

Collaborative Institutional Training Initiative (CITI) Social and Behavioral Research Practice Exam (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

- 1. How does data sharing benefit the research community?**
 - A. By complicating data verification**
 - B. By fostering collaboration and allowing verification**
 - C. By limiting access to findings**
 - D. By replacing the need for direct communication**
- 2. Why is a clear research design important for a study?**
 - A. It stimulates creativity in research**
 - B. It ensures accurate results through enhanced validity and reliability**
 - C. It reduces the need for peer review**
 - D. It limits participant diversity**
- 3. What control does the PPRA give to parents concerning their child's involvement in research?**
 - A. Full control over academic materials**
 - B. Limited control over participation in third-party survey research**
 - C. No control whatsoever**
 - D. Control only in school assessments**
- 4. For research designed to include individuals in Correctional settings, which regulation must be adhered to?**
 - A. Subpart A: Basic HHS Regulation**
 - B. Subpart B: Additional Protections for Pregnant Women**
 - C. Subpart C: Additional Protections for Prisoners**
 - D. Subpart D: Additional Protections for Children**
- 5. What is the role of continuing education in research ethics?**
 - A. It limits the scope of research**
 - B. It ensures researchers stay informed about ethical standards**
 - C. It eliminates the need for IRB approval**
 - D. It provides funding for research projects**

- 6. What best describes the situation where a researcher's consent form stated no identifying information would be retained, but data was lost in a theft?**
- A. There was a violation of privacy due to lost data.**
 - B. There was a breach of confidentiality due to identifying data being exposed.**
 - C. There was neither a violation of privacy nor a breach of confidentiality.**
 - D. There was a serious ethical violation due to negligence.**
- 7. How is "research design" best defined?**
- A. An individual researcher's strategy**
 - B. The overall strategy for integrating study components**
 - C. A collection of research questions**
 - D. The methodology for qualitative data collection**
- 8. In research utilizing children's data, what is a key consideration regarding parental permission?**
- A. Parents have a legal obligation to provide consent.**
 - B. Parents of the children might feel pressure to give permission.**
 - C. Children's data can be used without parental consent.**
 - D. Parental consent is not required for research.**
- 9. Who determines the procedures for reporting potential unanticipated problems to the IRB?**
- A. The federal government**
 - B. The research ethics committee**
 - C. The institution in its written policies and procedures**
 - D. The individual researcher**
- 10. What is the primary responsibility of researchers when unforeseen risks to subjects are identified?**
- A. Notify the public about the risks**
 - B. Assess the impact of the risks before reporting**
 - C. Report the risks to the IRB and suggest solutions**
 - D. Consider halting the research immediately**

Answers

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

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Explanations

1. How does data sharing benefit the research community?

- A. By complicating data verification
- B. By fostering collaboration and allowing verification**
- C. By limiting access to findings
- D. By replacing the need for direct communication

Data sharing benefits the research community primarily by fostering collaboration and allowing for verification of research findings. When researchers share data, it opens up opportunities for others in the field to collaborate on projects, provide insights from different perspectives, and potentially combine efforts on similar studies or experiments. Moreover, sharing data enhances the credibility of research outcomes. Other researchers can verify results by analyzing the same datasets, which supports transparency and accountability in the research process. This verification is critical to building trust in scientific findings, as it helps to confirm that results are reproducible and valid. Collaborative efforts are also encouraged when researchers can access shared data. This leads to a more expansive understanding of research topics and can spur innovation as different teams analyze the same data with varied methodologies or focus areas, resulting in a richer body of knowledge overall. Therefore, the dual benefit of enhancing collaboration and enabling verification makes data sharing a cornerstone of robust scientific research.

2. Why is a clear research design important for a study?

- A. It stimulates creativity in research
- B. It ensures accurate results through enhanced validity and reliability**
- C. It reduces the need for peer review
- D. It limits participant diversity

A clear research design is crucial because it ensures accurate results through enhanced validity and reliability. A well-structured research design outlines the methods and procedures that will be used to collect and analyze data, establishing a roadmap for the study. This clarity helps researchers to make consistent and logical choices regarding their methodology, which is fundamental for producing valid results that genuinely reflect the phenomenon under investigation. Validity refers to the extent to which a study accurately measures or describes what it intends to. A clear design allows researchers to select appropriate instruments and techniques, ensuring that the findings truly represent the variables of interest. Reliability, on the other hand, pertains to the consistency of the results over time or across different observers or instruments. A well-defined research design helps to minimize errors and variability that can arise during data collection, thereby enhancing the reliability of the results. In summary, a clear research design is essential as it significantly contributes to the overall accuracy and trustworthiness of the research findings, which is instrumental in advancing knowledge in social and behavioral sciences.

