

PSYCHOLOGY OF DEATH AND DYING PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
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. Some ancient Greek views of an afterlife included _____.**
 - A. Immortality of the soul
 - B. Reincarnation
 - C. Annihilation of consciousness
 - D. Eternal punishment
- 2. Older adults can find resolution for old conflicts and meaning in life by which activity?**
 - A. Dismissing past conflicts as irrelevant
 - B. Focusing on present tasks only
 - C. Encouraging reminiscence of times past
 - D. Avoiding discussions about the past
- 3. Which event fits description about identity tied to work?**
 - A. An Unwanted Layoff or Retirement
 - B. Marriage
 - C. Having a Child
 - D. Relocation
- 4. The Jeff story emphasizes the importance of understanding the cause of death to address:**
 - A. Guilt and misperceptions about responsibility in the bereaved
 - B. Immediate relocation to a new home
 - C. Ignoring the death
 - D. Avoiding talking to healthcare professionals
- 5. Which statement best describes the concept of symbolic immortality in Lifton's framework?**
 - A. Eternal bodily life
 - B. Only divine beings achieve it
 - C. Leaving a lasting legacy through achievements, memories, or influence
 - D. Irrelevant to psychology

- 6. Older adults in our society who are contemplating suicide are which of the following?**
- A. None of these
 - B. Commonly seeking attention
 - C. At high risk of immediate action
 - D. Always experiencing despair
- 7. Hinduism has often associated death with the concept of:**
- A. Nirvana
 - B. Moksha
 - C. Heaven
 - D. Rebirth
- 8. For young adults who are coping with life-threatening illness and dying, sexuality is _____.**
- A. Expressed in many thoughts, feelings, and behaviors
 - B. Suppressed entirely
 - C. Ignored by caregivers
 - D. Limited to romantic experiences
- 9. Anticipatory grief versus bereavement: Which statement is accurate?**
- A. Bereavement occurs before the loss; anticipatory grief occurs after.
 - B. Anticipatory grief occurs after a death.
 - C. Anticipatory grief occurs before loss as the person prepares emotionally; bereavement occurs after the loss; example: family coping while a parent is terminally ill.
 - D. Both terms describe clinical depression.
- 10. Cultural differences shape mourning rituals and bereavement expectations. What aspects vary and influence support?**
- A. Only the method of disposal.
 - B. Rituals, expressions of grief, duration of mourning, and family roles.
 - C. Only the age at death.
 - D. Only the language used in funeral rites.

Answers

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

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Explanations

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1. Some ancient Greek views of an afterlife included _____.

- A. Immortality of the soul
- B. Reincarnation
- C. Annihilation of consciousness
- D. Eternal punishment

Ancient Greek ideas about the afterlife often hold that the soul lives on after the body dies. The immortality of the soul appears in several strands, notably the Orphic tradition, which teaches that the soul is divine and can escape the body to endure beyond death, and in Plato, who argues that the soul is eternal and can persist after death in the realm of forms. In many myths and philosophical discussions, the emphasis is on the soul's enduring nature rather than on final oblivion. Reincarnation appears in some mystery cults, but it is not the dominant view in classical Greek thought. Annihilation of consciousness would contradict these accounts of continued existence, and while there are notions of punishment in the underworld, eternal punishment is not the central or universal theme. So the belief in the soul's immortality best captures ancient Greek perspectives.

2. Older adults can find resolution for old conflicts and meaning in life by which activity?

- A. Dismissing past conflicts as irrelevant
- B. Focusing on present tasks only
- C. Encouraging reminiscence of times past
- D. Avoiding discussions about the past

In late adulthood, resolving old conflicts and finding meaning through a coherent life story is fostered by reminiscence and life review. When older adults reflect on their experiences, they have the opportunity to acknowledge regrets, celebrate strengths, and integrate events into a unified sense of self. This process helps them reconcile unresolved issues and derive wisdom, reinforcing a sense of integrity rather than despair. Encouraging reminiscence allows them to reinterpret past experiences, affirm relationships, and acknowledge personal growth, which supports a meaningful outlook on life and approaching death. Dismissing past conflicts, focusing only on present tasks, or avoiding discussions about the past would block this integrative process, making reminiscence the best route to resolution and meaning.

3. Which event fits description about identity tied to work?

- A. An Unwanted Layoff or Retirement
- B. Marriage
- C. Having a Child
- D. Relocation

Identity tied to work means viewing yourself primarily through your job—the role, status, routine, and social networks that come with work can become a core part of who you are. When that work role is suddenly taken away or ends, as with an unwanted layoff or retirement, the central reference points for self-definition are disrupted. People may question their purpose, reevaluate their daily routine, and experience a shift in self-esteem because a key source of meaning and belonging was tied to the work identity. Marriage, having a child, and relocation can change a person's life and social roles, but they center around family and personal life rather than the work role itself. They might alter identity in other ways, yet they don't inherently challenge the work-based self-definition in the same direct way. That's why the event most closely aligned with identity anchored in work is an unwanted layoff or retirement.

4. The Jeff story emphasizes the importance of understanding the cause of death to address:

- A. Guilt and misperceptions about responsibility in the bereaved**
- B. Immediate relocation to a new home
- C. Ignoring the death
- D. Avoiding talking to healthcare professionals

Understanding what caused a death helps the bereaved make sense of what happened, which reduces unfounded guilt and misattributions of responsibility. When the reasons behind a death are unclear or obscured, people often blame themselves or others, imagining they could have prevented it. The Jeff story shows that obtaining clear information about the cause provides a realistic framework for what was within someone's control and what wasn't, easing self-blame and shifting focus toward appropriate coping. This clarity supports healthier processing of grief and can lead to more constructive conversations with doctors and loved ones. Choices like relocating, ignoring the death, or avoiding healthcare professionals don't address the underlying need for truthful understanding and tend to hinder, rather than help, the healing process.

