

SHHS PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What is the term for the formal withdrawal of a citizen's rights or privileges?**
 - A. Suffrage
 - B. Emancipation
 - C. Disfranchisement
 - D. Exile
- 2. Which statement best characterizes population health data?**
 - A. Not used in population health
 - B. Used only for marketing
 - C. Data are never aggregated
 - D. Aggregated data are used to identify trends
- 3. Which term is another commonly used for genetic variation within a population?**
 - A. Mutation
 - B. Adaptation
 - C. Genetic variation
 - D. Genotype
- 4. Which of the following is an example of social and community context?**
 - A. Social support
 - B. Transportation
 - C. Walkability
 - D. Safety
- 5. What is the first step in the scientific method?**
 - A. Ask a question or identify a problem
 - B. Form a hypothesis
 - C. Conduct an experiment
 - D. Analyze data

6. What is a screening tool?

- A. A brief triage instrument used to identify patients at risk for poor outcomes.
- B. A comprehensive diagnostic instrument to confirm disease.
- C. A billing form used for insurance claims.
- D. A therapy protocol to reduce risk factors.

7. What is PREPARE?

- A. A policy for data privacy.
- B. A standardized SDOH screening tool assessing social risks.
- C. A billing code set.
- D. A patient education pamphlet.

8. Which organization is associated with the Rehabilitation 2030 initiative?

- A. Centers for Disease Control and Prevention
- B. World Bank
- C. International Labour Organization
- D. World Health Organization

9. Which branch of government can veto laws?

- A. Executive branch
- B. Legislative branch
- C. Judicial branch
- D. Monarchy

10. From the letters A, B, C, how many distinct 3-letter arrangements without repetition exist?

- A. 3
- B. 6
- C. 9
- D. 12

Answers

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

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Explanations

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1. What is the term for the formal withdrawal of a citizen's rights or privileges?

- A. Suffrage
- B. Emancipation
- C. Disfranchisement**
- D. Exile

Disfranchisement is the formal withdrawal of a citizen's rights or privileges, most often the right to vote. It specifically captures the idea of taking away political participation rather than granting it. By contrast, suffrage is the right to vote itself, emancipation refers to freeing someone from slavery or bondage, and exile means banishing someone from a country. So the term that describes losing one's rights or privileges is disfranchisement, such as when voting rights are removed through legal or political action.

2. Which statement best characterizes population health data?

- A. Not used in population health
- B. Used only for marketing
- C. Data are never aggregated
- D. Aggregated data are used to identify trends**

Population health analysis relies on looking at groups, not just individuals. By aggregating data across people within a population or subgroups, we create summary measures—rates, averages, proportions—that reveal trends over time or differences between places. This is how we spot rising or falling health outcomes, geographic patterns, and disparities, and then use that insight to guide interventions and resources. The idea that data are never aggregated or that aggregated data are only for marketing doesn't fit how population health works, and saying data aren't used in population health is simply incorrect.

3. Which term is another commonly used for genetic variation within a population?

- A. Mutation
- B. Adaptation
- C. Genetic variation**
- D. Genotype

Genetic variation among individuals in a population refers to the differences in their genetic makeup, specifically the variety of alleles that exist within that group. This diversity is the term used to describe the variation present, and it serves as the raw material that evolution acts upon. Mutation would be a source of new variation, not the variation itself. Adaptation is the process by which traits that improve survival become more common over time. Genotype describes the specific genetic constitution of an individual, not the variation across the population. So the term that best fits the prompt is genetic variation.

4. Which of the following is an example of social and community context?

A. Social support

B. Transportation

C. Walkability

D. Safety

Social and community context centers on the social environment—the relationships and networks that provide support and resources. Social support fits this best because it embodies emotional, informational, and practical help from family, friends, or community members, which directly influences health and well-being. Transportation and walkability describe the built environment and infrastructure, not the social ties that people rely on. Safety concerns protection from harm and can be shaped by both social and physical factors, but it doesn't inherently reflect the social networks and supports at the heart of this context.

