

EPPP Abnormal Psychology 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

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- 1. What percentage of women may experience symptoms sufficient for Major Depressive Disorder after delivery?**
 - A. 10%**
 - B. 20%**
 - C. 30%**
 - D. 40%**

- 2. What is an effective intervention for individuals with PTSD?**
 - A. Medication management alone**
 - B. Support groups without therapy**
 - C. Trauma-focused therapy**
 - D. Exposure to social situations**

- 3. Which stage of Alzheimer's Disease is characterized by anterograde amnesia for declarative memories?**
 - A. Stage 1**
 - B. Stage 2**
 - C. Stage 3**
 - D. Stage 4**

- 4. What are mood stabilizers primarily used to treat?**
 - A. Depressive disorders**
 - B. Anxiety disorders**
 - C. Bipolar disorder**
 - D. Personality disorders**

- 5. Which statement is true regarding the impact of genetic factors on Autism Spectrum Disorder?**
 - A. Genetic factors are irrelevant**
 - B. Connection only with environmental factors**
 - C. Linked to family history and heredity**
 - D. Exclusive to physical environment exposures**

- 6. What is a common feature of symptoms in Vascular Neurocognitive Disorder?**
- A. Consistent cognitive decline without fluctuations**
 - B. Stepwise decline and fluctuations in symptom severity**
 - C. Instant improvement in cognitive functions**
 - D. Exclusively present in older adults**
- 7. Social (Pragmatic) Communication Disorder is characterized by deficits in which of the following?**
- A. Understanding written language**
 - B. Socially appropriate communication**
 - C. Physical communication skills**
 - D. Nonverbal communication only**
- 8. What is Agoraphobia primarily characterized by?**
- A. A fear of confined spaces**
 - B. A fear of social interactions**
 - C. A fear of being in situations where escape might be difficult**
 - D. A fear of being in crowded places**
- 9. By what age must symptoms of ADHD manifest for a formal diagnosis?**
- A. Age 15**
 - B. Age 10**
 - C. Age 12**
 - D. Age 5**
- 10. What is a key assessment finding in individuals with Delirium?**
- A. Consistent attention and awareness**
 - B. Fluctuating disturbances in cognition**
 - C. Steady cognitive performance throughout the day**
 - D. Independence in all daily functions**

Answers

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

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Explanations

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1. What percentage of women may experience symptoms sufficient for Major Depressive Disorder after delivery?

- A. 10%
- B. 20%**
- C. 30%
- D. 40%

The correct answer indicates that approximately 20% of women may experience symptoms sufficient for Major Depressive Disorder (MDD) after delivery, commonly referred to as postpartum depression. This statistic is important because postpartum depression is a significant mental health issue affecting a considerable number of new mothers. The prevalence of 20% underscores the importance of screening and support for women during the perinatal period, as this time can be marked by drastic hormonal changes, emotional adjustments, and increased stress. Understanding the prevalence aids healthcare providers in recognizing the potential risk and ensuring that new mothers receive the necessary care. In researching postpartum depression, statistics have consistently shown this percentage, suggesting a substantial number of women may struggle with depressive symptoms after giving birth. Recognizing this helps to promote early intervention and treatment options that can significantly improve the well-being of mothers and their interactions with their infants.

2. What is an effective intervention for individuals with PTSD?

- A. Medication management alone
- B. Support groups without therapy
- C. Trauma-focused therapy**
- D. Exposure to social situations

Trauma-focused therapy is widely recognized as one of the most effective interventions for individuals with Post-Traumatic Stress Disorder (PTSD). This type of therapy specifically addresses the trauma and its psychological impact, utilizing techniques designed to help individuals process the traumatic experience and reduce symptoms associated with PTSD. Trauma-focused therapy encompasses various therapeutic modalities, such as Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and prolonged exposure therapy. These approaches allow individuals to confront and reprocess their trauma in a safe and controlled environment, facilitating emotional healing and cognitive restructuring. In contrast, relying solely on medication management may help alleviate some symptoms but does not address the underlying trauma or lead to long-term recovery. Support groups can offer community support and validation but typically lack the structured therapeutic framework essential for effective treatment of PTSD. Exposure to social situations alone does not target the specific symptoms or emotional responses related to the trauma and may overwhelm the individual if not conducted within a therapeutic context. Thus, trauma-focused therapy stands out as a comprehensive approach that not only alleviates symptoms but actively engages individuals in confronting and understanding their traumatic experiences, making it a primary intervention for PTSD.

