

PSYCHOLOGY OF PERSONALITY 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. Horney's view of neurotics is that they are trapped in what kind of pattern?**
 - A. Aggressive dominance
 - B. Self-defeating pattern of interpersonal interaction
 - C. Healthy interpersonal engagement
 - D. Independent pursuit of goals
- 2. Adler's major criterion for psychological health is**
 - A. independence
 - B. social interest
 - C. ambition
 - D. equanimity
- 3. Which component operates on the reality principle?**
 - A. Ego
 - B. Id
 - C. Superego
 - D. Conscience
- 4. 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
- 5. There are images in your unconscious that you did not repress. You were born with these unconscious images. Which theorist is most likely to have said this?**
 - A. Freud
 - B. Adler
 - C. Horney
 - D. Jung

- 6. Which statement about Freud's structural model is correct?**
- A. The id mediates between the ego and the superego to maintain reality.
 - B. The id is the source of instinctual drives.
 - C. The ego mediates between the id and the superego to maintain reality.
 - D. The conscious mind houses unconscious wishes.
- 7. Too little ego strength in Freud's model leads to which pattern of behavior?**
- A. Calm and Controlled
 - B. Anxious and Indecisive
 - C. Impulsive
 - D. Withdrawn
- 8. Which term did Jung use to denote a shared layer of the psyche containing archetypes?**
- A. Personal unconscious
 - B. Collective unconscious
 - C. Ego
 - D. Shadow
- 9. When evaluating neurotic patterns and performance, which statement best aligns with the view that none are adaptive?**
- A. Some neurotic traits reliably predict leadership under pressure.
 - B. None of the trends are adaptive.
 - C. Neurotic tendencies always facilitate creativity.
 - D. Neurotic patterns inconsistently influence outcomes.
- 10. Which component is the source of instinctual drives and operates on the pleasure principle?**
- A. Ego
 - B. Superego
 - C. Id
 - D. Conscience

Answers

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

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Explanations

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1. Horney's view of neurotics is that they are trapped in what kind of pattern?

- A. Aggressive dominance
- B. Self-defeating pattern of interpersonal interaction**
- C. Healthy interpersonal engagement
- D. Independent pursuit of goals

Horney argues that neurotics are trapped in a self-defeating pattern of interpersonal interaction. She posits that basic anxiety from early relationships and social conditions pushes people to adopt rigid ways of relating to others, and these patterns undermine their own needs and well-being. These self-defeating styles show up as distinctive ways of seeking security: moving toward others to obtain love and approval, moving away to avoid rejection, or moving against others to gain control or power. While these strategies may seem to solve a momentary worry, they actually solidify neurotic patterns and perpetuate the very anxiety they were meant to reduce.

2. Adler's major criterion for psychological health is

- A. independence
- B. social interest**
- C. ambition
- D. equanimity

Health in Adler's theory is judged by social interest—a genuine concern for others and a sense of belonging within the community. This *Gemein-schaftsgefühl* means using one's abilities to contribute to the welfare of others and to participate cooperatively in social life. When a person shows this sense of connection and service, they tend to function adaptively and experience healthier psychological adjustment. Independence, while useful, isn't the measure of health in Adler's view, and ambition focuses on personal striving rather than communal welfare. Equanimity matters, but without social interest, it doesn't capture Adler's idea of mental health. So, social interest best captures Adler's criterion for psychological health.

3. Which component operates on the reality principle?

- A. Ego**
- B. Id
- C. Superego
- D. Conscience

The reality principle governs how the mind tests options against real-world constraints and future consequences. The ego uses this principle to mediate between the impulsive urges of the id and the moral pressures of the superego, finding practical ways to satisfy needs that are feasible and socially acceptable. It engages in planning, problem-solving, and delaying gratification until actions can be carried out without causing harm or disruption. In contrast, the id operates on the pleasure principle, seeking immediate gratification, while the superego (including the conscience) imposes moral standards and feelings of guilt. So, the component that operates on the reality principle is the ego.

4. 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.

5. There are images in your unconscious that you did not repress. You were born with these unconscious images. Which theorist is most likely to have said this?

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

The idea being tested is Jung's view of the collective unconscious and archetypes. Jung argued that beneath the personal unconscious there lies a deeper layer shared by all humans, consisting of inherited, universal images—archetypes—that we are born with. These archetypes are cognitive blueprints that shape how we perceive the world, dream, and interpret experiences from the start of life, even before any personal memories or experiences form. That's why the statement speaks of unconscious images you were born with. By contrast, Freud centers on unconscious material arising from repressed personal wishes and conflicts from early development, not inherited images shared by all. Adler and Horney focus more on individual development, social dynamics, and coping styles rather than innate, universal psychic structures. So Jung is the theorist who best fits the idea of born-with unconscious images.

