

UWorld Behavioral Science Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

- 1. A researcher studying the relationship between neuroticism and somatic symptoms would likely find a correlation with which of the following?**
 - A. Delusions increasing as agreeableness scores increase**
 - B. Delusions increasing as emotional stability scores decrease**
 - C. Anxiety about illness increasing as agreeableness scores decrease**
 - D. Anxiety about bodily symptoms increasing as emotional stability scores decrease**
- 2. What does "behavioral activation" aim to achieve in therapy?**
 - A. To encourage patients to avoid distressing thoughts**
 - B. To motivate patients to engage in enjoyable activities to improve mood**
 - C. To focus solely on cognitive restructuring**
 - D. To analyze root causes of depression through talk therapy**
- 3. An older individual recalls an advertisement's information as if it were given by their physician. This situation is an example of which type of error?**
 - A. Source monitoring error**
 - B. Fundamental attribution error**
 - C. Negative priming**
 - D. Hindsight bias**
- 4. What does Weber's law indicate about the ability to detect changes in stimulus intensity?**
 - A. It is based on a constant value for all stimuli.**
 - B. It depends on the absolute threshold of a stimulus.**
 - C. It is based on a ratio of the just noticeable difference to the original stimulus intensity.**
 - D. It relates solely to visual stimuli in terms of perception.**

- 5. Which concept describes how people accept new standards of body image from social groups?**
- A. Cultural diffusion**
 - B. Socialization by primary and secondary groups**
 - C. Peer pressure from reference groups**
 - D. Cultural transmission**
- 6. Which attachment style is characterized by a lack of trust and avoidance of closeness?**
- A. Secure**
 - B. Avoidant**
 - C. Resistant**
 - D. Disorganized**
- 7. Which stage is NOT part of the Transtheoretical Model of Behavior Change?**
- A. Contemplation**
 - B. Preparation**
 - C. Assessment**
 - D. Action**
- 8. What is the primary consequence of groupthink?**
- A. Enhanced collaborative decision-making**
 - B. Improved critical thinking**
 - C. Poor decision-making**
 - D. Increased individual accountability**
- 9. Which psychological concept involves associating a neutral stimulus with an unconditioned response?**
- A. Operant conditioning**
 - B. Cognitive dissonance**
 - C. Classical conditioning**
 - D. Behavior modification**

10. What is true about selective serotonin reuptake inhibitors (SSRIs) and monoamine oxidase inhibitors (MAOIs)?

- A. Both classes of drugs stimulate the release of serotonin into the synaptic cleft**
- B. SSRIs block uptake of serotonin into the post-synaptic neuron**
- C. MAOIs decrease the breakdown of serotonin within the pre-synaptic neuron**
- D. MAOIs promote uptake of serotonin into the pre-synaptic neuron**

Answers

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

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Explanations

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1. A researcher studying the relationship between neuroticism and somatic symptoms would likely find a correlation with which of the following?
- A. Delusions increasing as agreeableness scores increase
 - B. Delusions increasing as emotional stability scores decrease
 - C. Anxiety about illness increasing as agreeableness scores decrease
 - D. Anxiety about bodily symptoms increasing as emotional stability scores decrease**

The correct answer is rooted in the relationship between neuroticism, emotional stability, and somatic symptoms. Neuroticism is a personality trait characterized by a tendency towards negative emotional states such as anxiety, moodiness, and emotional instability. As emotional stability decreases, individuals may become more susceptible to experiencing anxiety, particularly regarding their health and bodily sensations. This can manifest as an increased preoccupation with physical symptoms and heightened anxiety about potential illness, as those with low emotional stability might interpret bodily sensations as more threatening and increase their focus on health fears. Therefore, the correlation suggested in the correct option reflects how lower emotional stability is associated with heightened anxiety about bodily symptoms, aligning with the understanding that those higher in neuroticism may experience more somatic complaints.

