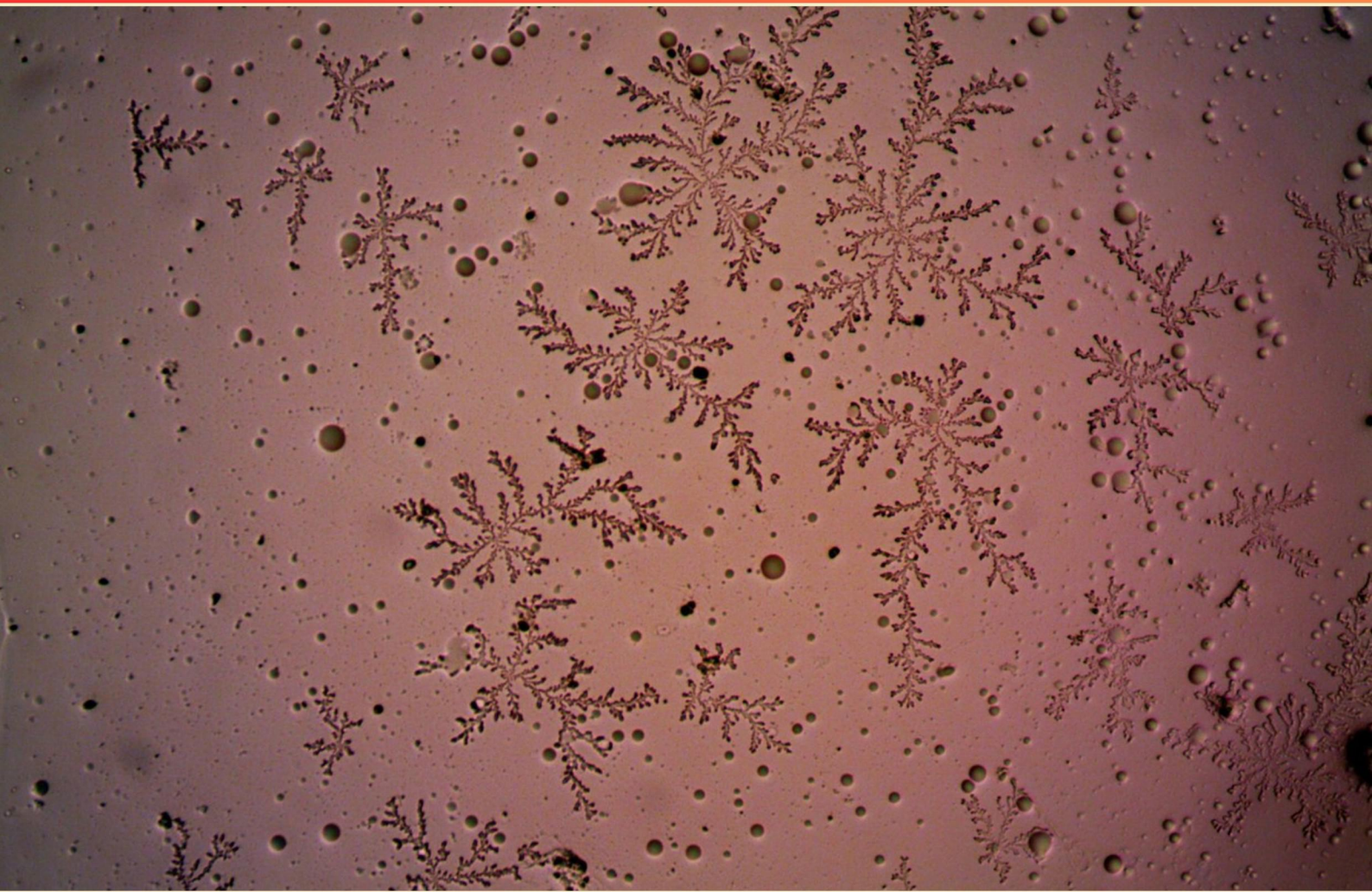


COMPREHENSIVE PSYCHOLOGY AND NEUROSCIENCE KEY CONCEPTS AND THEORIES PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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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. Which of the following is not a descriptive statistic?**
 - A. P-value
 - B. Mean
 - C. Median
 - D. Standard deviation

- 2. Which subdivision is associated with the 'fight or flight' response?**
 - A. Sympathetic nervous system
 - B. Parasympathetic nervous system
 - C. Central nervous system
 - D. Peripheral nervous system

- 3. Which concept posits that the mind and body are separate, existing as distinct substances?**
 - A. Dualism
 - B. Animism
 - C. Materialism
 - D. Monism

- 4. Which type of memory is typically affected earliest in Alzheimer's disease?**
 - A. Episodic memory is affected earliest.
 - B. Semantic memory is affected earliest.
 - C. Working memory is affected earliest.
 - D. Procedural memory is affected earliest.

