

# Lifespan Development Practice Test (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. Which theory posits that aging makes the social circle shrink and that older adults become less involved unless compelled by external factors?**
  - A. Activity theory**
  - B. Age in place**
  - C. Disengagement theory**
  - D. AARP**
  
- 2. Erikson's 6th stage involves adults seeking someone to share their lives with in an enduring commitment; without it they risk loneliness.**
  - A. Autonomy vs Shame**
  - B. Generativity vs Stagnation**
  - C. Identity vs Role Confusion**
  - D. Intimacy vs Isolation**
  
- 3. Which of the following is NOT a feature of postformal thought?**
  - A. It is more practical**
  - B. It is more flexible**
  - C. It is more abstract and theoretical**
  - D. It is more rigid**
  
- 4. A situation in which certain people, although bereaved, are prevented from mourning publicly by cultural customs or social restrictions.**
  - A. Grief**
  - B. Mourning**
  - C. Disenfranchised grief**
  - D. Absent grief**
  
- 5. Which term describes a shift in the proportions of populations of various ages?**
  - A. Dependency ratio**
  - B. Demographic shift**
  - C. Young-old**
  - D. Wear and tear**

- 6. Which concept suggests that a person can be happy and active despite high morbidity or disability?**
- A. Resilience**
  - B. Hope**
  - C. Adaptability**
  - D. Vitality**
- 7. Which term describes an end-of-life death that is peaceful, quick, in familiar surroundings with family present?**
- A. Frail elderly**
  - B. Involved grandparents**
  - C. Surrogate grandparents**
  - D. Good death**
- 8. Which characteristic describes expert thought as strategic and capable of taking shortcuts?**
- A. Cautious**
  - B. Exhaustive**
  - C. Strategic**
  - D. Meticulous**
- 9. What term describes aging differences caused by health habits, genes, and other personal factors, resulting in more variability across individuals?**
- A. Primary aging**
  - B. Secondary aging**
  - C. Physiological aging**
  - D. Tertiary aging**
- 10. Frontal lobe dementia is associated with deterioration of the amygdala and frontal lobes and is also called frontotemporal lobar degeneration. Which dementia term does this describe?**
- A. Lewy body dementia**
  - B. Frontal lobe dementia**
  - C. Alzheimer disease**
  - D. Vascular dementia**

## Answers

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

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## **Explanations**

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**1. Which theory posits that aging makes the social circle shrink and that older adults become less involved unless compelled by external factors?**

- A. Activity theory
- B. Age in place
- C. Disengagement theory**
- D. AARP

Disengagement theory holds that aging naturally involves withdrawal from social roles, which leads to a shrinking social circle and less involvement unless external pressures or needs keep the person engaged (such as family expectations, caregiving duties, or social supports). This view contrasts with Activity theory, which emphasizes that continued activity sustains well-being; and with Age in Place or AARP, which are about living arrangements or advocacy, not a theory of how social involvement changes with age.

**2. Erikson's 6th stage involves adults seeking someone to share their lives with in an enduring commitment; without it they risk loneliness.**

- A. Autonomy vs Shame
- B. Generativity vs Stagnation
- C. Identity vs Role Confusion
- D. Intimacy vs Isolation**

Intimacy vs Isolation centers on forming close, enduring relationships in adulthood. When people can open up, trust, and commit to another person—whether a romantic partner, close friend, or family—they experience deep emotional connection, mutual support, and a sense of belonging. Success in this stage leads to meaningful, lasting bonds and personal growth. If these intimate connections don't develop, loneliness and a sense of isolation can result, even if social networks exist. This contrasts with other stages, such as autonomy vs shame (early independence), identity vs role confusion (adolescent self-definition), and generativity vs stagnation (contributing to others in middle adulthood). So, the scenario described—pursuing an enduring intimate relationship to avoid loneliness—fits intimacy vs isolation.

**3. Which of the following is NOT a feature of postformal thought?**

- A. It is more practical
- B. It is more flexible
- C. It is more abstract and theoretical**
- D. It is more rigid

Postformal thought emphasizes real-world problem solving, flexibility, and the ability to adapt reasoning to changing contexts. It blends logic with practical experience, tolerance for ambiguity, and consideration of multiple perspectives, aiming for solutions that work in everyday life rather than sticking to purely abstract rules. Because of this focus on practicality and context, describing postformal thought as more abstract and theoretical doesn't fit with how it's typically defined. The other traits—being more practical and more flexible—align with its nature, while rigidity would run counter to its adaptable, problem-solving orientation.

**4. A situation in which certain people, although bereaved, are prevented from mourning publicly by cultural customs or social restrictions.**

**A. Grief**

**B. Mourning**

**C. Disenfranchised grief**

**D. Absent grief**

When someone is grieving but cannot publicly mourn because of cultural or social rules, the situation reflects disenfranchised grief. This term describes grief that isn't openly recognized, validated, or supported by social norms, so the person's loss isn't given a public outlet or ritual. The key idea is that the social environment blocks or restricts the usual ways people express and process their sorrow, leaving the bereaved feeling isolated or unacknowledged even though they are grieving. To understand why this fits, think of grief as the inner emotional response and mourning as the outward, shared expression through rituals, ceremonies, or social support. Disenfranchised grief occurs when those outward expressions aren't available or accepted due to cultural customs or social restrictions. Sometimes this happens when the deceased relationship isn't socially recognized, or the death is stigmatized, making public mourning inappropriate or frowned upon. This separation between internal grief and external acknowledgment is what makes disenfranchised grief the best description here. Absent grief isn't a standard term for this scenario, and general grief or mourning wouldn't capture the social prohibition on public mourning.