3. What control does the PPRA give to parents concerning their child's involvement in research?

- A. Full control over academic materials
- B. Limited control over participation in third-party survey research**
- C. No control whatsoever
- D. Control only in school assessments

The Protection of Pupil Rights Amendment (PPRA) grants parents limited control over their child's participation in third-party survey research. Under the PPRA, schools must obtain parental consent before students are surveyed on sensitive topics that would reveal information about their personal beliefs or behaviors. This aligns with the intent of the PPRA to protect the rights of parents and students by allowing them to have a say regarding exposure to certain types of research. This limited control ensures that parents can make informed decisions about whether they want their child to participate in research activities that may delve into personal or sensitive subjects. It does not provide parents with full control over all academic materials or research methods, nor does it indicate that they have no control at all. Instead, the amendment specifically addresses the context of survey research conducted by third parties, emphasizing the respect for privacy and the authority of parents in managing their children's participation in such studies.

4. For research designed to include individuals in Correctional settings, which regulation must be adhered to?

- A. Subpart A: Basic HHS Regulation
- B. Subpart B: Additional Protections for Pregnant Women
- C. Subpart C: Additional Protections for Prisoners**
- D. Subpart D: Additional Protections for Children

In research that involves individuals in correctional settings, it is critical to adhere to Subpart C: Additional Protections for Prisoners. This set of regulations is specifically designed to protect the rights and welfare of prisoners participating in research studies. The unique circumstances and vulnerabilities of incarcerated individuals necessitate these additional protections to ensure ethical treatment and safeguard against coercion and undue influence. Subpart C establishes safeguards that include ensuring that participation in research is voluntary and that prisoners are fully informed about the research, including any potential risks. It also addresses issues related to informed consent, requiring that consent be obtained in a manner that respects the rights of prisoners. These regulations are essential because prisoners may feel pressured to participate due to their circumstances, and their ability to decline participation without negative consequences is crucial. The other options pertain to different vulnerable populations and ethical concerns. Subpart A covers the basic HHS regulations applicable to all human subjects research, while Subpart B focuses on additional protections for pregnant women and Subpart D addresses additional protections for children. Each of these subsystems is vital, but when it comes specifically to individuals in correctional settings, Subpart C is the appropriate and necessary regulation to follow.

5. What is the role of continuing education in research ethics?

- A. It limits the scope of research**
- B. It ensures researchers stay informed about ethical standards**
- C. It eliminates the need for IRB approval**
- D. It provides funding for research projects**

The role of continuing education in research ethics is crucial because it ensures that researchers are consistently updated on current ethical standards and best practices in their field. Research ethics is not static; it evolves with new findings, changes in societal norms, and the development of new technologies. By engaging in continuing education, researchers can enhance their understanding of these evolving ethical considerations, which include issues like informed consent, confidentiality, data integrity, and the treatment of vulnerable populations. This ongoing learning process is essential for promoting ethical research practices and maintaining the integrity of the research process itself. It fosters a culture of ethical awareness and responsibility among researchers, which is vital to the overall credibility and ethical conduct of scientific inquiry.

6. What best describes the situation where a researcher's consent form stated no identifying information would be retained, but data was lost in a theft?

- A. There was a violation of privacy due to lost data.**
- B. There was a breach of confidentiality due to identifying data being exposed.**
- C. There was neither a violation of privacy nor a breach of confidentiality.**
- D. There was a serious ethical violation due to negligence.**

The situation described addresses the concepts of privacy and confidentiality in research. The consent form indicated that no identifying information would be retained, meaning that the data collected was intended to be non-identifiable. If the data was lost in a theft and no identifying information was stored, then technically, there is no identifying data available to link back to individual participants. In this context, a violation of privacy would generally involve an unauthorized access or exposure of identifiable information about a participant. Similarly, a breach of confidentiality would imply that identifiable information that was supposed to be kept secure has been compromised. Since the consent form specified that no identifying information would be retained, losing the data in a theft does not activate either of these issues, as there is nothing identifying left to expose or compromise. Therefore, the understanding that in this particular scenario there was neither a violation of privacy nor a breach of confidentiality aligns with the intent of the researcher's commitment to protecting the participants' identities. This distinction is crucial in evaluating ethical standards within research practices.

