

SQA NATIONAL 5 PSYCHOLOGY PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

<https://sqanational5psychology.examzify.com>



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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 was emphasized in Asch's study to investigate conformity?**
 - A. Personal opinions of the individuals
 - B. Group dynamics and social pressure
 - C. Authority figures in decision-making
 - D. Individual creativity in judgment tasks
- 2. Which type of motivation is primarily influenced by external factors?**
 - A. Intrinsic motivation
 - B. Extrinsic motivation
 - C. Self-determination
 - D. Achievement motivation
- 3. Which situation is likely to lead to intrinsic motivation?**
 - A. Participating in tasks for monetary rewards
 - B. Choosing an activity based on personal interest
 - C. Meeting expectations set by external authorities
 - D. Aiming for prizes in competitions
- 4. How does critical thinking contribute to psychological research?**
 - A. It allows for biased interpretations
 - B. It minimizes the need for evidence
 - C. It fosters an objective evaluation of arguments
 - D. It emphasizes emotional responses over facts
- 5. Why is the finding of phobias being transferred through genetic inheritance significant?**
 - A. It changes the understanding of animal behavior
 - B. It suggests phobias might have a biological basis
 - C. It negates the role of environmental factors in phobias
 - D. It supports only human experiences of phobias
- 6. Who answered last in the tasks within Asch's experiment?**
 - A. Confederates
 - B. All participants
 - C. Every second participant
 - D. The actual subjects of the experiment

7. What is confirmation bias?

- A. The tendency to generate new hypotheses based on existing data
- B. The inclination to accept information that challenges existing beliefs
- C. The tendency to only acknowledge information that confirms one's pre-existing beliefs
- D. A systematic approach to assessing all types of evidence equally

8. Which type of study primarily focuses on an individual or small group for detailed information?

- A. Experimental study
- B. Survey study
- C. Case study
- D. Longitudinal study

9. How did Mori and Arai ensure that participants perceived the same stimuli?

- A. They used video recordings.
- B. They provided written instructions.
- C. They had participants wear specially designed glasses.
- D. They conducted the experiment in silence.

10. What is the main focus of psychology as a social science?

- A. The study of culture and society
- B. The study of behavior and mental processes in individuals and groups
- C. The study of historical influences on behavior
- D. The study of evolutionary biology

Answers

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

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Explanations

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1. What was emphasized in Asch's study to investigate conformity?

- A. Personal opinions of the individuals
- B. Group dynamics and social pressure**
- C. Authority figures in decision-making
- D. Individual creativity in judgment tasks

In Asch's study, the primary focus was on group dynamics and social pressure, which played a crucial role in examining how individuals conform to the majority opinion. Participants were placed in a situation where they were asked to judge the length of lines, while confederates intentionally provided incorrect answers. This setup created a social environment where the individuals had to choose between sticking to their own perceptions or conforming to the consensus presented by the group. The study highlighted the impact of the group's opinions on an individual's responses, demonstrating that social influence could lead people to conform, even when the group's answer was clearly wrong. As such, the findings revealed significant insights into how social contexts and peer pressure affect decision-making and conformity in a group setting, showcasing the power of social influence in shaping behaviors and beliefs.

2. Which type of motivation is primarily influenced by external factors?

- A. Intrinsic motivation
- B. Extrinsic motivation**
- C. Self-determination
- D. Achievement motivation

Extrinsic motivation is primarily influenced by external factors, which can include rewards, recognition, and other benefits that come from outside the individual. This type of motivation encourages individuals to engage in activities or behaviors not for their own sake, but to achieve some sort of external reward or to avoid negative consequences. For instance, a student might study hard for exams not because they find joy in learning, but because they want to receive good grades or praise from parents. In contrast, intrinsic motivation stems from within the individual, driven by personal satisfaction or the inherent enjoyment of the activity itself. Self-determination refers to an individual's ability to make choices and control their own actions, which can encompass both intrinsic and extrinsic elements. Achievement motivation involves striving for success and mastering challenges, which can also draw from both intrinsic and extrinsic sources. However, it is extrinsic motivation that is specifically characterized by its reliance on external factors for driving behavior.