**5. Which term describes a shift in the proportions of populations of various ages?**

**A. Dependency ratio**

**B. Demographic shift**

**C. Young-old**

**D. Wear and tear**

The key idea is changes in the age makeup of a population over time. When birth rates, life expectancy, or migration alter how many people are in each age group, the overall age structure shifts. That broad change in the proportions of various ages is described as a demographic shift. Why this term fits best: it captures the idea that a population's age distribution is not static but moves from one pattern to another—such as more older adults relative to younger ones or vice versa. The other options describe related ideas but not the overall change in age structure itself: the dependency ratio is a measure of how many dependents there are per working-age person, rather than the shift in age proportions; the term young-old refers to a specific subset of older adults, not the pattern of age distribution; wear and tear is an informal, non-technical concept about aging.

**6. Which concept suggests that a person can be happy and active despite high morbidity or disability?**

- A. Resilience**
- B. Hope**
- C. Adaptability**
- D. Vitality**

Vitality captures the sense of energy, zest, and active engagement with life that can persist even when someone has serious illness or disability. It reflects ongoing enthusiasm and a willingness to participate in activities and social life despite health challenges. In lifespan development, vitality explains how a person can remain happy and engaged, not by being free of disease, but by maintaining vigor and a positive approach to daily life. Resilience focuses on recovering or bouncing back after adversity, which is related but not exactly about sustaining happiness and activity in the face of ongoing illness. Hope centers on optimistic expectations for the future, which drives motivation but doesn't by itself describe sustained energy and engagement. Adaptability is about adjusting to new circumstances and finding workable ways to function, which is important but again doesn't specifically emphasize the enduring vigor and zest characteristic of vitality.

**7. Which term describes an end-of-life death that is peaceful, quick, in familiar surroundings with family present?**

- A. Frail elderly**
- B. Involved grandparents**
- C. Surrogate grandparents**
- D. Good death**

A good death captures the ideal end-of-life experience in healthcare, emphasizing peace, comfort, and dignity. It describes dying without prolonged suffering, in a familiar setting, with loved ones present, and often in line with the patient's wishes. This makes it the best fit for the description in the question, since it focuses on how death occurs and the surrounding environment. The other terms describe who someone is or their family role, not the experience of dying itself. Frail elderly refers to a condition of health and aging, not to the manner or setting of death. Involved grandparents and surrogate grandparents describe family relationships, not aspects of the dying process. So the term that best fits the scenario is good death.

**8. Which characteristic describes expert thought as strategic and capable of taking shortcuts?**

- A. Cautious
- B. Exhaustive
- C. Strategic**
- D. Meticulous

Expert thought relies on strategic planning and the ability to take shortcuts when appropriate. With deep knowledge, experts recognize the underlying structure of a problem and can apply a known, efficient route that leads to a solution without needing to work through every possible step. These shortcuts are informed by experience and an understanding of what matters in the context, not by carelessness. This is why strategic best describes expert thinking. In contrast, cautious thinking focuses on avoiding risk, which can slow progress; exhaustive thinking tries to consider every possible path, which is often unnecessary for someone who has well-developed knowledge about the domain; and meticulous thinking emphasizes thorough, detail-focused work on every step, which can hinder quick, efficient problem solving.

**9. What term describes aging differences caused by health habits, genes, and other personal factors, resulting in more variability across individuals?**

- A. Primary aging
- B. Secondary aging**
- C. Physiological aging
- D. Tertiary aging

Aging differences that come from health habits, genes, and other personal factors reflect secondary aging. This recognizes that while some changes are part of the overall aging process, individuals diverge in how much those changes show up because of lifestyle, genetics, and environment, leading to more variability in how people age. Primary aging, by contrast, refers to universal, time-related changes that affect everyone more or less similarly, so it contributes less to differences between individuals. Tertiary aging describes a rapid decline in function late in life, and physiological aging is not the standard term used to describe this variability pattern. So, the idea that personal factors drive varied aging experiences best fits secondary aging.

**10. Frontal lobe dementia is associated with deterioration of the amygdala and frontal lobes and is also called frontotemporal lobar degeneration. Which dementia term does this describe?**

**A. Lewy body dementia**

**B. Frontal lobe dementia**

**C. Alzheimer disease**

**D. Vascular dementia**

Frontal lobe and amygdala degeneration produces early changes in behavior and language, rather than memory being the first symptom. This pattern is classic for frontotemporal dementia, also called frontotemporal lobar degeneration. Among the options, the term that best fits is frontal lobe dementia, since it explicitly names the affected region. Lewy body dementia centers on Lewy bodies with fluctuations, visual hallucinations, and parkinsonism; Alzheimer disease is primarily memory-related with temporal-parietal involvement; vascular dementia results from cerebrovascular disease with stepwise decline.

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

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

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

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

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