6. Which statement about Freud's structural model is correct?

- A. The id mediates between the ego and the superego to maintain reality.**
- B. The id is the source of instinctual drives.
- C. The ego mediates between the id and the superego to maintain reality.
- D. The conscious mind houses unconscious wishes.

The main idea is that the ego is the mediator within Freud's structure, balancing the demands of the id and the superego while keeping actions tied to reality. The id holds instinctual drives and operates on the pleasure principle, pushing for immediate gratification. The superego represents internalized morals and ideals, enforcing standards and guilt. The ego collaborates with reality, finding realistic and socially acceptable ways to satisfy the id's impulses without violating moral guidelines. That's why the statement about the ego mediating between the id and the superego to maintain reality is the best description. The id doesn't mediate between the other two; it generates impulses. Also, the conscious mind housing unconscious wishes isn't accurate—the unconscious contains many wishes and conflicts, not just hidden desires in the conscious mind.

7. Too little ego strength in Freud's model leads to which pattern of behavior?

- A. Calm and Controlled
- B. Anxious and Indecisive
- C. Impulsive**
- D. Withdrawn

Ego strength is the mind's ability to regulate impulses from the id, delay gratification, and test reality. When that regulatory capacity is weak, impulses rush to expression without enough inhibition or planning, so behavior becomes impulsive—acting on immediate desires rather than considering consequences or long-term goals. The other patterns require more self-control (calm and controlled), persistent worry or hesitation (anxious and indecisive), or avoidance (withdrawn).

8. Which term did Jung use to denote a shared layer of the psyche containing archetypes?

- A. Personal unconscious
- B. Collective unconscious**
- C. Ego
- D. Shadow

Jung's idea here centers on two levels of the psyche: a personal layer formed by individual experiences and a deeper, shared layer that all humans inherit. The shared layer is the collective unconscious, where archetypes—universal, primitive patterns such as the mother image, the hero, and the trickster—reside. These archetypes shape dreams, myth, and behavior across cultures, even though we may not be aware of their influence. The personal unconscious, by contrast, contains material unique to a person—repressed memories, forgotten experiences, private motivations. The ego is the conscious sense of self, while the shadow comprises aspects of the personality that are often rejected or hidden, typically belonging to the personal unconscious. Because the question asks for the term describing the shared layer that houses archetypes, the collective unconscious is the best fit.

9. When evaluating neurotic patterns and performance, which statement best aligns with the view that none are adaptive?

- A. Some neurotic traits reliably predict leadership under pressure.
- B. None of the trends are adaptive.**
- C. Neurotic tendencies always facilitate creativity.
- D. Neurotic patterns inconsistently influence outcomes.

The main idea here is that neurotic patterns are considered to have no adaptive value in performance contexts. If you adopt the view that none of these traits are adaptive, then the only statement that truly matches that stance is the one that directly says there is no adaptive value anywhere. That choice cleanly asserts that neurotic trends do not provide any advantage, under any conditions, in evaluating performance. The other statements imply some positive or context-dependent benefits. Saying some neurotic traits predict leadership under pressure suggests an adaptive effect in at least some situations. Claiming neurotic tendencies always aid creativity implies a universal beneficial effect. Even the option about inconsistent influence hints at contexts where outcomes might improve, which conflicts with the idea that none are adaptive at all.

10. Which component is the source of instinctual drives and operates on the pleasure principle?

- A. Ego
- B. Superego
- C. Id**
- D. Conscience

In Freud's model of personality, the source of instinctual drives and the pleasure principle is the id. The id is the most primitive part of the mind, mostly unconscious, and it houses basic urges like hunger, thirst, sex, and aggression. It demands immediate gratification of these impulses, operating on the pleasure principle—seeking satisfaction now, with little regard for reality or social rules. As you grow, the ego and the superego develop to manage those impulses. The ego negotiates with the outside world using the reality principle, delaying gratification when needed and considering consequences. The superego embodies learned moral standards and acts as a conscience, guiding behavior away from unacceptable impulses. Conscience is part of the superego, not a separate driving force. So the id is the correct answer because it specifically represents the instinctual drives and the drive for immediate pleasure.

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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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