

Psychology of Personality 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. Teleology, in Adler's theory, is best described as goal-oriented behavior.**
 - A. False**
 - B. True**
 - C. Not defined**
 - D. Sometimes**

- 2. In Freud's topographic model, which region contains material not accessible to awareness but can influence behavior?**
 - A. Conscious**
 - B. Preconscious**
 - C. Subconscious**
 - D. Unconscious**

- 3. Which statement reflects the position that no single neurotic pattern has universal adaptive value?**
 - A. Some negative traits are always beneficial.**
 - B. Some neurotic traits are adaptive in specific niches.**
 - C. None of the trends are adaptive.**
 - D. Neurotic tendencies always increase fitness.**

- 4. Which theorist is most closely associated with the idea that parents should allow independence while maintaining parental attention?**
 - A. Jung**
 - B. Adler**
 - C. Horney**
 - D. Erikson**

- 5. People whose psychic energy tends to flow outward toward external reality are which types?**
 - A. Extraverted**
 - B. Introverted**
 - C. Ambiverted**
 - D. Perceiving**

- 6. In personality research, which statement is true about neurotic trends and adaptability?**
- A. None of the trends are adaptive.**
 - B. All neurotic trends are adaptive in some environments.**
 - C. Neurotic traits never influence fitness.**
 - D. Some neurotic tendencies dominate social functioning.**
- 7. Which conclusion would be supported by the claim that no neurotic trend is universally adaptive?**
- A. Some neurotic tendencies are beneficial in specific contexts.**
 - B. Some neurotic tendencies are adaptive in certain environments.**
 - C. None of the trends are adaptive.**
 - D. Neurotic patterns always improve stress handling.**
- 8. Too much ego strength is most likely to produce which outcome?**
- A. Spontaneity**
 - B. Risk taking**
 - C. Emotional rigidity**
 - D. Delaying gratification for too long**
- 9. Organ inferiority is a concept associated with which theorist?**
- A. Jung**
 - B. Horney**
 - C. Adler**
 - D. Freud**
- 10. Which term denotes energy invested to restrain the Id's impulses?**
- A. Cathexis**
 - B. Libido**
 - C. Anticathexes**
 - D. Eros energy**

Answers

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

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Explanations

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1. Teleology, in Adler's theory, is best described as goal-oriented behavior.

A. False

B. True

C. Not defined

D. Sometimes

Teleology in Adlerian theory is the idea that behavior is directed toward a purpose or goal; actions are guided by imagined future aims, not just by past events or immediate impulses. Adler framed people as striving for superiority and social connectedness, with a “fictional finalism” that provides a future target shaping present behavior. This forward-looking, goal-directed orientation explains why a person might work hard, compensate for inferiority, or act in ways that seem aimed at a particular outcome even if they’re not consciously aware of the exact goal. So describing teleology as goal-oriented behavior is accurate. It isn’t about pure past causation or random response, and it isn’t undefined or episodic in nature—the teleological view sees ongoing purposeful striving as a central aspect of how people act.

2. In Freud's topographic model, which region contains material not accessible to awareness but can influence behavior?

A. Conscious

B. Preconscious

C. Subconscious

D. Unconscious

In Freud's topographic model, the mind is divided into three levels: conscious, preconscious, and unconscious. The material that is not accessible to awareness but can still influence behavior lives in the unconscious. It consists of repressed wishes, impulses, memories, and conflicts that we’re not aware of, yet they shape feelings, thoughts, and actions through mechanisms like defense processes, dreams, and neurotic symptoms. The preconscious, by contrast, holds information that isn’t currently in awareness but can be brought into awareness with attention or prompts, so it isn’t permanently inaccessible. The conscious level is what we are aware of right now. The term subconscious is not a precise Freud-era term for this model, so it doesn’t map as directly to the described region. Thus, the region described is the unconscious.

3. Which statement reflects the position that no single neurotic pattern has universal adaptive value?

- A. Some negative traits are always beneficial.**
- B. Some neurotic traits are adaptive in specific niches.**
- C. None of the trends are adaptive.**
- D. Neurotic tendencies always increase fitness.**

Adaptiveness of personality traits varies with context; no single neurotic pattern is universally adaptive. In evolution, a trait can help in one environment but be costly in another, so there isn't one pattern that is beneficial across all people and settings. The statement that none of the trends are adaptive captures this idea, emphasizing that usefulness depends on the specific niche or situation. Some neurotic traits may be advantageous in certain contexts, but that doesn't translate into universal benefit. The other options imply universal advantages or fitness gains, which don't fit the context-dependent view.

4. Which theorist is most closely associated with the idea that parents should allow independence while maintaining parental attention?

- A. Jung**
- B. Adler**
- C. Horney**
- D. Erikson**

The idea being tested is a parenting style that balances granting a child independence with ongoing warmth and guidance. Alfred Adler is most closely linked to this approach. Adler argued that children thrive when they are encouraged to take initiative and become independent, but within a supportive, attentive family environment. He warned against both overindulgence and harsh control, suggesting that parents should guide and nurture their child, fostering a sense of belonging and social interest. This combination—allowing the child to explore and grow autonomy while maintaining consistent care and encouragement—is why Adler fits best. Jung focuses on individuation and the development of the self through archetypes and the collective unconscious, not a specific parenting method. Horney centers on coping with basic anxiety and interpersonal dynamics, rather than a structured parenting approach. Erikson does emphasize autonomy in early development, but Adler's emphasis on balancing independence with continuous encouragement and social connectedness aligns most directly with the idea described.

