

DSST HEALTH AND HUMAN DEVELOPMENT PRACTICE EXAM (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. In what category do psychoactive drugs fall?**
 - A. Recreational drugs
 - B. Prescription drugs
 - C. Illicit drugs
 - D. Therapeutic drugs
- 2. Which vitamin is primarily associated with promoting healthy vision?**
 - A. Vitamin A
 - B. Vitamin B
 - C. Vitamin C
 - D. Vitamin D
- 3. Which of the following activities does NOT occur during parasympathetic stimulation?**
 - A. Increased digestion
 - B. Fight-or-flight response
 - C. Decreased heart rate
 - D. Enhancement of sexual arousal
- 4. Which health issue is accurately known for producing pus and is commonly referred to in relation to sexually transmitted infections?**
 - A. Chancroid
 - B. Syphilis
 - C. Gonorrhea
 - D. Genital warts
- 5. What is cortisol commonly associated with in terms of stress response?**
 - A. Reduction of stress
 - B. Reinforcing relaxation
 - C. Cope with stressor
 - D. Inducing sleepiness

- 6. What collection of autoimmune diseases involves the immune system attacking healthy tissues?**
- A. Rheumatoid arthritis
 - B. Multiple sclerosis
 - C. Lupus
 - D. Hashimoto's thyroiditis
- 7. Which hormone's primary function revolves around glucose metabolism in the human body?**
- A. Cortisol
 - B. Insulin
 - C. Estrogen
 - D. Testosterone
- 8. What event occurs when there is a blockage preventing the heart from receiving oxygen-rich blood?**
- A. Heart attack
 - B. Stroke
 - C. Arrhythmia
 - D. Heart failure
- 9. Which sexually transmitted infection is caused by the bacteria Treponema?**
- A. Gonorrhea
 - B. Syphilis
 - C. Chlamydia
 - D. Chancroid
- 10. What stage in the Transtheoretical Model is defined by planning to take action within one month or having started making small changes?**
- A. Action
 - B. Precontemplation
 - C. Contemplation
 - D. Preparation

Answers

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

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Explanations

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1. In what category do psychoactive drugs fall?

- A. Recreational drugs**
- B. Prescription drugs
- C. Illicit drugs
- D. Therapeutic drugs

Psychoactive drugs are substances that affect the brain's functioning, leading to alterations in mood, perception, consciousness, or behavior. These drugs can be categorized in various ways, but they are most commonly associated with recreational use. Recreational drugs are consumed primarily for the alterations they induce, often for enjoyment or leisure rather than for medical purposes. Examples of such psychoactive substances include marijuana, cocaine, and MDMA, which are often taken to experience euphoria, relaxation, or heightened sensory experiences. While some psychoactive drugs can also be therapeutic or medicinal in nature, the primary classification as recreational emphasizes their use outside of formal medical treatment or prescription contexts. In contrast, prescription drugs are substances specifically prescribed by healthcare professionals for medical conditions, and illicit drugs are those that are illegal or prohibited by law. Therapeutic drugs, while also overlapping with psychoactive substances, generally refer to drugs used to treat specific health issues rather than for their psychoactive effects in a recreational context. Thus, referring to psychoactive drugs as recreational is the most accurate categorization in this context.

2. Which vitamin is primarily associated with promoting healthy vision?

- A. Vitamin A**
- B. Vitamin B
- C. Vitamin C
- D. Vitamin D

Vitamin A is primarily associated with promoting healthy vision due to its crucial role in the functioning of the retina. It is a key component of rhodopsin, a protein in the retina that enables vision in low-light conditions. A deficiency in vitamin A can lead to conditions such as night blindness and can ultimately cause more severe vision problems if left unchecked. In addition to its function in vision, vitamin A is essential for overall eye health, supporting the maintenance of the cornea and conjunctival membranes. It also plays a role in the production of tears, which are vital for keeping the eyes moist. While other vitamins like B, C, and D have their own health benefits, they do not have a direct and significant impact on vision as vitamin A does. Vitamin C is important for the health of blood vessels in the eyes, and vitamin D plays a role in reducing the risk of certain eye diseases, but neither is primarily associated with promoting vision in the same way that vitamin A is.