- 5. Validity is best defined as?**
 - A. Extent to which a measure assesses what it claims to assess
 - B. Consistency over time
 - C. External bias avoidance
 - D. Descriptive statistics accuracy

- 6. Which theory argues that psychology should study observable behavior and disregard mental states?**
- A. Behaviorism
 - B. Psychoanalysis
 - C. Cognitivism
 - D. Humanism
- 7. Which approach would study phenomena as perceptual wholes rather than as components?**
- A. Gestalt
 - B. Cognitivism
 - C. Behaviorism
 - D. Humanism
- 8. CSF and meninges surround the brain and spinal cord to provide cushioning and protection. Which structures are referred to here?**
- A. CSF and Meninges
 - B. Skull and Vertebrae
 - C. Blood-Brain Barrier
 - D. Cerebellum
- 9. Which school developed using introspection to map conscious experience?**
- A. Structuralism/Introspection
 - B. Functionalism
 - C. Behaviorism
 - D. Psychoanalysis
- 10. The gap between the axon of a sending neuron and the dendrites of a receiving neuron is the**
- A. Synapse
 - B. Axon Hillock
 - C. Soma
 - D. Myelin sheath

Answers

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

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Explanations

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1. Which of the following is not a descriptive statistic?

- A. P-value
- B. Mean
- C. Median
- D. Standard deviation

Descriptive statistics summarize the data you have—they describe center, spread, and general patterns. The mean and median tell you where the data sit on average, while the standard deviation shows how spread out the values are around that center. A p-value does not provide that kind of immediate summary. It comes from inferential statistics and gauges how likely the observed result would occur if there were no real effect, under a given hypothesis. It's about drawing conclusions about a population from the sample, not about describing the sample itself. Because it focuses on probability and hypothesis testing rather than a straightforward description of the data, a p-value isn't a descriptive statistic.

2. Which subdivision is associated with the 'fight or flight' response?

- A. Sympathetic nervous system
- B. Parasympathetic nervous system
- C. Central nervous system
- D. Peripheral nervous system

The fight-or-flight response is driven by the sympathetic division of the autonomic nervous system, which prepares the body for quick action in danger. When activated, it raises heart rate and respiration, dilates the airways and pupils, redirects blood to muscles, increases glucose availability, and suppresses digestion, with adrenaline and noradrenaline signaling much of this rapid mobilization. The parasympathetic division promotes rest and digestion after the threat passes, so it's the opposite of this rapid arousal. The central nervous system is the brain and spinal cord, and the peripheral nervous system includes all nerves outside the CNS and contains both autonomic branches, but the subdivision specifically associated with fight-or-flight is the sympathetic division.

3. Which concept posits that the mind and body are separate, existing as distinct substances?

- A. Dualism
- B. Animism
- C. Materialism
- D. Monism

Substance dualism is the view that the mind and the body are two different kinds of substance. The mind is non-physical and includes thoughts, feelings, and subjective experiences, while the body is physical and follows the laws of biology and physics. They can interact, but their fundamental natures remain distinct. This stands in contrast to materialism or physicalism, which hold that mental states are merely brain states or entirely reducible to physical processes; monism, which posits there is only one kind of substance (either entirely physical or entirely mental); and animism, which ascribes life or spirit to objects and beings rather than addressing the fundamental nature of mind and body. The description given—mind and body existing as separate substances—fits substance dualism perfectly.

4. Which type of memory is typically affected earliest in Alzheimer's disease?

- A. Episodic memory is affected earliest.
- B. Semantic memory is affected earliest.
- C. Working memory is affected earliest.
- D. Procedural memory is affected earliest.

Episodic memory—the ability to remember personal experiences and the context in which they occurred—is affected first in Alzheimer's disease. This is because the disease initially damages the medial temporal lobe, especially the hippocampus and surrounding entorhinal cortex, which are essential for forming new episodic memories and retrieving recent ones. As a result, people notice trouble learning new information and recalling recent events or conversations early on, a hallmark sign of the condition. Semantic memory (facts and general knowledge) tends to stay intact longer because it relies on different networks that are affected later in the disease. Procedural memory for skills and tasks is also relatively preserved in the early stages, with difficulties emerging only as the disease advances. Working memory deficits can appear as the condition progresses, but they are not the earliest indicator.