2. What does "behavioral activation" aim to achieve in therapy?
- A. To encourage patients to avoid distressing thoughts
 - B. To motivate patients to engage in enjoyable activities to improve mood**
 - C. To focus solely on cognitive restructuring
 - D. To analyze root causes of depression through talk therapy

Behavioral activation is a therapeutic approach primarily used in the treatment of depression. Its main goal is to motivate patients to engage in enjoyable and meaningful activities, which can positively impact their mood and overall emotional well-being. By increasing participation in activities that the individual finds pleasurable or fulfilling, behavioral activation helps to counteract the withdrawal and inactivity that often accompanies depression. This approach is based on the understanding that mood can be influenced by behavior. When individuals participate in activities that they value or enjoy, it can lead to a reduction in feelings of hopelessness and sadness. The activation of positive experiences is a core component of therapy, as it encourages the development of new patterns of behavior that lead to improved mood and functioning. The other options provided focus on avoidance of thoughts, cognitive restructuring, and analyzing deep-seated causes of depression, which are not the primary objectives of behavioral activation. Instead, this method emphasizes the direct connection between behavior and mood improvement through active engagement in life.

3. An older individual recalls an advertisement's information as if it were given by their physician. This situation is an example of which type of error?

- A. Source monitoring error**
- B. Fundamental attribution error**
- C. Negative priming**
- D. Hindsight bias**

This situation exemplifies a source monitoring error, which occurs when an individual misattributes the source of a memory. In this case, the older individual is incorrectly recalling information from an advertisement as though it were provided by their physician. This type of error highlights how people can confuse where they heard or learned something, leading to inaccuracies in memory recall. Source monitoring errors are particularly relevant in contexts where individuals receive information from multiple sources, such as advertisements, conversations, or professional advice. This blending of sources can occur without the person being aware of it, which can lead to significant misunderstandings or misbeliefs about the origins of their knowledge. Understanding this phenomenon is important, especially in settings such as healthcare, where patients might misconstrue the credibility and origin of medical advice.

4. What does Weber's law indicate about the ability to detect changes in stimulus intensity?

- A. It is based on a constant value for all stimuli.**
- B. It depends on the absolute threshold of a stimulus.**
- C. It is based on a ratio of the just noticeable difference to the original stimulus intensity.**
- D. It relates solely to visual stimuli in terms of perception.**

Weber's law indicates that the ability to detect changes in stimulus intensity is proportional rather than absolute. Specifically, it posits that the just noticeable difference (JND) between two stimuli is a constant ratio of the original stimulus intensity. This means that the greater the intensity of the stimulus, the larger the change needed for a person to notice a difference. This principle applies across various types of stimuli, not limited to one specific type of sensory perception, and helps explain why we are better at detecting changes in lower intensity stimuli than in higher intensity ones. This understanding is fundamental to sensory perception, reinforcing the idea that relative differences matter more to our perception than absolute values. The JND is a critical concept in fields like psychophysics, influencing research and practical applications in areas like product design and advertising, where understanding perceptual thresholds can have significant implications.

5. Which concept describes how people accept new standards of body image from social groups?

A. Cultural diffusion

B. Socialization by primary and secondary groups

C. Peer pressure from reference groups

D. Cultural transmission

The concept of socialization by primary and secondary groups aptly describes how individuals internalize standards of body image from the social groups they engage with. Primary groups, such as family and close friends, play a direct role in shaping an individual's beliefs, values, and norms regarding body image. The influence exerted by these intimate relationships is profound, as members often model behaviors and attitudes that the individuals then adopt. Secondary groups, which include broader social categories like classmates, peers, and coworkers, contribute as well by reinforcing societal ideals and expectations through shared experiences. These groups help establish cultural norms that in turn inform one's self-perception and body image. Together, both forms of socialization create a framework through which individuals learn and accept the prevailing standards and values related to body image, often leading to significant impacts on mental health and body image satisfaction. Understanding this process highlights the importance of social contexts in shaping personal perceptions and reactions to body standards.

6. Which attachment style is characterized by a lack of trust and avoidance of closeness?

A. Secure

B. Avoidant

C. Resistant

D. Disorganized

The attachment style characterized by a lack of trust and avoidance of closeness is the avoidant attachment style. Individuals with this attachment type typically have experienced early relationships in which their needs for comfort and closeness were not adequately met. As a result, they develop a defensive strategy of distancing themselves from emotional connections in order to protect themselves from potential hurt or rejection. People with avoidant attachment often appear independent and self-sufficient; they may downplay the importance of relationships and exhibit discomfort with intimacy. They tend to keep partners at arm's length and may have difficulty expressing their feelings or allowing others to see their vulnerabilities. This avoidance is a coping mechanism rooted in their upbringing, where early caregivers were inconsistent or dismissive of their emotional needs. In contrast, secure attachment is marked by healthy, trusting relationships where individuals feel comfortable seeking closeness. Resistant attachment is characterized by a longing for closeness yet a fear of abandonment, while disorganized attachment often results from chaotic or traumatic experiences in childhood, leading to a lack of a coherent strategy for dealing with relationships.