3. Which situation is likely to lead to intrinsic motivation?

- A. Participating in tasks for monetary rewards
- B. Choosing an activity based on personal interest**
- C. Meeting expectations set by external authorities
- D. Aiming for prizes in competitions

Choosing an activity based on personal interest is likely to lead to intrinsic motivation because it emphasizes the individual's internal desires and passions. Intrinsic motivation arises when people engage in activities for their own enjoyment, satisfaction, or personal growth, rather than for external rewards or pressures. When someone selects an activity because they find it enjoyable or fulfilling, they are motivated by the inherent joy of the activity itself, which enhances their engagement and dedication to it. In contrast, participating in tasks for monetary rewards, meeting expectations set by external authorities, and aiming for prizes in competitions focus on external factors that can detract from personal interest. These options may lead individuals to perform tasks primarily for external validation or tangible benefits rather than for the sake of the activity itself, which is the essence of intrinsic motivation. Therefore, the choice that highlights personal interest aligns directly with the concept of intrinsic motivation.

4. How does critical thinking contribute to psychological research?

- A. It allows for biased interpretations
- B. It minimizes the need for evidence
- C. It fosters an objective evaluation of arguments**
- D. It emphasizes emotional responses over facts

Critical thinking plays a crucial role in psychological research by fostering an objective evaluation of arguments. This means that researchers who employ critical thinking skills are more likely to analyze data and evidence without being swayed by personal biases or preconceived notions. They assess the validity of the sources of information, the logic of the arguments presented, and the consistency of the evidence with the conclusions drawn. Furthermore, critical thinking encourages the questioning of assumptions and the exploration of alternative explanations, which is essential for developing well-rounded insights into psychological phenomena. This rigorous approach not only enhances the quality of research findings but also strengthens the overall credibility of the discipline by promoting informed conclusions based on empirical evidence rather than subjective interpretation. By focusing on objective evaluation, researchers can prevent their findings from being influenced by emotional responses or unfounded beliefs, thereby contributing to a more scientific and reliable body of knowledge in psychology.

5. Why is the finding of phobias being transferred through genetic inheritance significant?

- A. It changes the understanding of animal behavior
- B. It suggests phobias might have a biological basis**
- C. It negates the role of environmental factors in phobias
- D. It supports only human experiences of phobias

The finding that phobias can be transferred through genetic inheritance is significant because it suggests that these intense, irrational fears may have a biological basis. This means that rather than solely being acquired through personal experiences or environmental conditioning, there may be an innate predisposition to develop certain phobias inherited from one's parents. This perspective opens new avenues in understanding phobias, suggesting they can be linked to evolutionary factors, while also highlighting the potential interplay between genetics and environmental influences in the development of such fears. Understanding that phobias might originate from biological factors prompts researchers and clinicians to consider a broader range of treatment options, including those that address biological predispositions rather than just focusing on environmental triggers or learned behaviors.

6. Who answered last in the tasks within Asch's experiment?

- A. Confederates
- B. All participants
- C. Every second participant
- D. The actual subjects of the experiment**

In Asch's experiment, the focus was on how individuals would conform to group pressure, particularly in answering questions about the length of lines. The actual subjects of the experiment were the participants whose responses were of primary interest. These individuals were placed in a situation where they had to decide whether to conform to the majority opinion expressed by the confederates, who intentionally gave incorrect answers. The actual subjects answered last to underscore the experiment's design. By having them respond after the confederates, the researchers could effectively measure the impact of group influence on these individuals. Their final answers were pivotal in determining how strongly the pressure to conform affected their judgment and decision-making in a social setting. This structure of responding last allowed for a clear demonstration of the dynamics of conformity. The confederates were trained to give the same erroneous answers, which helped create a social pressure scenario that the actual subjects could react against. Therefore, the correct response reflects the role of the actual participants in the study and the specific arrangement of the experiment that emphasized their reactions to the group's influence.

