

NIGHTINGALE PSYCHOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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	15

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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 field focuses on workplace behavior, satisfaction, and motivation?**
 - A. Clinical psychology
 - B. Developmental psychology
 - C. Industrial-organizational psychology
 - D. Educational psychology
- 2. Which therapy approach is described as non-directive and rooted in humanistic psychology?**
 - A. Cognitive-behavioral therapy
 - B. Biomedical therapy
 - C. Client-centered therapy
 - D. Psychodynamic therapy
- 3. What is the final stage in Kubler-Ross's model of grief?**
 - A. Denial
 - B. Acceptance
 - C. Depression
 - D. Anger
- 4. What is an effect size and why is it important alongside p-values?**
 - A. An effect size measures the magnitude of a difference or relationship, informing practical significance beyond statistical significance.
 - B. It is the same as the p-value.
 - C. It estimates the probability that the null is true.
 - D. It indicates the likelihood of Type I error.
- 5. What defines substance use disorder in terms of diagnostic criteria?**
 - A. Two or more criteria within a 12-month period define substance use disorder.
 - B. A single instance of heavy use defines substance use disorder.
 - C. Only withdrawal symptoms define substance use disorder.
 - D. Substance use disorder is diagnosed only after seeking treatment.

- 6. Prolonged stress can lead to stomach ulcers, illustrating stress has a negative what kind of impact?**
- A. Psychological
 - B. Environmental
 - C. Physiological
 - D. Social
- 7. Which perspective emphasizes the role of brain development in cognitive function?**
- A. Behaviorism
 - B. Cognitive development
 - C. Neuroconstructivist
 - D. Humanistic
- 8. Age-specific approximations of when a given skill should first appear in normal development are called?**
- A. Norms
 - B. Critical periods
 - C. Milestones
 - D. Schemas
- 9. What is a p-value and what does it indicate in hypothesis testing?**
- A. The probability that the null hypothesis is true given the observed data.
 - B. The probability of obtaining results as extreme as observed if the null hypothesis is true.
 - C. The likelihood that the study design is valid.
 - D. The probability of making a Type I error.
- 10. What would Carl Jung suggest about Max?**
- A. Shadow self
 - B. Anima/Animus
 - C. Individuation
 - D. Persona

Answers

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

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Explanations

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1. Which field focuses on workplace behavior, satisfaction, and motivation?

- A. Clinical psychology
- B. Developmental psychology
- C. Industrial-organizational psychology
- D. Educational psychology

Industrial-organizational psychology focuses on workplace behavior, job satisfaction, and motivation. This field applies psychological methods to understand how people act at work, why they feel satisfied or dissatisfied with their jobs, and what drives them to perform well. It stands apart from other branches: clinical psychology deals with mental health and therapy, developmental psychology studies changes across the lifespan, and educational psychology examines learning and teaching. Because the question centers on behavior, satisfaction, and motivation in a work setting, this field is the best fit for improving performance, morale, and overall organizational effectiveness.

2. Which therapy approach is described as non-directive and rooted in humanistic psychology?

- A. Cognitive-behavioral therapy
- B. Biomedical therapy
- C. Client-centered therapy
- D. Psychodynamic therapy

The main idea is a therapy approach that is non-directive and grounded in humanistic psychology, guiding the client toward self-directed growth. In client-centered therapy, the clinician does not steer the conversation toward specific interpretations or solutions. Instead, the client leads, and the therapist provides a supportive environment through unconditional positive regard, empathic understanding, and genuineness. This stance helps the client explore feelings and experiences openly, moving toward greater alignment between self-concept and reality. The underlying belief is that people have the inner resources to grow, and the therapist's role is to reflect and facilitate rather than direct. This stands in contrast to more structured or interpretive approaches, such as cognitive-behavioral therapy (which is directive and skills-focused), biomedical therapy (which relies on medical interventions), or psychodynamic therapy (which emphasizes interpreting unconscious factors and past conflicts).

3. What is the final stage in Kubler-Ross's model of grief?

- A. Denial
- B. Acceptance
- C. Depression
- D. Anger

Understanding grief as described by Kubler-Ross, the final stage is acceptance. After moving through denial, anger, bargaining, and depression, a person reaches a point where they acknowledge the reality of the loss and begin to adjust their life accordingly. Acceptance involves integrating the loss into one's life and finding a way to move forward, rather than denying or resisting it. It's also worth noting that not everyone experiences every stage or in a linear order, but acceptance is regarded as the concluding stage in the model.

4. What is an effect size and why is it important alongside p-values?

- A. An effect size measures the magnitude of a difference or relationship, informing practical significance beyond statistical significance.
- B. It is the same as the p-value.
- C. It estimates the probability that the null is true.
- D. It indicates the likelihood of Type I error.

Effect size is about the magnitude of the difference or the strength of a relationship, which tells you how big the observed effect is in practical terms. This matters alongside p-values because statistical significance alone doesn't tell you how important the finding is in real-world terms. A result can be statistically significant with a very small but detectable effect if the sample is large, or it can be non-significant with a substantial effect if the sample is small. Reporting the effect size helps you judge practical significance, compare results across studies, plan future research with power analyses, and synthesize evidence in meta-analyses. Common measures include Cohen's d for differences between groups, correlation coefficients like r for relationships, and odds ratios for binary outcomes. The p-value, by contrast, indicates how unlikely the observed data would be if there were no true effect, not how big that effect is. It does not convey magnitude. It also isn't a measure of the probability that the null hypothesis is true, which is a different interpretation often confused with p-values. And it doesn't reflect the rate of Type I error—that's set by the alpha level and relates to the frequency of false positives over many tests, not to how large an effect is.

