Approve if the student has authorization from the facility

10. A HIPAA authorization has which characteristic?

A. Uses 'plain language' that the data subject can understand, similar to an informed consent document.

B. Requires legal jargon.

C. Must be identical to the patient consent form.

D. Cannot be revoked.

Answers

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

Explanations

1. Which statement best describes the risk assessment framework for potential harms in social-behavioral research?

A. The funding source.

B. The magnitude of potential harm and the probability that it could occur.

C. The sampling method and recruitment strategy.

D. The gender mix of participants.

The key idea is to assess risk by looking at two things together: how serious a potential harm could be and how likely it is to occur. In social-behavioral research, this means imagining harms like breaches of privacy, psychological distress, or social stigma, and then judging both the severity of those harms and the probability that they might happen given the study's design, data handling, and participant population. This combined view helps determine whether adequate protections are in place, such as informed consent, confidentiality safeguards, and risk mitigation plans. Other aspects like the funding source or how participants are recruited or the gender mix don't define the risk level themselves; they relate more to study design, bias, or sample characteristics rather than the framework for evaluating potential harms.

2. Which type of IRB review does not require IRB approval but requires a determination by a designated individual (such as an IRB member or experienced staff person)?

A. Expedited

B. Exempt

C. Full Board

D. Conditional

Exemption status is the type of review where no IRB approval is required, but a determination of exemption is made by a designated individual, such as an IRB member or experienced staff. If the study fits one of the exempt categories and involves minimal risk, the reviewer can decide that it qualifies for exemption without convening the full IRB and without issuing a formal approval. This contrasts with expedited or full board reviews, where some form of IRB approval is still granted (even if by a designated reviewer for expedited), and with any unrecognized category like conditional, which isn't a standard IRB pathway.

3. A researcher leaves a research file in her car while she attends a concert and her car is stolen. The file contains charts of aggregated numerical data from a research study with human subjects, but no other documents. The consent form said that no identifying information would be retained, and the researcher adhered to that component. Which statement best characterizes what occurred?

A. There was a breach of privacy and confidentiality.

B. There was a breach of privacy only.

C. There was a breach of confidentiality only.

D. There was neither a violation of privacy nor a breach of confidentiality.

The key idea is how privacy and confidentiality apply when data are de-identified. Privacy concerns whether information about a person could identify or reveal something about them. Confidentiality is the obligation to protect information that could link to a person and to keep it from disclosure. Here, the file contains aggregated numerical data with no identifying information, and the consent form stated no identifying information would be retained. Because there's no way to trace the data back to any individual, sharing or losing the file does not disclose private details about a person. Likewise, there's no information that could identify a participant, so there's no breach of confidentiality. The theft itself is a security issue, but it doesn't violate privacy or confidentiality given the data are de-identified and cannot be linked to individuals. If identifiers or linkable data were present, or if re-identification were possible, then privacy or confidentiality concerns could arise.

4. What is the impact of exemption status on institutional review requirements?

A. Full IRB review always

B. No review at all

C. Exemption may remove some review requirements

D. Parental consent always required

Exemption status changes how much review the study undergoes. When a project qualifies as exempt, it typically doesn't go through the full IRB review process. The IRB still makes an exemption determination and ensures the study fits one of the exempt categories, but the level of oversight is reduced. However, this doesn't mean there is no oversight at all. Researchers must adhere to applicable protections, and in some exempt categories there may still be limited IRB review or specific requirements around privacy, data handling, or consent. Informed consent can be waived or altered in certain exempt scenarios, but that isn't automatic, and parental consent is not always required.

5. Which scenario constitutes both a breach of confidentiality and a violation of subjects' privacy?

A. A researcher discloses aggregated data to a third party without consent.

B. A faculty member makes identifiable data about sexual behavior available to graduate students, although the subjects were assured that the data would be de-identified.

C. The data are de-identified and securely stored.

D. The subject's data are protected by confidentiality agreements.

Confidentiality and privacy hinge on controlling who sees personal, sensitive information and ensuring that promises about protecting that information are kept. When identifiable data about someone's sexual behavior is shared with graduate students, and there was an assurance that the data would be de-identified, two problems occur. First, confidentiality is breached because information that was meant to be kept within a limited circle or under a specific consent arrangement is disclosed to others without proper authorization. Second, privacy is violated because identifiable, sensitive information about a person's sexual behavior is exposed, contravening the participant's expected control over their personal data and the commitment to remove identifying details. Even how the data are labeled or framed doesn't excuse the sharing, since the subjects were told the data would be de-identified. In contrast, data that are truly de-identified and securely stored protect both confidentiality and privacy, and data shared only in aggregated form typically respects privacy if no individuals can be identified. confidentiality agreements likewise serve to protect information rather than expose it.

