

Dual Enrollment Psychology (PSY 200) Final Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. Social Anxiety Disorder is intense fear and avoidance of social situations.**
 - A. Social Anxiety Disorder**
 - B. Specific Phobias**
 - C. Panic Attack**
 - D. Generalized Anxiety Disorder**

- 2. How does chronic stress affect the immune system?**
 - A. Chronic stress suppresses immune system functioning, increasing vulnerability to illness.**
 - B. Chronic stress enhances immune response.**
 - C. Chronic stress has no impact on immune function.**
 - D. Chronic stress only affects the immune system in children.**

- 3. What is the nature/nurture debate?**
 - A. The belief that only environment matters.**
 - B. The ongoing discussion about the relative contributions of genetics/biology (nature) versus environment/experience (nurture) in shaping behavior and development.**
 - C. The study of nature sounds.**
 - D. The belief that only genetics matter.**

- 4. What is the DSM-5 and its purpose?**
 - A. Diagnostic and Statistical Manual of Mental Disorders; standard criteria for classifying mental disorders.**
 - B. A guide to pharmacological treatments for mental illness.**
 - C. A patient self-help manual.**
 - D. A registry of psychiatric hospital locations.**

- 5. Which statement correctly assigns function to the frontal lobe?**
 - A. Frontal lobe is responsible for decision-making and motor control**
 - B. Parietal lobe handles sensory integration**
 - C. Occipital lobe handles visual processing**
 - D. Temporal lobe handles auditory processing**

- 6. In the James-Lange theory, what sequence leads to emotion?**
- A. Arousal occurs after the emotion.**
 - B. Emotion occurs before arousal.**
 - C. Arousal precedes emotion.**
 - D. Emotion and arousal occur independently.**
- 7. Which statement best describes automatic processing?**
- A. Information processed with deliberate, effortful reasoning.**
 - B. Information processed during sleep.**
 - C. Information processed without conscious awareness or control, fast and efficient.**
 - D. Information processed by unrelated neural pathways.**
- 8. In Maslow's hierarchy, which statement about self-actualization is accurate?**
- A. Self-actualization is at the base of the hierarchy alongside physiological needs.**
 - B. Self-actualization sits at the peak after esteem needs.**
 - C. Self-actualization is unrelated to love and belonging.**
 - D. Self-actualization is the first need to be met.**
- 9. Which of the following is NOT a Type A trait?**
- A. Competitive**
 - B. Time-urgent**
 - C. Easy-going and patient**
 - D. Hostile and impatient**
- 10. Type A behavior patterns are best described as**
- A. Relaxed, easy-going, and patient; lower risk of heart disease.**
 - B. Competitive, time-urgent, hostile, and impatient; higher risk for heart disease.**
 - C. Shy, passive, and withdrawn; lower risk for heart disease.**
 - D. Noncompetitive and calm; greater risk of heart disease.**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Social Anxiety Disorder is intense fear and avoidance of social situations.

A. Social Anxiety Disorder

B. Specific Phobias

C. Panic Attack

D. Generalized Anxiety Disorder

The main idea here is that a condition involves a persistent, exaggerated fear of being judged in social situations and a pattern of avoiding those situations that leads to noticeable impairment. Social Anxiety Disorder is defined by fear or anxiety about social or performance situations where others might scrutiny, along with avoidance or significant distress when faced with them, and this pattern must cause trouble in daily functioning. The phrase "intense fear and avoidance of social situations" aligns directly with that definition, since the issue centers on social evaluation and the resulting avoidance. Other options describe different patterns. A specific phobia is fear aimed at a particular object or situation, like spiders or flying, not a broad fear of social interactions. A panic attack is a sudden surge of fear with physical symptoms and is a symptom that can occur in several disorders but isn't itself the disorder described. Generalized anxiety disorder involves excessive worry about many areas of life, not limited to social contexts, and lacks the focus on social evaluation and avoidance that defines social anxiety disorder. So the description fits best with Social Anxiety Disorder because it centers on the fear of social scrutiny and the resulting avoidance that disrupts functioning in social settings.