3. Which stage of Alzheimer's Disease is characterized by anterograde amnesia for declarative memories?

- A. Stage 1**
- B. Stage 2**
- C. Stage 3**
- D. Stage 4**

The early stage of Alzheimer's Disease, often referred to as mild cognitive impairment, is characterized by subtle cognitive changes. One of the most prominent features is anterograde amnesia, where individuals have difficulty forming new declarative memories. Declarative memories refer to facts and events that can be consciously recalled. In Stage 1, while individuals may retain some ability to recall past memories, their capacity to learn new information and retain it becomes significantly impaired, which is the hallmark of anterograde amnesia. As the disease progresses through the subsequent stages, the cognitive decline intensifies, affecting not only memory but also other cognitive functions such as reasoning, judgment, and attention. In later stages, individuals may experience more pervasive cognitive deficits that do not specifically highlight the anterograde memory issues as distinctly as in the early stage, where new memory formation is notably compromised.

4. What are mood stabilizers primarily used to treat?

- A. Depressive disorders**
- B. Anxiety disorders**
- C. Bipolar disorder**
- D. Personality disorders**

Mood stabilizers are primarily used to treat bipolar disorder, which is characterized by extreme mood swings that include episodes of mania and depression. These medications help to regulate these mood fluctuations, stabilizing a person's mood and reducing the frequency and severity of mood episodes. Mood stabilizers, such as lithium, valproate, and ciertos antipsychotics, play a crucial role in managing the manic phases of bipolar disorder, which can include elevated mood, increased energy, and impulsive behavior. Additionally, they also help in managing depressive episodes that occur in this disorder. While mood stabilizers can sometimes be used as adjuncts to other treatments, their primary indication remains within the context of bipolar disorder, distinguishing them from treatments more commonly associated with depressive disorders, anxiety disorders, or personality disorders, where different classes of medications are typically employed.

5. Which statement is true regarding the impact of genetic factors on Autism Spectrum Disorder?

- A. Genetic factors are irrelevant**
- B. Connection only with environmental factors**
- C. Linked to family history and heredity**
- D. Exclusive to physical environment exposures**

Genetic factors play a significant role in Autism Spectrum Disorder (ASD), and research supports the idea that there is a strong heritable component associated with the disorder. Studies have shown that individuals with a family history of autism are at a higher risk for developing the condition themselves. This familial aggregation suggests that genetics contribute to the susceptibility of ASD, with various genes associated with neurodevelopmental pathways being implicated. In contrast, genetic factors are not irrelevant, nor is the condition exclusively linked to environmental influences or physical environmental exposures. While environmental factors can contribute to the risk of developing ASD, the evidence indicates that they interact with genetic predispositions rather than serving as the sole influence. Therefore, recognizing the connection between genetic factors and family history is essential in understanding the etiology of Autism Spectrum Disorder.

6. What is a common feature of symptoms in Vascular Neurocognitive Disorder?

- A. Consistent cognitive decline without fluctuations**
- B. Stepwise decline and fluctuations in symptom severity**
- C. Instant improvement in cognitive functions**
- D. Exclusively present in older adults**

A common feature of symptoms in Vascular Neurocognitive Disorder is the presence of a stepwise decline and fluctuations in symptom severity. This type of neurocognitive disorder is characterized by changes that are linked to cerebrovascular issues, such as strokes or other conditions that affect blood flow to the brain. Individuals with this disorder may experience cognitive deterioration that occurs in sudden steps, often followed by periods of relative stability. This is in contrast to the more gradual and consistent decline often seen in other forms of dementia, such as Alzheimer's disease. The fluctuations can be due to additional vascular events or changes in health that impact cognitive functioning. The other options do not accurately represent the nature of Vascular Neurocognitive Disorder. Consistent cognitive decline without fluctuations would be more characteristic of different neurodegenerative disorders. Instant improvement in cognitive functions would not align with the typical presentation of any neurocognitive disorder, as cognitive decline is usually persistent rather than reversible. While Vascular Neurocognitive Disorder is more prevalent among older adults, it is not exclusively confined to this age group, as younger individuals can also be affected, particularly if they have underlying risk factors for vascular diseases.