5. Which statement best describes the concept of symbolic immortality in Lifton's framework?

- A. Eternal bodily life
- B. Only divine beings achieve it
- C. Leaving a lasting legacy through achievements, memories, or influence**
- D. Irrelevant to psychology

Symbolic immortality in Lifton's framework is the idea that people seek continuity after death by creating legacies that outlast their physical lives. This happens when individuals leave behind achievements, memories held by others, or lasting influence on people, communities, or culture. By shaping something enduring—such as a discovery, a family tradition, a body of work, or a charitable institution—a person can feel that part of them continues to exist in the world. This approach helps people cope with mortality by providing meaning and a sense of connection beyond their own life's end. It's a psychological strategy, not literal bodily immortality, and it isn't limited to divine beings—anyone can achieve symbolic immortality through what they leave behind.

6. Older adults in our society who are contemplating suicide are which of the following?

- A. None of these**
- B. Commonly seeking attention
- C. At high risk of immediate action
- D. Always experiencing despair

The important idea here is that suicidal ideation in older adults cannot be captured by simple labels or stereotypes. There isn't a single pattern that fits all older adults who are contemplating suicide. Saying they are commonly seeking attention misreads the situation. Many individuals express distress and suicidal thoughts as a genuine signal of suffering, not as a manipulative attempt to get noticed. Similarly, claiming they are at high risk of immediate action suggests a uniform immediacy that isn't true for every person; risk varies with factors like mood, plan, means, and support, and must be assessed case by case rather than assumed from age. And describing them as always experiencing despair overlooks the range of emotional states someone might have—survivors can feel ambivalence, numbness, relief, or burden, not just despair. Because none of these statements consistently applies to all older adults who are thinking about suicide, the best answer is that none of the descriptions universally fit. The proper approach is to assess each individual thoroughly, looking at intent, plans, means, and protective factors, and to provide appropriate safety and support.

7. Hinduism has often associated death with the concept of:

- A. Nirvana
- B. Moksha
- C. Heaven
- D. Rebirth**

The main idea here is the cycle of birth, death, and rebirth that many Hindu traditions describe as samsara. In this view, the true self (the atman) is eternal and survives physical death. What changes from life to life is the body it inhabits, guided by karma—the moral law that links actions to future experiences. When one life ends, the atman moves into a new ordered embodiment, so death becomes a transition rather than a final end. Over many lifetimes, the soul learns, grows, and gradually purifies itself with the aim of eventually achieving moksha, liberation from the cycle. Nirvana is a term more closely associated with Buddhism and the idea of ending ignorance and desire leading to liberation; in Hindu contexts, the closest parallel to the ultimate release is moksha rather than nirvana. Heaven as a final state is not the standard focus in Hindu thought; there are celestial realms, but the ongoing pattern of rebirth remains central to how death is understood.

8. For young adults who are coping with life-threatening illness and dying, sexuality is _____.

- A. Expressed in many thoughts, feelings, and behaviors**
- B. Suppressed entirely
- C. Ignored by caregivers
- D. Limited to romantic experiences

Sexuality remains a dynamic part of who young adults are, even when they're coping with life threatening illness. It shows up in a broad range of thoughts, feelings, and behaviors, not just in sexual activity. People may have ongoing desires, fantasies, and intimate needs; they may seek closeness with partners, friends, or loved ones; and they may experience changes in body image, fertility concerns, or sexual function due to illness or treatment. These factors can shift over time, but sexuality persists as part of personal identity and coping, often shaping how individuals connect, communicate, and find meaning. This is why the statement that best fits is that sexuality is expressed in many thoughts, feelings, and behaviors. It's not suppressed entirely, it isn't universally ignored by caregivers, and it isn't limited only to romantic experiences—the realm of sexuality includes identity, attraction, intimacy, and various forms of expression beyond romance.

9. Anticipatory grief versus bereavement: Which statement is accurate?

- A. Bereavement occurs before the loss; anticipatory grief occurs after.
- B. Anticipatory grief occurs after a death.
- C. Anticipatory grief occurs before loss as the person prepares emotionally; bereavement occurs after the loss; example: family coping while a parent is terminally ill.**
- D. Both terms describe clinical depression.

Understanding the timing of grief processes helps differentiate these terms. Anticipatory grief is the emotional response that arises before a loss, as people begin to cope with the impending death and adjust life plans and feelings. Bereavement, on the other hand, happens after the death has occurred and involves mourning and adapting to life without the loved one. The accurate statement captures this sequence: anticipatory grief occurs before the loss and bereavement occurs after the loss, and the example of a family coping while a parent is terminally ill illustrates anticipatory grief in action. The other options misplace timing or equate the terms with depression—bereavement is not before the loss, anticipatory grief is not after death, and these terms describe grief processes rather than clinical depression.

10. Cultural differences shape mourning rituals and bereavement expectations. What aspects vary and influence support?

A. Only the method of disposal.

B. Rituals, expressions of grief, duration of mourning, and family roles.

C. Only the age at death.

D. Only the language used in funeral rites.

Culture shapes mourning by influencing not only what happens but how people experience and respond to loss. The aspects that vary and shape support include the rituals and ceremonies surrounding death, how grief is expressed (whether openly lamented or kept private), how long mourning lasts and what is expected during that period, and the roles of family members and others in caregiving and decision making. Because these elements differ across communities, the kind of support that feels respectful and helpful also changes—who is invited to participate, whether religious or community leaders should be involved, when and how condolences are offered, and what practical help is appropriate. This broad view explains why focusing on just one factor, like the method of disposal, age at death, or language, misses how culture guides bereavement support.

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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://psychdeathdying.examzify.com>

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

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