2. How does chronic stress affect the immune system?

A. Chronic stress suppresses immune system functioning, increasing vulnerability to illness.

B. Chronic stress enhances immune response.

C. Chronic stress has no impact on immune function.

D. Chronic stress only affects the immune system in children.

Chronic stress suppresses immune system functioning, increasing vulnerability to illness. When stress becomes ongoing, the body's stress response stays activated and cortisol levels remain high. This hormonal environment can dampen the activity and production of key immune cells, reduce antibody responses, and slow the healing process, making infections more likely and recovery slower. Acute stress can sometimes transiently boost certain immune functions, but the long-term pattern of chronic stress is a dampening one. It isn't limited to children and isn't consistent with an overall boost in immunity, so the best answer describes the protective cost of persistent stress on the body's defenses.

3. What is the nature/nurture debate?

- A. The belief that only environment matters.
- B. The ongoing discussion about the relative contributions of genetics/biology (nature) versus environment/experience (nurture) in shaping behavior and development.**
- C. The study of nature sounds.
- D. The belief that only genetics matter.

The nature-nurture debate asks how much of our traits and behaviors come from biology and genetics versus our experiences and environment. It's an ongoing discussion about the relative contributions and how these factors interact to shape development. It isn't about biology alone or environment alone; rather, both play a role and influence each other. Evidence from twin and adoption studies shows that genetics contribute to certain traits, but environment and experience significantly shape how those traits are expressed. For example, many abilities and behaviors reflect a mix of inherited predispositions and environmental influences like schooling, nutrition, and social context. The other options imply only environment, only genetics, or something unrelated, which doesn't capture the central idea of how both nature and nurture contribute and interact.

4. What is the DSM-5 and its purpose?

- A. Diagnostic and Statistical Manual of Mental Disorders; standard criteria for classifying mental disorders.**
- B. A guide to pharmacological treatments for mental illness.
- C. A patient self-help manual.
- D. A registry of psychiatric hospital locations.

The main idea here is that the DSM-5 is a standardized manual used to classify mental disorders based on explicit diagnostic criteria. Clinicians apply its criteria to determine if a patient's symptoms meet the defined disorder, including specific symptom patterns, duration, and the level of impairment required for a diagnosis. This standardization helps ensure diagnoses are reliable and communicable across different doctors and settings, supports research, and guides clinical decision-making. It also offers organized categories, diagnostic criteria, specifiers, and cultural considerations to capture how disorders may present in diverse individuals. It isn't a guide for medications or treatments, so it doesn't tell clinicians which drugs to use. It's not a patient self-help book, nor a registry of hospital locations.

5. Which statement correctly assigns function to the frontal lobe?

A. Frontal lobe is responsible for decision-making and motor control

B. Parietal lobe handles sensory integration

C. Occipital lobe handles visual processing

D. Temporal lobe handles auditory processing

Localization of brain functions means that different brain regions are specialized for particular tasks. The frontal lobe houses areas involved in planning, decision-making, impulse control, and the primary motor cortex that controls voluntary movement. Putting those together, it makes sense that this region is associated with deciding what to do and then coordinating the movements needed to carry it out. That's why the statement that the frontal lobe is responsible for decision-making and motor control is the best fit. For context, the parietal lobe is more about sensory integration and awareness of the body, the occipital lobe handles visual processing, and the temporal lobe is tied to hearing and aspects of language. Seeing these roles laid out helps reinforce why the frontal lobe pair of functions matches its known responsibilities.

6. In the James-Lange theory, what sequence leads to emotion?

A. Arousal occurs after the emotion.

B. Emotion occurs before arousal.

C. Arousal precedes emotion.

D. Emotion and arousal occur independently.

In this view, the bodily changes that accompany a stimulus happen first, and the feeling of emotion comes from interpreting or labeling those changes. When you encounter something that triggers a response, your autonomic nervous system revs up—heart rate, breathing, and other arousal signals increase. Your brain then interprets that arousal as a specific emotion, such as fear or excitement. For example, your racing heart and sweaty palms after spotting a threat are taken as evidence of fear, rather than fear causing the arousal first. This sequence means arousal precedes emotion, which is why the other idea—emotion happening first, or arousal and emotion arising independently—doesn't fit James-Lange. It contrasts with theories that argue emotions and arousal happen simultaneously or rely more on cognitive labeling of a general arousal. The key idea is that bodily changes provide the foundation for the emotional experience.