5. What is the first step in the scientific method?

A. Ask a question or identify a problem

B. Form a hypothesis

C. Conduct an experiment

D. Analyze data

Curiosity starts the process by turning an observation into a focused, testable question. This step defines what you're trying to learn and guides how you'll design experiments, what data you'll collect, and how you'll evaluate results. Without a clear question, the rest of the work—forming a hypothesis, designing tests, gathering data, and analyzing outcomes—has no direction. So the first move is to pose a question or identify a problem based on what you've noticed. The next steps build on that question: you'd propose a hypothesis, design and run experiments to test it, collect data, and analyze what the results mean. But all of those follow from having a specific question to answer in the first place.

6. What is a screening tool?

A. A brief triage instrument used to identify patients at risk for poor outcomes.

B. A comprehensive diagnostic instrument to confirm disease.

C. A billing form used for insurance claims.

D. A therapy protocol to reduce risk factors.

Screening tools are short, rapid assessments used at initial contact to identify people who may be at risk for a health problem or poor outcomes so they can be referred for a more thorough evaluation. They aren't used to diagnose or confirm disease; a follow-up diagnostic assessment is needed for that. In contrast, a comprehensive diagnostic instrument is designed to establish a true presence of illness, a billing form is for reimbursement, and a therapy protocol is an intervention plan. The value of a screening tool lies in its brevity, validated thresholds, and ability to sort individuals into higher- versus lower-risk groups for further testing or preventive action.

7. What is PREPARE?

- A. A policy for data privacy.
- B. A standardized SDOH screening tool assessing social risks.**
- C. A billing code set.
- D. A patient education pamphlet.

PREPARE is a standardized screening tool used to assess social determinants of health—factors outside medical care that can influence a patient's health, such as housing stability, food insecurity, transportation, utilities, safety, and access to community resources. Using a consistent tool like PREPARE helps clinicians efficiently identify these social risks, document them, and trigger appropriate referrals or support services. That's why it's described as a standardized SDOH screening tool. The other options describe things that don't identify or measure social risks: a data privacy policy focuses on protecting information, a billing code set is for reimbursement, and a patient education pamphlet isn't a systemized way to detect social needs.

8. Which organization is associated with the Rehabilitation 2030 initiative?

- A. Centers for Disease Control and Prevention
- B. World Bank
- C. International Labour Organization
- D. World Health Organization**

Rehabilitation 2030 is a global health initiative led by the World Health Organization to strengthen rehabilitation services within health systems and advance universal health coverage. The WHO coordinates guidance, policy framing, and technical support to help countries integrate rehabilitation into primary care, plan for aging populations, and ensure access to therapy and assistive devices. That leadership and focus make the World Health Organization the correct association. The other organizations play important roles in health, development, or labor issues, but they do not lead this specific rehabilitation framework.

9. Which branch of government can veto laws?

- A. Executive branch**
- B. Legislative branch
- C. Judicial branch
- D. Monarchy

Veto power belongs to the executive branch. After the legislative branch passes a bill, the executive can reject it, preventing it from becoming law unless the legislature overrides the veto with the required supermajority. This creates a check on lawmakers, ensuring that laws align with constitutional boundaries or broader policy considerations. The judicial branch's role is to interpret laws and decide disputes or constitutional issues, not to veto legislation. A monarchy isn't a branch of government in this context, and in systems with a monarch, veto power, if it exists, is typically exercised by the elected executive rather than the monarch.

10. From the letters A, B, C, how many distinct 3-letter arrangements without repetition exist?

A. 3

B. 6

C. 9

D. 12

Arrangements where order matters and you can't reuse a letter are a permutation without repetition. With three distinct letters and three positions, you have 3 choices for the first position, 2 for the second, and 1 for the third. Multiply to get $3 \times 2 \times 1 = 6$. Examples include ABC, ACB, BAC, BCA, CAB, CBA. Therefore, there are six distinct 3-letter arrangements.

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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://shhs.examzify.com>

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

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