

# Examination for Professional Practice of Psychology (EPPP) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## **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.**

## **7. Use Other Tools**

**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!**

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## Questions

- 1. According to the APA's Ethical Principles, when conducting psychological assessments, informed consent is...**
  - A. Always required**
  - B. Required in most situations, but not always written**
  - C. Often obtained verbally**
  - D. Required except in certain circumstances**
- 2. Which method is primarily used to help individuals modify their emotional responses through changing thought patterns?**
  - A. Humanistic therapy**
  - B. Cognitive-behavioral therapy (CBT)**
  - C. Gestalt therapy**
  - D. Psychoanalytic therapy**
- 3. What does the acronym DSM stand for?**
  - A. Diagnostic and Statistical Manual of Mental Disorders**
  - B. Developmental Study Methods**
  - C. Diagnostic Standards of Measurement**
  - D. Dynamic System Model**
- 4. Which aspect of psychological testing is crucial for ensuring consistent results?**
  - A. Norms**
  - B. Reliability**
  - C. Validity**
  - D. Standardization**
- 5. Research comparing younger and older workers finds that younger workers expect more of what from their jobs?**
  - A. Job satisfaction**
  - B. Realistic expectations**
  - C. Pay and job security**
  - D. Personal fulfillment**



- 6. At what age does stranger anxiety typically begin in most children?**
- A. 2 to 4 months**
  - B. 5 to 7 months**
  - C. 8 to 10 months**
  - D. 11 to 13 months**
- 7. In a therapy session, when a normally mild-mannered father yells, causing his daughter to react, this scenario illustrates which concept?**
- A. Positive feedback**
  - B. Scapegoating**
  - C. Family homeostasis**
  - D. The double-bind**
- 8. What is a critical argument against using anatomically correct dolls with children who may have been sexually abused?**
- A. It may misdiagnose non-abused children as abused.**
  - B. It helps recover repressed memories of abuse.**
  - C. It does not help children articulate their experiences.**
  - D. It creates sexualized responses to both leading and non-leading questions.**
- 9. Which of the following antidepressants is most likely to cause sedation (drowsiness) as a side effect?**
- A. Prozac**
  - B. Wellbutrin**
  - C. Zoloft**
  - D. Pamelor**
- 10. What is the term for the discomfort experienced when holding conflicting beliefs?**
- A. Motivational dissonance**
  - B. Cognitive dissonance**
  - C. Emotional dissonance**
  - D. Behavioral dissonance**

## **Answers**

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

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## **Explanations**

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**1. According to the APA's Ethical Principles, when conducting psychological assessments, informed consent is...**

- A. Always required**
- B. Required in most situations, but not always written**
- C. Often obtained verbally**
- D. Required except in certain circumstances**

Informed consent is a foundational principle in ethical psychological practice, particularly emphasized in the American Psychological Association's Ethical Principles. It is an ethical and legal requirement that ensures individuals understand the purpose, risks, and benefits of assessments before undergoing such procedures. While there are certain exceptions to the requirement for informed consent—such as when clients are in crises, when assessments are part of standard educational settings, or when there is a risk of serious harm that may require immediate action—these situations do not negate the overall importance of informed consent. It acknowledges that, in the vast majority of cases, clients have the right to be informed and to give their consent voluntarily. In scenarios where obtaining informed consent might not be possible, psychologists must have protocols in place that prioritize the welfare and autonomy of the client. This understanding is crucial for maintaining ethical standards within the field, ensuring psychologists respect client rights while also navigating the complexities that can arise in practice.

**2. Which method is primarily used to help individuals modify their emotional responses through changing thought patterns?**

- A. Humanistic therapy**
- B. Cognitive-behavioral therapy (CBT)**
- C. Gestalt therapy**
- D. Psychoanalytic therapy**

Cognitive-behavioral therapy (CBT) is primarily focused on the relationship between thoughts, feelings, and behaviors. This therapeutic approach is based on the premise that maladaptive thought patterns can lead to negative emotional responses and behaviors. By identifying and challenging irrational or distorted thoughts, individuals can learn to modify their emotional responses. CBT employs techniques such as cognitive restructuring, which helps therapy participants recognize and change negative thought patterns, thus leading to improved emotional regulation. The other therapies mentioned, while beneficial in various ways, do not primarily center on the modification of emotional responses through changing thought patterns. Humanistic therapy emphasizes self-actualization and personal growth, focusing on the individual's experience rather than specifically targeting thought patterns. Gestalt therapy also revolves around awareness and present experiences rather than cognitive restructuring. Psychoanalytic therapy delves into unconscious processes and childhood experiences, which is quite different from the cognitive focus of CBT.