7. How is "research design" best defined?

- A. An individual researcher's strategy
- B. The overall strategy for integrating study components**
- C. A collection of research questions
- D. The methodology for qualitative data collection

The definition of "research design" as the overall strategy for integrating study components captures the multifaceted nature of conducting research. Research design encompasses not just individual strategies or specific methodologies but the comprehensive framework that ties together all elements of a study. This includes the selection of the research problem, the formulation of hypotheses or research questions, the choice of approach (qualitative, quantitative, or mixed methods), and the methods of data collection and analysis. A well-structured research design ensures that the study's various components work cohesively to address the research questions effectively, thereby enhancing the validity and reliability of the findings. It guides researchers in organizing their work to generate credible and generalizable results, making it fundamental to the integrity and success of any research endeavor. In contrast, other choices focus on narrower aspects of research, such as individual strategies, a mere collection of questions, or specific methodologies for qualitative data collection, which do not encompass the complete picture of what research design entails.

8. In research utilizing children's data, what is a key consideration regarding parental permission?

- A. Parents have a legal obligation to provide consent.
- B. Parents of the children might feel pressure to give permission.**
- C. Children's data can be used without parental consent.
- D. Parental consent is not required for research.

In research that involves children, a key consideration is the pressure parents may feel to provide permission for their children's participation. This can stem from various factors, such as the desire to support researchers, the influence of societal expectations, or concerns about their child's well-being and opportunities. It is important for researchers to recognize this potential pressure and to ensure that consent is obtained voluntarily and without coercion. Ethical guidelines emphasize the need for parents to make informed decisions free from undue influence, as well as the necessity of respecting the autonomy and rights of both the children involved and their guardians. While legal obligations and specific regulations regarding parental consent exist, the emphasis on voluntary and informed consent highlights the importance of addressing parental feelings and the dynamics surrounding their decision-making process. Understanding this aspect of parental permission and its implications is crucial for maintaining ethical standards in research involving vulnerable populations like children.

9. Who determines the procedures for reporting potential unanticipated problems to the IRB?

- A. The federal government**
- B. The research ethics committee**
- C. The institution in its written policies and procedures**
- D. The individual researcher**

The determination of procedures for reporting potential unanticipated problems to the Institutional Review Board (IRB) falls under the purview of the institution and is outlined in its written policies and procedures. This is because each institution is tasked with developing and managing its own guidelines which conform to federal regulations and ethical standards while addressing specific institutional needs and contexts. Written policies and procedures offer a structured approach that ensures consistency in how unanticipated problems are identified, reported, and addressed. They help maintain accountability and facilitate effective communication between researchers and the IRB. Different institutions may have unique processes depending on their size, type, and specific research focus, which necessitates this institutional control. The other options do not effectively encapsulate how the procedures are determined. While the federal government sets overarching regulations regarding IRB practices, it does not dictate specific reporting procedures for individual institutions. Research ethics committees, which may offer guidance, do not have the authority to set mandatory procedures without the institution's backing. Similarly, while individual researchers play a crucial role in reporting issues, they rely on the established institutional policies to guide their actions, and do not independently determine the procedures.

10. What is the primary responsibility of researchers when unforeseen risks to subjects are identified?

- A. Notify the public about the risks**
- B. Assess the impact of the risks before reporting**
- C. Report the risks to the IRB and suggest solutions**
- D. Consider halting the research immediately**

The primary responsibility of researchers when unforeseen risks to subjects are identified is to report these risks to the Institutional Review Board (IRB) and suggest solutions. This action is essential for maintaining the ethical conduct of research involving human subjects. The IRB is tasked with protecting the rights and welfare of participants and ensuring that any risks are appropriately mitigated. By reporting the risks to the IRB, researchers facilitate a thorough assessment and response to potential harms. It allows the IRB to review the situation, determine whether the risks can be minimized, and decide on the necessary actions to keep the research ethical and safe for participants. Providing suggested solutions is crucial because it demonstrates the researcher's proactive approach to addressing risks, which can aid the IRB in making informed decisions for the continuation of the research. Promptly addressing unforeseen risks not only safeguards participants but also upholds the integrity of the research process, as the IRB relies on researchers' transparency and cooperation to navigate ethical challenges effectively.

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://citi-socialandbehavioralresearch.examzify.com>

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