7. What is confirmation bias?

- A. The tendency to generate new hypotheses based on existing data
- B. The inclination to accept information that challenges existing beliefs
- C. The tendency to only acknowledge information that confirms one's pre-existing beliefs**
- D. A systematic approach to assessing all types of evidence equally

Confirmation bias is best defined as the tendency to only acknowledge information that confirms one's pre-existing beliefs. This cognitive bias leads individuals to seek out, interpret, and remember information in ways that align with their existing views, often disregarding or discounting evidence that contradicts them. This can significantly affect decision-making and critical thinking, as it reinforces existing opinions and hinders objective analysis. In the context of the other options, while generating new hypotheses based on existing data might involve critical thinking and scientific approaches, it does not characterize confirmation bias. Accepting information that challenges existing beliefs defines open-mindedness or cognitive flexibility, which is the opposite of confirmation bias. A systematic approach to assessing all types of evidence equally represents a balanced and fair evaluation of information that confirmation bias inherently contradicts. Thus, the correct understanding of confirmation bias focuses specifically on the selective attention to information that supports one's pre-existing views.

8. Which type of study primarily focuses on an individual or small group for detailed information?

- A. Experimental study
- B. Survey study
- C. Case study**
- D. Longitudinal study

The correct choice focuses on a case study, which is a research method that provides an in-depth, detailed understanding of a specific individual or small group. This approach allows researchers to explore complex issues, behaviors, or experiences more thoroughly than other methods. Case studies often involve various data collection techniques, such as interviews, observations, and analyses of historical documents, to gather rich qualitative data. This method is particularly effective in psychology for understanding unique psychological phenomena, developing theories, or generating hypotheses, as it captures the nuances of human behavior and experiences that larger-scale studies may overlook. Because it focuses on depth rather than breadth, a case study offers comprehensive insights that broader studies might miss. In contrast, experimental studies typically involve manipulating variables to identify cause-and-effect relationships, survey studies gather data from larger groups to measure attitudes or opinions, and longitudinal studies track the same subjects over time to observe changes and developments. Each of these approaches has its own strengths, but for obtaining detailed information about a specific individual or a small group, the case study is the most suitable choice.

9. How did Mori and Arai ensure that participants perceived the same stimuli?

- A. They used video recordings.
- B. They provided written instructions.
- C. They had participants wear specially designed glasses.**
- D. They conducted the experiment in silence.

In the context of Mori and Arai's study on social perception and the effects of different stimuli on participants, the correct answer highlights that specially designed glasses were used to ensure all participants perceived the same visual stimuli. This is significant because the glasses altered the way participants viewed the stimuli without modifying the actual content. By using these glasses, the researchers could control for potential variations in perception caused by individual differences in vision, thus maintaining a consistent experience for all participants. The use of specially designed glasses allowed for careful manipulation of the visual input, essential in studies requiring uniform exposure to specific stimuli. This approach minimizes variability in how participants process information and enhances the validity of the experimental findings.

10. What is the main focus of psychology as a social science?

- A. The study of culture and society
- B. The study of behavior and mental processes in individuals and groups**
- C. The study of historical influences on behavior
- D. The study of evolutionary biology

The main focus of psychology as a social science centers on the study of behavior and mental processes in individuals and groups. This discipline examines how people think, feel, and behave, both on an individual level and in social contexts. By understanding these processes, psychologists can gain insights into human behavior that are influenced by various factors, such as social interactions, cultural norms, and situational contexts. While studying culture and society is important and encompasses a significant aspect of psychological research, the more comprehensive goal of psychology is to analyze both individual and collective behaviors and cognitive processes. This makes behavior and mental processes the core focus, facilitating a deeper understanding of how psychological principles can be applied in everyday life. Understanding historical influences and evolutionary biology may contribute to psychologists' knowledge of behavior, but they are not the primary focus of psychology as a social science. Instead, psychology is primarily concerned with the immediate factors affecting individuals and groups in their social environments, emphasizing the dynamic interplay of personal and societal influences on behavior and mental processes.

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://sqanational5psychology.examzify.com>

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

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