5. People whose psychic energy tends to flow outward toward external reality are which types?

- A. Extraverted**
- B. Introverted**
- C. Ambiverted**
- D. Perceiving**

Directing psychic energy toward the outside world is characteristic of extraversion. In Jungian psychology, extraverts gain energy from engaging with people, activities, and external events, so their attention tends to be outward and outwardly directed. Introverts, by contrast, recharge through inner reflection and solitary activities, meaning their energy is directed inward. Ambiverted is a more modern, informal term for someone who isn't strongly one way or the other, but classic theory emphasizes a clear outward focus for extraversion. Perceiving isn't about energy direction at all; it describes a way of processing information, not where energy flows. So the correct label is extraverted.

6. In personality research, which statement is true about neurotic trends and adaptability?

- A. None of the trends are adaptive.**
- B. All neurotic trends are adaptive in some environments.**
- C. Neurotic traits never influence fitness.**
- D. Some neurotic tendencies dominate social functioning.**

Neuroticism centers on emotional instability and a tendency toward negative affect, and researchers ask whether such traits help or hinder adaptation. In many studies, higher neuroticism is linked to greater stress, poorer coping, health problems, and weaker social functioning, which tends to reduce an individual's fitness across a range of environments. While in some specific contexts a heightened vigilance associated with anxiety might be advantageous, there isn't consistent evidence that these traits improve overall fitness across diverse settings. So, the broad claim that none of the neurotic trends are adaptive fits the typical pattern found in personality research. The other statements overstate or misstate the evidence: asserting all neurotic trends are adaptive in some environment ignores the general cost; saying neurotic traits never influence fitness ignores clear links to health and performance; and suggesting some neurotic tendencies dominate social functioning ignores the variability and context-dependence of social behavior.

7. Which conclusion would be supported by the claim that no neurotic trend is universally adaptive?

- A. Some neurotic tendencies are beneficial in specific contexts.
- B. Some neurotic tendencies are adaptive in certain environments.
- C. None of the trends are adaptive.**
- D. Neurotic patterns always improve stress handling.

Think about adaptiveness as something that can depend on the situation. If no neurotic trend is universally adaptive, that means there isn't a single neurotic trait that is beneficial in every possible context. That opens the door to traits that can be helpful in particular circumstances or environments, even though they might not be helpful in others. So the idea supported here is that some neurotic tendencies can be advantageous in specific contexts. It doesn't mean none are adaptive at all (they can be, just not universally), and it certainly doesn't imply that neurotic patterns always improve every aspect of coping with stress.

8. Too much ego strength is most likely to produce which outcome?

- A. Spontaneity
- B. Risk taking
- C. Emotional rigidity
- D. Delaying gratification for too long**

Too much ego strength means the ego is enforcing control over impulses far beyond what's adaptive. When control becomes excessive, a person tends to suppress desires and postpone rewards to an extreme, so delaying gratification for too long becomes the clearest outward pattern. This reflects an over-rigid, highly controlled approach to behavior, where impulse is continually restrained rather than balanced with flexibility. While you can see related ideas like emotional rigidity in such a profile, the most direct outcome of this level of self-control is the persistent postponement of gratification.

9. Organ inferiority is a concept associated with which theorist?

- A. Jung
- B. Horney
- C. Adler**
- D. Freud

Organ inferiority, a term from Alfred Adler's individual psychology, refers to the sense of weakness or deficiency in a bodily organ that motivates compensatory efforts to overcome it. Adler argued that these early feelings of inferiority drive a person's entire style of life—its goals, interests, and social orientation—leading to a striving for superiority and a move to be useful to others. This idea shows how felt physical weakness can shape personality through motivated striving and the development of coping strategies, rather than through innate drives or universal archetypes. This view differs from Jung's emphasis on the collective unconscious and archetypes, Horney's focus on basic anxiety and neurotic needs, and Freud's emphasis on psychosexual stages and instinctual drives. So organ inferiority is best aligned with Adler.

10. Which term denotes energy invested to restrain the Id's impulses?

A. Cathexis

B. Libido

C. Anticathexes

D. Eros energy

Freud's model describes how psychic energy is managed between the driving forces and the reality we live in. Cathexis is the energy invested in a desired object or goal, fueling the Id's impulses toward gratification. Anticathexes is the energy the Ego uses to restrain those impulses, holding back the Id and redirecting energy into safer or more acceptable channels. This isn't just a momentary restraint; it's the ongoing energy management that keeps impulses from erupting and guides expression in realistic, socially appropriate ways. Libido denotes the overall life energy behind drives, and Eros energy is another way of referring to life/sexual energy. Neither of those terms specifies the act of restraint, which is why anticathexes is the best fit.

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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://psychofpersonality.examzify.com>

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

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