

# MANDALYN ACADEMY MASTER STATE BOARD WRITTEN PRACTICE TEST (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

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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. Which skin condition contraindicates the use of a suction machine?**
  - A. Oily skin
  - B. Couperose skin
  - C. Dry skin
  - D. Normal skin
- 2. What is the most deadly but least common form of skin cancer?**
  - A. Basal cell carcinoma
  - B. Squamous cell carcinoma
  - C. Melanoma
  - D. Keratoacanthoma
- 3. Which of the following describes the state of an atom that is ionized?**
  - A. It has lost or gained electrons
  - B. It has a balanced charge
  - C. It interacts weakly with other atoms
  - D. It is chemically inert
- 4. When cleansing an instrument, when should you lubricate it?**
  - A. Before disinfection
  - B. After sterilization
  - C. After disinfection before sterilization
  - D. During use
- 5. What are the blood cells that aid in forming clots called?**
  - A. Erythrocytes
  - B. Leukocytes
  - C. Platelets
  - D. Plasma cells
- 6. Which substance is used for skin lightening due to its ability to inhibit tyrosine production?**
  - A. Isotretinoin
  - B. L-Ascorbic Acid
  - C. Hydroquinone
  - D. Minocycline

**7. Where is reflexology typically performed?**

- A. Face and neck
- B. Hands and feet
- C. Arms and legs
- D. Back and shoulders

**8. What is the skin condition called that causes U-shaped redness in the neck?**

- A. Erythema
- B. Acne
- C. Psoas syndrome
- D. Poikiloderma of Civatte

**9. What is another common name for microcurrent?**

- A. Electrical stimulation
- B. Wave therapy
- C. Radiofrequency therapy
- D. Laser therapy

**10. Which skin condition is characterized by increased pigmentation?**

- A. Chloasma
- B. Psoriasis
- C. Eczema
- D. Rosacea

## **Answers**

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

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## **Explanations**

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### 1. Which skin condition contraindicates the use of a suction machine?

- A. Oily skin
- B. Couperose skin**
- C. Dry skin
- D. Normal skin

The use of a suction machine is contraindicated for couperose skin because this condition is characterized by visible capillaries and redness, indicating fragility in the skin's microcirculation. Applying a suction machine to this type of skin can exacerbate the condition, potentially leading to increased redness, irritation, or further damage to the delicate blood vessels. In contrast, oily skin may actually benefit from suction as it can help remove excess sebum and impurities, while dry skin, though it requires gentleness in treatment, does not typically have the same vascular concerns as couperose skin. Normal skin is generally suitable for a variety of treatments, including suction, since it does not display the same vulnerabilities as couperose skin does.

### 2. What is the most deadly but least common form of skin cancer?

- A. Basal cell carcinoma
- B. Squamous cell carcinoma
- C. Melanoma**
- D. Keratoacanthoma

Melanoma is recognized as the most deadly form of skin cancer primarily due to its ability to metastasize, or spread, to other parts of the body. While it is less common than basal cell carcinoma and squamous cell carcinoma, which are far more prevalent yet typically have a lower mortality rate, melanoma's invasive nature significantly increases the risk of severe health outcomes if not detected and treated early. The reason melanoma poses such a high risk lies in the behavior of its cells. These cancerous cells can grow rapidly and can migrate through the bloodstream or lymphatic system, allowing them to form tumors in vital organs. Early detection is crucial, as survival rates drop significantly once the cancer has spread beyond its original site. Basal cell carcinoma and squamous cell carcinoma are more common types of skin cancer; although they can be serious, they generally have a high cure rate and tend to stay localized. Keratoacanthoma is often considered a variant of squamous cell carcinoma and is also less deadly, commonly presenting as a benign tumor. The unique characteristics of melanoma differentiate it as the most dangerous skin cancer despite its lower incidence.