3. Which of the following activities does NOT occur during parasympathetic stimulation?

- A. Increased digestion
- B. Fight-or-flight response**
- C. Decreased heart rate
- D. Enhancement of sexual arousal

During parasympathetic stimulation, the body engages in processes that promote rest and digestion. This is known as the "rest and digest" state. In this state, various physiological activities are enhanced, such as increased digestion, decreased heart rate, and enhancement of sexual arousal. The fight-or-flight response, on the other hand, is a function of the sympathetic nervous system, which prepares the body to respond to perceived threats. This response includes increased heart rate, heightened alertness, and other physiological changes that enable quick action in stressful situations. Thus, the option describing the fight-or-flight response is not associated with parasympathetic stimulation and correctly identifies an activity that does not occur in this state.

4. Which health issue is accurately known for producing pus and is commonly referred to in relation to sexually transmitted infections?

- A. Chancroid
- B. Syphilis
- C. Gonorrhea**
- D. Genital warts

*Gonorrhea is recognized for producing pus and is a significant concern in relation to sexually transmitted infections (STIs). It is caused by the *Neisseria gonorrhoeae* bacterium, which typically manifests with symptoms that can include a purulent discharge from the genital tract. This characteristic pus-filled discharge is one of the distinguishing features of gonorrhea and is often an indicator for diagnosis in clinical settings. The presence of purulent discharge is a key symptom that helps to differentiate gonorrhea from other STIs. While other infections such as chancroid can also involve ulcerations and discharge, gonorrhea's typical presentation involves a noticeable pus-like secretion, which is often experienced in cases involving the urethra in men and can affect the cervix in women. In contrast, syphilis primarily presents with sores and rashes rather than pus, and genital warts, associated with the human papillomavirus (HPV), do not produce pus at all. Chancroid, although it can cause ulcerative lesions, does not consistently lead to the purulent discharge characteristic of gonorrhea. Therefore, gonorrhea's association with pus and its prominence as a sexually transmitted infection make it the correct choice for the question.*

5. What is cortisol commonly associated with in terms of stress response?

- A. Reduction of stress
- B. Reinforcing relaxation
- C. Cope with stressor**
- D. Inducing sleepiness

Cortisol is a hormone that is often referred to as the "stress hormone" because it plays a critical role in the body's response to stress. When an individual experiences a stressful situation, cortisol is released from the adrenal glands as part of the hormonal response known as the hypothalamic-pituitary-adrenal (HPA) axis activation. This release helps prepare the body to cope with the stressor by mobilizing energy resources, enhancing alertness, and influencing various physiological functions to aid in responding to the challenge. The role of cortisol includes elevating blood sugar levels, assisting in metabolism regulation, and modulating immune responses; these functions all contribute to an organism's ability to confront or adapt to stressors effectively. Thus, coupling this response to the action of coping with stressors captures the essence of what cortisol represents in the context of stress management. Cortisol does not primarily function to reduce stress, reinforce relaxation, or induce sleepiness. On the contrary, during moments of stress, elevated cortisol levels can lead to heightened alertness and energy mobilization, which are not conducive to relaxation or sleep. Understanding cortisol's role in stress response highlights its importance in equipping the body with the necessary resources to handle challenging situations, making "cope with

6. What collection of autoimmune diseases involves the immune system attacking healthy tissues?

- A. Rheumatoid arthritis
- B. Multiple sclerosis
- C. Lupus**
- D. Hashimoto's thyroiditis

The correct answer is lupus, which is also known as systemic lupus erythematosus. This autoimmune disease is characterized by the immune system erroneously attacking the body's own healthy tissues, leading to widespread inflammation and damage to various organs and systems. In lupus, this inappropriate immune response can affect many areas, including the skin, joints, kidneys, and even the heart and lungs. While rheumatoid arthritis, multiple sclerosis, and Hashimoto's thyroiditis also involve the immune system attacking the body's own tissues, lupus is unique in its systemic nature and the variety of symptoms it manifests as a result of this attack. It's commonly referred to as a "great imitator" because it can mimic other illnesses and has a wide range of symptoms, making it a complex disease to diagnose and manage. Rheumatoid arthritis primarily affects the joints, while multiple sclerosis primarily targets the nervous system. Hashimoto's thyroiditis specifically attacks the thyroid gland. Each of these conditions demonstrates autoimmune behavior, but lupus stands out for its comprehensive impact on the body and its diverse clinical presentation.