7. Which statement best describes automatic processing?
- A. Information processed with deliberate, effortful reasoning.
 - B. Information processed during sleep.
 - C. Information processed without conscious awareness or control, fast and efficient.**
 - D. Information processed by unrelated neural pathways.

Automatic processing refers to mental operations that happen without conscious awareness or intentional control, and they're fast and efficient. This is the kind of processing you rely on for familiar tasks, so you can do them with little attention while your mind handles other things at the same time. For example, you might read words on a page and understand them even while your brain is engaged in a conversation or listening to music, or you might drive a familiar route almost on autopilot because the task has become habitual. This contrasts with controlled processing, which requires deliberate effort, attention, and slower, more effortful reasoning. Automatic processing doesn't demand careful focus to work; it operates smoothly in the background. The statement about information processed during sleep doesn't describe automatic processing, since automatic processing refers to everyday cognitive tasks performed with little conscious control, not the specific processes that occur while sleeping. The idea of information processed by unrelated neural pathways also doesn't fit, because automatic processing involves familiar, well-practiced tasks that use normal neural networks with minimal conscious effort, rather than involving arbitrary or disconnected pathways.

8. In Maslow's hierarchy, which statement about self-actualization is accurate?
- A. Self-actualization is at the base of the hierarchy alongside physiological needs.
 - B. Self-actualization sits at the peak after esteem needs.**
 - C. Self-actualization is unrelated to love and belonging.
 - D. Self-actualization is the first need to be met.

Self-actualization is the highest level in Maslow's hierarchy, representing realizing one's potential and personal growth. In the traditional pyramid, it sits at the top after the preceding levels—physiological needs, safety, love/belonging, and esteem—so it's the culmination of the motivational sequence. It isn't a base need, nor is it the first to be met. While social connections and belonging help create the environment for growth, self-actualization focuses on ongoing development, creativity, and fulfilling one's values and talents. That placement at the peak after esteem needs is why this statement is the most accurate description.

9. Which of the following is NOT a Type A trait?

- A. Competitive**
- B. Time-urgent**
- C. Easy-going and patient**
- D. Hostile and impatient**

Type A traits are marked by a drive for achievement, a constant sense of time pressure, and a tendency toward hostility or impatience. A competitive stance pushes for winning and outperforming others. Feeling time-urgent means actions are rushed and delays feel intolerable. Hostile and impatient captures the aggressive, quick-to-anger reaction that Type A individuals often exhibit under stress. Easy-going and patient describes a calm, relaxed, tolerant approach to life, which fits Type B rather than Type A. So the option describing a relaxed, patient temperament is not a Type A trait, while the other traits match the typical Type A pattern.

10. Type A behavior patterns are best described as

- A. Relaxed, easy-going, and patient; lower risk of heart disease.**
- B. Competitive, time-urgent, hostile, and impatient; higher risk for heart disease.**
- C. Shy, passive, and withdrawn; lower risk for heart disease.**
- D. Noncompetitive and calm; greater risk of heart disease.**

Type A behavior patterns are characterized by competitiveness, a sense of urgency about time, hostility, and impatience, and these traits are linked to a higher risk of heart disease. The combination of pushing yourself to meet deadlines, feeling constantly rushed, and reacting with anger or hostility under stress tends to produce stronger and longer-lasting physiological stress responses—such as heightened sympathetic arousal and elevated stress hormones—which can contribute to cardiovascular strain over time. In particular, hostility and anger are the components most strongly associated with heart-disease risk, more so than mere drive or time-urgency alone. Descriptions that emphasize being relaxed, easy-going, or calm fit Type B, which is generally associated with lower cardiovascular risk. Descriptions focusing on shyness or withdrawal do not capture the core traits linked to Type A and their potential impact on heart health.

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://dualenrollmentpsy200final.examzify.com>

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

SAMPLE