### 3. Which of the following describes the state of an atom that is ionized?

- A. It has lost or gained electrons**
- B. It has a balanced charge
- C. It interacts weakly with other atoms
- D. It is chemically inert

An atom that is ionized is characterized by having either lost or gained electrons. This process results in an imbalance between the number of protons, which carry a positive charge, and electrons, which carry a negative charge. When electrons are lost, the atom becomes positively charged, forming a cation. Conversely, when an atom gains electrons, it becomes negatively charged, forming an anion. This change in charge leads to the atom's ionization. In this context, the other options do not accurately reflect the nature of an ionized atom. A balanced charge would indicate that the atom remains neutral, which contradicts the definition of ionization. Weak interactions with other atoms typically pertain to molecules that are not highly charged, and being chemically inert refers to elements that do not readily react, often due to having a full valence shell, rather than being ionized. Therefore, the correct answer underscores the fundamental characteristic of ionization related to the loss or gain of electrons, leading to a net charge.

#### 4. When cleansing an instrument, when should you lubricate it?

- A. Before disinfection
- B. After sterilization
- C. After disinfection before sterilization**
- D. During use

*When cleansing an instrument, lubricating it after disinfection and before sterilization is crucial to ensure that the instrument functions properly after being sterilized. Disinfection removes the majority of microorganisms from the surface, preparing the instrument for the next step, which is sterilization. Applying lubricant at this point helps protect moving parts, reduces friction, and prevents corrosion during the sterilization process and the subsequent storage. Lubrication at this stage enhances the instrument's longevity and efficiency, which is vital in a clinical setting where tools must be in optimal condition. If lubrication were done before disinfection, there's a risk that the disinfectant solutions may not effectively access and eliminate all contaminants prior to sterilization. Similarly, applying lubricant after sterilization could compromise the sterility of the instrument, as it may introduce unwanted substances. Thus, timing the lubrication precisely between disinfection and sterilization is the best practice for maintaining instrument quality and safety.*

#### 5. What are the blood cells that aid in forming clots called?

- A. Erythrocytes
- B. Leukocytes
- C. Platelets**
- D. Plasma cells

*The blood cells that aid in forming clots are known as platelets. These are small, disc-shaped cell fragments that play a crucial role in the process of hemostasis, which is the stopping of bleeding. When a blood vessel is injured, platelets adhere to the exposed tissue and aggregate together to form a temporary "plug" at the site of injury. They release various substances that further promote clot formation by attracting more platelets and activating the coagulation cascade, which ultimately leads to the conversion of fibrinogen to fibrin and the stabilization of the clot. This process is essential for preventing excessive blood loss from wounds and maintaining vascular integrity. In contrast, erythrocytes, or red blood cells, are primarily responsible for transporting oxygen throughout the body. Leukocytes, or white blood cells, are involved in the immune response and help fight infections. Plasma cells produce antibodies as part of the body's immune response but do not play a role in clot formation. Understanding the specific functions of these blood components highlights the unique role that platelets play in clotting and wound healing.*

**6. Which substance is used for skin lightening due to its ability to inhibit tyrosine production?**

- A. Isotretinoin
- B. L-Ascorbic Acid
- C. Hydroquinone**
- D. Minocycline

*Hydroquinone is a substance commonly used in skin lightening treatments because of its ability to inhibit the enzyme tyrosinase, which plays a crucial role in the production of melanin, the pigment responsible for skin color. By reducing the activity of tyrosinase, hydroquinone effectively decreases melanin synthesis, leading to a lightening effect on the skin. This mechanism makes hydroquinone particularly effective for treating hyperpigmentation issues, such as age spots, melasma, and other skin discoloration concerns. Other substances mentioned, such as isotretinoin and minocycline, do not primarily function as skin lightening agents. Isotretinoin is more known for its use in acne treatment, while minocycline is an antibiotic that may have effects on skin conditions but is not designed for lightening. L-Ascorbic Acid, or Vitamin C, can also help brighten skin and reduce pigmentation but does not specifically inhibit tyrosinase in the same targeted manner that hydroquinone does. Thus, hydroquinone stands out as the correct answer for its specific role in inhibiting melanin production effectively.*