7. Social (Pragmatic) Communication Disorder is characterized by deficits in which of the following?

- A. Understanding written language**
- B. Socially appropriate communication**
- C. Physical communication skills**
- D. Nonverbal communication only**

Social (Pragmatic) Communication Disorder is primarily characterized by deficits in socially appropriate communication. Individuals with this disorder may struggle with using verbal and nonverbal communication in socially meaningful ways. This includes difficulties in understanding and following social norms for conversation, such as taking turns during dialogue, staying on topic, and understanding the nuances of social interactions, like humor or sarcasm. These challenges can affect a person's ability to connect effectively with others in a variety of social contexts. While other areas, such as understanding written language or physical communication skills, may still be present, they are not the core deficits associated with this particular disorder. Nonverbal communication is indeed one aspect of socially appropriate communication; however, the disorder encompasses a broader range of social communication skills beyond just the nonverbal cues.

8. What is Agoraphobia primarily characterized by?

- A. A fear of confined spaces**
- B. A fear of social interactions**
- C. A fear of being in situations where escape might be difficult**
- D. A fear of being in crowded places**

Agoraphobia is primarily characterized by a fear of situations where escape might be difficult or help unavailable in the event of a panic attack or other incapacitating symptoms. Individuals with agoraphobia often fear being in places such as public transport, open spaces, or large crowds due to the potential for panic or anxiety. This fear can lead to avoidance behaviors, where individuals refrain from leaving their homes or venturing into situations they perceive as unsafe. While fears of confined spaces, social interactions, and crowded places may share some similarities with agoraphobia, they do not fully encompass the core aspect of the disorder. Agoraphobia specifically relates to the anxiety surrounding the inability to leave a situation or the challenges of seeking help, which is distinct from a simple fear of crowds or enclosed spaces. Understanding this distinction clarifies why the chosen characterization accurately reflects the essence of agoraphobia.

9. By what age must symptoms of ADHD manifest for a formal diagnosis?

- A. Age 15**
- B. Age 10**
- C. Age 12**
- D. Age 5**

For a formal diagnosis of Attention-Deficit/Hyperactivity Disorder (ADHD), it is required that symptoms must be present by a certain age, as outlined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Symptoms typically need to manifest before the age of 12. This criterion is in place to ensure that the diagnosis reflects a long-standing pattern of behavior that has been observed in the individual's developmental history. Detecting symptoms early provides essential insights into a child's behavior and helps in distinguishing ADHD from other issues that might arise later in life. By requiring symptoms to appear before this age, clinicians can better assess the disorder's impact on functioning over time, ensuring that it is not merely a phase that will resolve on its own as the child matures.

10. What is a key assessment finding in individuals with Delirium?

- A. Consistent attention and awareness**
- B. Fluctuating disturbances in cognition**
- C. Steady cognitive performance throughout the day**
- D. Independence in all daily functions**

In individuals with delirium, a key assessment finding is the presence of fluctuating disturbances in cognition. This condition is characterized by an acute onset of confusion that can vary significantly over short periods, such as hours or even minutes. Individuals with delirium may experience changes in their ability to concentrate, maintain attention, and process information consistently. This fluctuation is a hallmark of delirium, often accompanied by alterations in awareness and perception. During certain periods, a person with delirium might be more alert and responsive, while at other times, they may exhibit marked confusion, disorientation, or even drowsiness. This inconsistency in cognitive functioning differentiates delirium from more stable cognitive impairments found in other conditions, such as neurocognitive disorders like dementia, where cognitive deficits remain relatively fixed and progress gradually over time. Therefore, recognizing the fluctuating nature of cognitive disturbances is crucial for accurate assessment and diagnosis in cases of delirium.

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://epppabnormalpsych.examzify.com>

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

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