7. Which stage is NOT part of the Transtheoretical Model of Behavior Change?

- A. Contemplation**
- B. Preparation**
- C. Assessment**
- D. Action**

The Transtheoretical Model of Behavior Change consists of several key stages that capture the progression individuals typically go through when modifying behavior. These stages include: - Precontemplation: Individuals are not yet considering change. - Contemplation: Individuals are thinking about making a change but have not yet committed. - Preparation: Individuals are planning for change and may be making small steps toward it. - Action: Individuals actively engage in behaviors to change. Assessment, while an important concept in understanding an individual's readiness and motivation for change, is not a formal stage within this model. Instead, it often refers to evaluating an individual's current behavior and readiness to move through the stages but does not fit into the defined sequence of behavioral change stages identified by the model. Therefore, recognizing the specific stages is crucial for applying the framework effectively in interventions aimed at facilitating behavior change.

8. What is the primary consequence of groupthink?

- A. Enhanced collaborative decision-making**
- B. Improved critical thinking**
- C. Poor decision-making**
- D. Increased individual accountability**

Groupthink occurs when a group prioritizes consensus and harmony over critical analysis and evaluation of alternatives, which can lead to flawed decision-making. When individuals feel pressured to conform to group opinions or avoid conflict, they may suppress their own doubts and dissenting opinions. This dynamic tends to limit the exploration of diverse viewpoints, resulting in a shallow examination of issues and potential solutions. Consequently, the group's decisions might overlook significant risks or fail to consider important information, ultimately leading to poor outcomes. In this way, the primary consequence of groupthink is indeed poor decision-making, as the quality of choices diminishes due to the lack of critical engagement and analysis within the group.

9. Which psychological concept involves associating a neutral stimulus with an unconditioned response?

- A. Operant conditioning**
- B. Cognitive dissonance**
- C. Classical conditioning**
- D. Behavior modification**

The correct concept related to associating a neutral stimulus with an unconditioned response is classical conditioning. In this psychological framework, learning occurs when a previously neutral stimulus becomes associated with an unconditioned stimulus that elicits an automatic response. Through repeated pairings of the neutral stimulus and the unconditioned stimulus, the neutral stimulus transforms into a conditioned stimulus that now elicits a similar response on its own, which is referred to as a conditioned response. A classic example is Pavlov's experiment with dogs, where he paired the sound of a bell (the neutral stimulus) with food (the unconditioned stimulus) until the dogs began to salivate at the sound of the bell alone. This highlights the fundamental mechanics of classical conditioning, where the association leads to a learned response. The other concepts, such as operant conditioning, cognitive dissonance, and behavior modification, involve different mechanisms of learning and behavior change that do not focus on the association of a neutral stimulus with an unconditioned response in the same manner as classical conditioning does.

10. What is true about selective serotonin reuptake inhibitors (SSRIs) and monoamine oxidase inhibitors (MAOIs)?

- A. Both classes of drugs stimulate the release of serotonin into the synaptic cleft**
- B. SSRIs block uptake of serotonin into the post-synaptic neuron**
- C. MAOIs decrease the breakdown of serotonin within the pre-synaptic neuron**
- D. MAOIs promote uptake of serotonin into the pre-synaptic neuron**

Selective serotonin reuptake inhibitors (SSRIs) and monoamine oxidase inhibitors (MAOIs) are both classes of antidepressants that work on serotonin levels in the brain, but they do so in different ways. The correct answer indicates that MAOIs decrease the breakdown of serotonin within the pre-synaptic neuron. This is important because monoamine oxidase is an enzyme that normally catalyzes the breakdown of monoamines, including serotonin. By inhibiting this enzyme, MAOIs prevent the degradation of serotonin, leading to increased levels of serotonin available in the synaptic cleft and enhancing its activity. This explanation highlights the mechanism by which MAOIs enhance serotonin action. While SSRIs primarily work by blocking the reuptake of serotonin into the pre-synaptic neuron, this choice specifically emphasizes the direct action of MAOIs on serotonin metabolism, which distinguishes the correct answer from other options that may misunderstand or misstate the functions of these medications.

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://uworldbehavioralscience.examzify.com>

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