### 3. What does the acronym DSM stand for?

**A. Diagnostic and Statistical Manual of Mental Disorders**

**B. Developmental Study Methods**

**C. Diagnostic Standards of Measurement**

**D. Dynamic System Model**

The acronym DSM stands for Diagnostic and Statistical Manual of Mental Disorders. This comprehensive manual is published by the American Psychiatric Association and provides standardized criteria for the classification and diagnosis of mental health conditions. Mental health professionals utilize the DSM to ensure consistency and accuracy in diagnosing mental disorders, facilitating effective communication regarding mental health issues across different practitioners and settings. The manual serves multiple purposes, including providing detailed descriptions of disorders, prevalence rates, risk factors, and diagnostic criteria. It is a crucial tool for clinicians, researchers, educators, and insurance companies, aiding in the treatment and management of mental health disorders as well as contributing to ongoing research in the field. Understanding the purpose and content of the DSM is integral for those in psychology and related fields, as it influences assessments, treatment planning, and the overall understanding of mental health conditions.

### 4. Which aspect of psychological testing is crucial for ensuring consistent results?

**A. Norms**

**B. Reliability**

**C. Validity**

**D. Standardization**

Reliability is a critical aspect of psychological testing because it refers to the consistency and stability of test scores across different occasions or different forms of the test. When a psychological test is reliable, it produces similar results under consistent conditions, meaning that if a person takes the same test multiple times, they should receive comparable scores, assuming their traits or abilities have not changed. This consistency is essential for interpreting test results accurately and for making decisions based on those results, such as in clinical, educational, or organizational settings. High reliability enhances the trustworthiness of a test, making it possible to measure psychological constructs with confidence. Without reliability, any observed score may be seen as subject to random error, which undermines the validity and usefulness of the test outcomes. While aspects like norms, validity, and standardization are also important in psychological testing, they serve different purposes. Norms provide a reference point for interpreting scores, validity ensures that the test measures what it purports to measure, and standardization ensures that the test is administered and scored in a consistent manner. Reliability underpins all of these elements by ensuring that the test results are stable and can serve as a reliable basis for comparison and interpretation.

**5. Research comparing younger and older workers finds that younger workers expect more of what from their jobs?**

- A. Job satisfaction**
- B. Realistic expectations**
- C. Pay and job security**
- D. Personal fulfillment**

The choice indicating that younger workers expect more personal fulfillment from their jobs is supported by research insights into generational values in the workforce. Younger employees often prioritize meaningful work that aligns with their personal values and interests. They tend to seek roles that offer opportunities for personal growth, creativity, and a sense of purpose, rather than solely focusing on financial incentives or job security. This inclination towards personal fulfillment reflects broader societal trends where younger generations place a higher value on work-life balance and the alignment of career with personal identity. Consequently, they might be less satisfied in roles that do not offer a sense of contribution to something greater than themselves, contrasting with older generations who might prioritize stability and tangible rewards such as job security and pay. This context helps elucidate why the focus on personal fulfillment is particularly emphasized among younger workers compared to older peers, who may have different motivations shaped by their experiences in the workforce.

**6. At what age does stranger anxiety typically begin in most children?**

- A. 2 to 4 months**
- B. 5 to 7 months**
- C. 8 to 10 months**
- D. 11 to 13 months**

Stranger anxiety is an important developmental milestone in early childhood and generally begins to manifest in children around 8 to 10 months of age. This phenomenon occurs as infants start to develop a stronger attachment to their primary caregivers and become more aware of their social environment. During this stage, when they encounter unfamiliar people, they may exhibit signs of distress or wariness, indicating their sense of insecurity in the presence of strangers. By this developmental point, children are becoming more skilled at recognizing faces and differentiating between familiar and unfamiliar individuals. This awareness is linked to cognitive development as they learn about relationships and attachments. Recognizing and responding negatively to strangers is a healthy part of development, signaling the child's increasing social understanding and attachment security. Other ages listed, such as 2 to 4 months, 5 to 7 months, and 11 to 13 months, do not align as closely with the typical onset of stranger anxiety. At 2 to 4 months, infants do not yet show significant signs of anxiety towards strangers. By 5 to 7 months, they may begin to exhibit some recognition of familiar faces, but stranger anxiety is not usually pronounced until around 8 to 10 months. While some children may continue to exhibit stranger anxiety beyond