7. Which hormone's primary function revolves around glucose metabolism in the human body?

- A. Cortisol
- B. Insulin**
- C. Estrogen
- D. Testosterone

Insulin plays a crucial role in glucose metabolism, making it the correct choice for this question. Its primary function is to regulate blood sugar levels by facilitating the uptake of glucose into cells, particularly in muscle and fat tissues. When you eat, the glucose level in your bloodstream rises, prompting the pancreas to release insulin. Insulin helps lower blood glucose levels by promoting the conversion of glucose into glycogen for storage in the liver and muscles and enabling cells to utilize glucose for energy. In contrast, cortisol, while important for various metabolic functions, is more involved in the body's stress response and the regulation of metabolism of carbohydrates, proteins, and fats during times of stress, rather than specifically focusing on glucose metabolism. Estrogen and testosterone are hormones that primarily influence sexual development and reproductive functions, along with other roles in the body, but they do not directly regulate glucose metabolism to the extent that insulin does. Thus, the focus of insulin on glucose regulation makes it the essential hormone in this context.

8. What event occurs when there is a blockage preventing the heart from receiving oxygen-rich blood?

A. Heart attack

B. Stroke

C. Arrhythmia

D. Heart failure

A heart attack occurs when there is a blockage in one or more of the coronary arteries, which supply oxygen-rich blood to the heart muscle. This blockage can occur due to various factors, such as the buildup of plaque (comprised of fat, cholesterol, and other substances). When the heart muscle is deprived of oxygen, it can begin to suffer damage, which can lead to serious health consequences or even death if not treated promptly. Recognizing the symptoms of a heart attack, which may include chest pain, shortness of breath, and discomfort in the arms, neck, or jaw, is crucial for initiating immediate medical intervention. In contrast, a stroke involves an interruption of blood flow to the brain rather than the heart. Arrhythmia refers to irregular heartbeats but does not specifically pertain to an obstruction of blood flow. Heart failure is a condition where the heart is unable to pump effectively, but it is not directly caused by a blockage of blood supply.

9. Which sexually transmitted infection is caused by the bacteria Treponema?

A. Gonorrhea

B. Syphilis

C. Chlamydia

D. Chancroid

The correct answer is syphilis, which is indeed caused by the bacteria Treponema pallidum. This organism is a spirochete, a type of bacteria characterized by its spiral shape, which plays a significant role in the pathogenesis of syphilis. The infection progresses through several stages—primary, secondary, latent, and tertiary—each of which can present with distinctive signs and symptoms, such as sores, rashes, and potential systemic issues if left untreated. Understanding the biology of Treponema pallidum is crucial in the context of public health, as syphilis can lead to serious complications if not adequately treated. Early detection and treatment with antibiotics, specifically penicillin, can effectively cure syphilis, making awareness of this infection important in sexual health education and preventive measures.

10. What stage in the Transtheoretical Model is defined by planning to take action within one month or having started making small changes?

A. Action

B. Precontemplation

C. Contemplation

D. Preparation

In the Transtheoretical Model, the stage characterized by planning to take action within the next month or having begun to make small changes is known as the Preparation stage. This stage is crucial as it represents a transitional phase where individuals are actively preparing to change their behavior. People in this stage typically have a clear intention to change and may even take initial steps toward that change, indicating their readiness to engage fully with the process. During the Preparation stage, individuals might gather information, develop action plans, and start implementing minor adjustments in their behavior as a way to ease into the more significant changes planned for the future. This contrasts significantly with other stages like Precontemplation, where individuals are unaware of the need for change, and Contemplation, where individuals recognize the need for change but have not committed to taking concrete steps.

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://dssthealthhumandev.examzify.com>

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

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