5. What defines substance use disorder in terms of diagnostic criteria?

- A. Two or more criteria within a 12-month period define substance use disorder.
- B. A single instance of heavy use defines substance use disorder.
- C. Only withdrawal symptoms define substance use disorder.
- D. Substance use disorder is diagnosed only after seeking treatment.

Substance use disorder is diagnosed when there is a pattern of problematic substance use that causes clinically significant impairment or distress, and this pattern is identified by meeting at least two of the diagnostic criteria within a 12-month period. There are 11 criteria in total, including needing more of the substance to achieve the same effect (tolerance), experiencing withdrawal, using more or for longer than intended, unsuccessful attempts to cut down, spending a lot of time obtaining, using, or recovering, strong cravings, failure to fulfill major role obligations, continued use despite social or interpersonal problems, giving up important activities, using in hazardous situations, and recurrent legal problems. The number of criteria met determines severity: two to three is mild, four to five moderate, and six or more severe. This threshold captures a pattern over time rather than a single episode, and it emphasizes the impairment or distress side of the disorder, not just isolated use.

6. Prolonged stress can lead to stomach ulcers, illustrating stress has a negative what kind of impact?

- A. Psychological
- B. Environmental
- C. Physiological
- D. Social

Prolonged stress causing stomach ulcers shows a physiological impact—the body's physical functioning is altered in response to stress. When stress remains, the body activates systems like the autonomic nervous system and the HPA axis, raising stomach acid and potentially weakening the gastric mucosa, which can lead to ulcers. This is a direct bodily change, not just a mental experience. While stress can also affect mood (psychological), surroundings (environmental), or social life, the ulcer illustrates a tangible physiological effect on the body.

7. Which perspective emphasizes the role of brain development in cognitive function?

- A. Behaviorism
- B. Cognitive development
- C. Neuroconstructivist**
- D. Humanistic

Brain development underpins cognitive function, and neuroconstructivism argues that cognitive abilities emerge from the dynamic interplay between how the brain grows and experiences in the environment. It emphasizes that neural growth, synaptic pruning, and network organization shape what kinds of thinking and learning are possible, while experiences in turn sculpt neural pathways. This perspective accounts for changes in cognition as the brain matures and as environmental demands and learning experiences modify neural circuitry, so skills like memory, language, and problem-solving arise from the brain's developing architecture interacting with experience. In contrast, behaviorism focuses on observable behavior and reinforcement, without tying learning to brain development; a purely cognitive-developmental view describes how thinking changes with age but doesn't center neural mechanisms; and a humanistic approach emphasizes personal growth and meaning rather than brain processes.

8. Age-specific approximations of when a given skill should first appear in normal development are called?

- A. Norms
- B. Critical periods
- C. Milestones**
- D. Schemas

Milestones are age-specific benchmarks for when a skill should first appear in typical development. They provide a practical guide for tracking progress and alerting us to potential delays, translating broad growth expectations into concrete abilities at certain ages. For example, babies commonly begin to sit without support around six months, say a few words near the first birthday, and walk by about 12 to 15 months. These are observable skills tied to age, not just statistical averages. Norms describe how a large group performs at each age and are used to place an individual in a distribution; critical periods refer to times when certain experiences are crucial for development, and schemas are Piaget's mental structures for organizing knowledge. The term that best captures the age-specific appearance of abilities is milestones.

9. What is a p-value and what does it indicate in hypothesis testing?

- A. The probability that the null hypothesis is true given the observed data.
- B. The probability of obtaining results as extreme as observed if the null hypothesis is true.**
- C. The likelihood that the study design is valid.
- D. The probability of making a Type I error.

In hypothesis testing, the p-value captures how compatible your observed data are with the assumption that the null hypothesis is true. It is the probability of obtaining results as extreme as or more extreme than what you observed, given that the null hypothesis is true. A small p-value means such data would be unlikely under the null, which provides evidence against the null and may lead you to reject it at your chosen significance level. It's important to note that the p-value is not the probability that the null hypothesis is true, nor a measure of study validity, and it is not the probability of making a Type I error itself (that error rate is set before the study). This description—probability of observing results as extreme as the observed if the null is true—best describes the p-value.

10. What would Carl Jung suggest about Max?

- A. Shadow self
- B. Anima/Animus
- C. Individuation
- D. Persona**

The idea here is the social mask we wear in everyday life. Carl Jung called this the persona—a face we present to others to fit into social roles, meet expectations, and interact smoothly. If we're thinking about Max, Jung would likely point to the persona as the outward presentation Max shows to the world—the role he plays, the impression he wishes to convey, and how much of his true self is behind that mask. This mask helps him navigate norms and be accepted, but it can also hide deeper feelings or traits if he clings to it too tightly. To connect this to related concepts without losing focus on the mask: the shadow is the part of him he disowns or hides from others, the inner counterpart like anima or animus refers to internal gendered aspects that influence his inner life, and individuation is the lifelong process of integrating these parts with the conscious self to become a more whole person. The persona specifically explains the outward face Max presents, which is why it's the best fit here.

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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.

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

<https://nightingalephysch.examzify.com>

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

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