5. Validity is best defined as?

- A. Extent to which a measure assesses what it claims to assess
- B. Consistency over time
- C. External bias avoidance
- D. Descriptive statistics accuracy

Validity means whether a test or measure actually captures what it is intended to assess. It answers the question: does this tool measure the right construct, in the right way, for the people and context being studied? It's about accuracy of the content and the relationship to the real concept, not just how consistently it yields similar results. For example, a depression scale should tap into depressive symptoms, not general mood or sleep quality alone. Even if the scale produces consistent scores over time (reliability), it could still miss or misrepresent the actual depressive construct, which would mean low validity. That's different from reliability, which is about consistency of measurement regardless of what's being measured. Also important is that validity isn't about avoiding external bias in a general sense, nor is it about the exact accuracy of descriptive statistics. A measure can be biased in subtle ways or have accurate descriptive statistics, yet still fail to validly assess the intended construct if it doesn't align with what it's meant to measure.

6. Which theory argues that psychology should study observable behavior and disregard mental states?

- A. Behaviorism
- B. Psychoanalysis
- C. Cognitivism
- D. Humanism

This question tests the idea that psychology should be grounded in observable behavior. Behaviorism holds that psychology should study outward, measurable actions and responses, and it argues that mental states—like thoughts and feelings—are either unobservable or not treatable as scientific data. By focusing on stimulus–response relationships and the effects of reinforcement and punishment, behaviorism aims for objective, quantifiable findings. This perspective was developed by thinkers such as John Watson and later refined by B.F. Skinner, who argued that understanding behavior is enough to explain psychological phenomena. In contrast, psychoanalysis centers on unconscious drives and internal conflicts, cognitivism emphasizes mental processes like memory and problem-solving, and humanism highlights subjective experience and personal growth. Because this item specifies studying observable behavior and disregarding mental states, behaviorism is the best fit.

7. Which approach would study phenomena as perceptual wholes rather than as components?

- A. Gestalt**
- B. Cognitivism
- C. Behaviorism
- D. Humanism

Holistic perception and the idea that the mind organizes sensory input into complete, meaningful forms are central here. Gestalt psychology holds that we don't simply add up individual features; we perceive whole patterns or shapes created by the arrangement of parts. Our brains naturally group elements using principles like similarity, proximity, continuity, closure, and connectedness, producing a single, unified figure rather than a collection of separate parts. This emphasis on perceiving wholes explains why a scene can be read as a single form or pattern rather than just a bundle of components. This view stands in contrast to other approaches: cognitive theories focus on internal mental processes and representations; behaviorism concentrates on observable behavior and external stimuli; and humanism centers on subjective experience and personal meaning. The description provided aligns with the Gestalt emphasis on organizing perception into wholes.

8. CSF and meninges surround the brain and spinal cord to provide cushioning and protection. Which structures are referred to here?

- A. CSF and Meninges**
- B. Skull and Vertebrae
- C. Blood-Brain Barrier
- D. Cerebellum

Protective coverings and cushioning around the brain and spinal cord come from the meninges and cerebrospinal fluid. The meninges are three membranes—dura mater, arachnoid, and pia mater—that wrap around the CNS, providing a protective envelope and helping anchor the brain and spinal cord. Cerebrospinal fluid fills the spaces within and around the CNS, offering buoyancy to reduce the brain's effective weight, cushioning against impacts, and helping maintain the chemical environment for neurons. The skull and vertebrae offer rigid protection as bone encasements, not the cushioning function described. The blood-brain barrier is a selective barrier at the level of blood vessels, not a cushioning system, and the cerebellum is a brain structure, not a protective covering. So the structures referred to are CSF and meninges.

9. Which school developed using introspection to map conscious experience?

- A. Structuralism/Introspection**
- B. Functionalism
- C. Behaviorism
- D. Psychoanalysis

Introspection to map conscious experience is characteristic of structuralism. This approach, associated with Wilhelm Wundt and later Edward Titchener, aimed to break down mental experiences into their smallest, most basic elements. Trained observers would report the individual components of what they perceived—sensations, images, and feelings—in response to controlled stimuli. The idea was to create a kind of map of the mind by cataloging these elemental building blocks and showing how they combine to form conscious experience. The method required careful, standardized reporting in a lab setting, which is why experimental introspection was central to this school. In contrast, other perspectives emphasize different targets: functionalism looks at the purpose of mental processes, behaviorism focuses on observable actions, and psychoanalysis explores unconscious drives, not the elemental structure of conscious experience.

10. The gap between the axon of a sending neuron and the dendrites of a receiving neuron is the

A. Synapse

B. Axon Hillock

C. Soma

D. Myelin sheath

Neural communication occurs at a junction where one neuron sends a signal to another. The gap between the axon terminal of the sending neuron and the dendrite of the receiving neuron is part of that junction, known as the synapse. At chemical synapses, neurotransmitters cross this gap (the synaptic cleft) to transmit the signal, allowing the receiving neuron to respond. The other terms refer to different parts: the axon hillock is where an action potential typically starts, the soma is the cell body, and the myelin sheath insulates the axon to speed transmission.

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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://comppsychneuroscience.examzify.com>

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

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