**7. Where is reflexology typically performed?**

- A. Face and neck
- B. Hands and feet**
- C. Arms and legs
- D. Back and shoulders

*Reflexology is primarily performed on the hands and feet, as these areas contain a variety of reflex points that correspond to different organs and systems in the body. The concept behind reflexology is that stimulating these points can promote relaxation, alleviate stress, and enhance the body's ability to heal itself. Each zone or reflex point on the hands and feet is believed to correspond with specific areas of the body, allowing practitioners to target issues effectively by applying pressure and massaging these areas. The other areas mentioned, such as the face and neck, arms and legs, and back and shoulders, do not align with the foundational principles of reflexology. While these regions may also be beneficial areas for various forms of massage or therapy, they are not the primary focus of reflexology practices, which are specifically aimed at the hands and feet.*

**8. What is the skin condition called that causes U-shaped redness in the neck?**

- A. Erythema
- B. Acne
- C. Psoas syndrome
- D. Poikiloderma of Civatte**

The skin condition referred to that causes a U-shaped redness in the neck is known as Poikiloderma of Civatte. This condition is characterized by a combination of redness (erythema), pigmentation changes, and atrophy of the skin. The typical presentation is a U-shaped band of discoloration on the neck, often resulting from sun exposure over time, leading to damage in the affected areas. In the context of skin conditions, Poikiloderma of Civatte is significant because it highlights how environmental factors like UV exposure can affect skin health, leading to specific patterns of discoloration. This understanding is essential for identifying the condition and for guiding appropriate treatment or preventive measures, such as the use of sunscreen or protective clothing. Other conditions mentioned do not specifically align with the U-shaped redness pattern in the neck, demonstrating that Poikiloderma of Civatte is the most accurate descriptor for this particular presentation.

**9. What is another common name for microcurrent?**

- A. Electrical stimulation
- B. Wave therapy**
- C. Radiofrequency therapy
- D. Laser therapy

Microcurrent is often referred to as "electrical stimulation," which is a term encompassing various therapies that use low-level electrical currents to promote healing and improve tissue function. Microcurrent specifically refers to a type of electrical stimulation that operates at a very low frequency, typically below 1 milliamperere. It is used in various applications, particularly in aesthetics and rehabilitation, to stimulate cellular processes and enhance muscle recovery. While "wave therapy," "radiofrequency therapy," and "laser therapy" refer to different modalities utilizing various types of energy or waves for treatment purposes, they do not accurately describe the microcurrent technique. Each of these therapies functions on distinct principles and utilizes different mechanisms of action. Therefore, understanding microcurrent's identity as a form of electrical stimulation clarifies its place within the broader context of therapeutic techniques.

**10. Which skin condition is characterized by increased pigmentation?**

- A. Chloasma**
- B. Psoriasis
- C. Eczema
- D. Rosacea

The skin condition characterized by increased pigmentation is known as chloasma. This condition, often referred to as the "mask of pregnancy," is commonly seen in women during pregnancy due to hormonal changes. It presents as brown or gray-brown patches on the skin, particularly on the face, and can also occur in other areas of the body that are exposed to sunlight. Chloasma develops because of an increase in melanin production, which leads to the noticeable darkening of the skin. Other conditions, such as psoriasis, eczema, and rosacea, do not primarily present with increased pigmentation. Psoriasis is primarily associated with red patches covered in silvery scales, eczema manifests as patches of inflamed skin that can be itchy and may ooze, and rosacea is characterized by persistent redness and visible blood vessels, often affecting the face. These distinctions highlight chloasma's unique focus on pigmentation increases, making it the correct answer to the question regarding increased pigmentation in a skin condition.

## 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:

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

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