6. Which method is a best practice for informing respondents how their answers will be protected in an online survey?

A. The investigator explains that confidentiality can never be absolutely guaranteed and describes encryption and IP non-recording.

B. The investigator promises absolute confidentiality.

C. The investigator avoids detailing data protection measures.

D. The investigator asks participants to trust the website.

Inform respondents about data protection by being honest about what can and cannot be guaranteed and by naming concrete safeguards. The best practice is to acknowledge that confidentiality cannot be absolutely guaranteed and to lay out the steps taken to protect responses, such as using encryption and not recording IP addresses. This approach provides transparency, supports informed consent, and helps participants understand how their data will be safeguarded in practical terms. Promising absolute confidentiality is misleading because, in online systems, there are potential risks like data breaches or legal requests for data. Avoiding details about protection leaves participants unsure about how their information is handled, and asking them to trust the website lacks a stated commitment to concrete protective measures.

7. A research informed consent form must describe _____.

A. The study's funding sources.

B. All foreseeable risks and discomforts.

C. The principal investigator's qualifications.

D. The duration of the study.

The main idea is that an informed consent form must clearly describe all foreseeable risks and discomforts of participating in the study. This lets a person weigh the potential downsides against the possible benefits and decide whether to participate with a real understanding of what could happen. The description should cover what could happen, how likely it is, and how serious it might be, so someone can gauge the real impact of taking part. It's also common to include how the study will try to minimize those risks and who to contact with questions or concerns. While other details like funding sources, the investigator's qualifications, or how long the study will run may appear in a consent or related documents, the essential requirement in this context is the disclosure of foreseeable risks and discomforts.

8. Census data are considered what type of information for research purposes?

A. Personal emails are public information.

B. Census data from government sources are considered public information.

C. Bank transaction histories are public information.

D. Medical records are public information.

Public, government-collected data are accessible for research, and census data fall into that category. Since the census is run by the government, its data are released to inform policy and enable analysis by researchers and the public. The information is typically provided in ways that protect individuals—through aggregation or de-identified microdata—so that privacy is preserved while still enabling meaningful study. In contrast, personal emails, bank transaction histories, and medical records are protected by privacy laws and generally not public, so they aren't considered public information for research purposes.

9. A graduate student wants to study print versus televised media effects using access to a prison population by a local work release facility. The IRB should:

A. Approve under exempt status

B. Approve with expedited review

C. Not approve because prisoners are a population of convenience

D. Approve if the student has authorization from the facility

Prisoners are a vulnerable group, and researchers must have strong protections when enrolling them in studies. If a population is chosen mainly because it's easy to access through a facility, that's a population of convenience, which raises concerns about coercion and exploitation. The right to voluntary, unpressured participation is harder to safeguard in a prison setting, where authority and the environment can influence decisions. Because this study uses access to a prison population to compare media effects and does not focus on issues directly related to prisoners' health or welfare, it falls into a category where these extra protections are essential, and simply approving it as exempt or expedited would unlikely meet those protections. Therefore, the IRB should not approve it on those grounds, as using prisoners this way would be inappropriate without stronger justification and safeguards.

10. A HIPAA authorization has which characteristic?

A. Uses 'plain language' that the data subject can understand, similar to an informed consent document.

B. Requires legal jargon.

C. Must be identical to the patient consent form.

D. Cannot be revoked.

Plain-language wording is essential for a HIPAA authorization. It ensures the person understands exactly what health information will be shared, with whom, for what purpose, and the potential consequences of that disclosure. This clarity protects privacy and helps individuals make informed choices about releasing their PHI. An authorization should avoid legal jargon, because confusing language can obscure important details. It is not required to be identical to a patient consent form, since the two serve different purposes and have their own specific elements and scope. And it can be revoked; individuals generally have the right to withdraw an authorization at any time, though revocation typically stops future disclosures rather than undoing disclosures already made.

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!