**7. In a therapy session, when a normally mild-mannered father yells, causing his daughter to react, this scenario illustrates which concept?**

- A. Positive feedback**
- B. Scapegoating**
- C. Family homeostasis**
- D. The double-bind**

The scenario with the father yelling during the therapy session illustrates the concept of family homeostasis. Family homeostasis refers to the tendency of a family system to maintain stability and balance in its interactions, behaviors, and emotional responses. When the typically calm father suddenly raises his voice, it disrupts the established equilibrium within the family. This kind of shift can elicit strong reactions, such as the daughter's response, highlighting how changes in one family member's behavior can affect the whole system. With family homeostasis, families often resist changes that threaten their established patterns, which can lead to tension and conflict when unexpected behaviors arise. This moment in therapy captures the essence of that dynamic, showing how a member's deviation from typical behavior can challenge the family's overall balance.

**8. What is a critical argument against using anatomically correct dolls with children who may have been sexually abused?**

- A. It may misdiagnose non-abused children as abused.**
- B. It helps recover repressed memories of abuse.**
- C. It does not help children articulate their experiences.**
- D. It creates sexualized responses to both leading and non-leading questions.**

Using anatomically correct dolls in assessing potential sexual abuse in children raises concerns primarily surrounding the validity and reliability of the findings. One of the critical arguments against their use is that these dolls may misdiagnose non-abused children as having been abused. This issue highlights the potential for false positives, where innocent play or exploration with the dolls could be interpreted as evidence of abuse when that may not be the case. The concern lies in the subjective nature of interpreting a child's interactions with the dolls. Children, especially those who are imaginative and playful, may use these dolls to express a range of feelings, narratives, or experiences that do not necessarily correlate with actual abuse. As a result, the reliance on such tools can lead to misconceptions about a child's history and experiences, ultimately impacting their treatment and the conclusions drawn by professionals involved in their care. The other arguments, while valid concerns in discussions about the use of anatomically correct dolls, are not as central to the overarching issue of misdiagnosis. Concerns about helping recover repressed memories or articulating experiences touch on different aspects of the therapeutic process but do not directly address the misinterpretation risk that comes from the dolls' potential to mislead practitioners regarding a child's actual experience. The potential for inducing sexual



**9. Which of the following antidepressants is most likely to cause sedation (drowsiness) as a side effect?**

- A. Prozac**
- B. Wellbutrin**
- C. Zoloft**
- D. Pamelor**

Pamelor, which is a tricyclic antidepressant (TCA), is known for its sedative properties due to its anticholinergic effects and its ability to block histamine H1 receptors. This makes it more likely to cause drowsiness compared to other classes of antidepressants. Prozac, an SSRI, is typically regarded as activating rather than sedating. Wellbutrin, which is a norepinephrine-dopamine reuptake inhibitor (NDRI), is also associated with stimulating effects and tends to elevate mood and energy levels rather than cause sedation. Zoloft is another SSRI, and while it can cause side effects such as fatigue in some individuals, it is not as commonly associated with pronounced sedation compared to Pamelor. Therefore, Pamelor's mechanism of action and the specific receptors it affects make it the most likely of the listed medications to cause sedation.

**10. What is the term for the discomfort experienced when holding conflicting beliefs?**

- A. Motivational dissonance**
- B. Cognitive dissonance**
- C. Emotional dissonance**
- D. Behavioral dissonance**

Cognitive dissonance refers to the mental discomfort or psychological stress that arises from holding two or more contradictory beliefs, values, or attitudes simultaneously. This concept suggests that when individuals confront information or experiences that conflict with their existing beliefs, it creates a state of internal conflict. To resolve this dissonance, individuals may change their beliefs, minimize the importance of the conflict, or seek out new information that aligns with their current views. This phenomenon was first proposed by psychologist Leon Festinger in the 1950s and has since been supported by various studies indicating that cognitive dissonance deeply influences decision-making, attitude change, and personal belief systems. Other terms in the answer options, such as motivational, emotional, and behavioral dissonance, do not accurately capture the specific psychological process at play when conflicting beliefs are held, hence why they do not correctly identify this particular discomfort.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://eppp.examzify.com>**

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