

# UWorld Behavioral Science 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. The process in which repeated stimulation of neurons leads to an increased response is known as?**
  - A. Sensory adaptation**
  - B. State-dependent memory**
  - C. Long-term potentiation**
  - D. Tonic stimulus response**
  
- 2. Which of the following best describes "resilience"?**
  - A. The ability to avoid stress in challenging situations**
  - B. The capacity to recover quickly from difficulties**
  - C. The process of learning from past mistakes**
  - D. The skill of managing time effectively**
  
- 3. During a predictable condition with a cue presented, what role does the cue most likely take on?**
  - A. An unconditioned stimulus.**
  - B. An unconditioned response.**
  - C. A conditioned stimulus.**
  - D. A conditioned response.**
  
- 4. Which concept refers to the minimum intensity required for a stimulus to be detected half the time?**
  - A. Difference threshold**
  - B. Absolute threshold**
  - C. Just noticeable difference**
  - D. Sensory adaptation**
  
- 5. How is "socioeconomic status" relevant to behavioral health?**
  - A. It determines genetic predispositions to illness**
  - B. It measures economic and social position affecting health access**
  - C. It influences psychological resilience**
  - D. It correlates with physical activity and diet**

- 6. Which type of capital deals primarily with the economic resources and financial assets of an individual?**
- A. Cultural**
  - B. Social**
  - C. Human**
  - D. Economic**
- 7. Which concept is LEAST relevant to stereotypes described in a social context?**
- A. Self-concept.**
  - B. Cultural relativism.**
  - C. Autonomic arousal.**
  - D. Self-fulfilling prophecy.**
- 8. Which aspect of working memory is likely overloaded when performing multiple tasks at once, such as driving while having a conversation?**
- A. Phonological loop**
  - B. Visuospatial sketchpad**
  - C. Episodic buffer**
  - D. Central executive**
- 9. Which type of television commercial is most effective for the two-uncommon-behaviors group in persuading them about hepatitis C risks?**
- A. A commercial with scientific facts about hepatitis C.**
  - B. Drug addicts sharing their experiences with drug use.**
  - C. A celebrity summarizing risks with a catchy phrase.**
  - D. A medical expert discussing hepatitis C risk factors.**

- 10. Which conclusion is most supported by the study's findings regarding task improvement?**
- A. An individual from the "lucid practice" group demonstrated the lowest improvement of all members**
  - B. The difference in task improvement between the "lucid practice" group and the "no practice" group was statistically significant**
  - C. The "lucid practice" group's lowest quartile improved more than the "no practice" group's highest quartile**
  - D. The mean score for the "waking practice" group was higher than that of the other two groups**

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## **Answers**

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

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## **Explanations**

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**1. The process in which repeated stimulation of neurons leads to an increased response is known as?**

- A. Sensory adaptation**
- B. State-dependent memory**
- C. Long-term potentiation**
- D. Tonic stimulus response**

The process of long-term potentiation refers to the phenomenon where repeated stimulation of neurons results in an increased response, primarily observed at the synaptic level. This increase in synaptic strength occurs when two neurons are activated together, and is often considered a key mechanism underlying learning and memory in the brain. Long-term potentiation can enhance the efficiency of synaptic transmission, making it easier for neurons to communicate with one another. This enhanced communication is critical for the consolidation of information and the strengthening of connections that occurs during the learning process. It represents a form of synaptic plasticity, which allows for adaptive changes in neural circuits. This concept is fundamental in neuroscience, especially in discussions about how memories are formed and retained over time. The notion that repetitive stimulation leads to a more robust neural response emphasizes the brain's ability to adapt through experience, highlighting the dynamic nature of synaptic connections.

**2. Which of the following best describes "resilience"?**

- A. The ability to avoid stress in challenging situations**
- B. The capacity to recover quickly from difficulties**
- C. The process of learning from past mistakes**
- D. The skill of managing time effectively**

Resilience is best described as the capacity to recover quickly from difficulties. This concept involves not only bouncing back from setbacks but also the ability to adapt to challenging circumstances, maintain psychological well-being, and emerge stronger from adverse experiences. It emphasizes a dynamic process that includes mental, emotional, and behavioral flexibility necessary to navigate life's challenges. While avoiding stress can be a strategy employed by some individuals to cope with challenges, it does not capture the essence of resilience, which is about facing and overcoming difficulties rather than evading them. Learning from past mistakes is an important skill and contributes to personal growth; however, it is not solely what defines resilience. Time management skills can enhance one's ability to handle stress and responsibilities, but effective time management is not synonymous with the overarching concept of resilience.

**3. During a predictable condition with a cue presented, what role does the cue most likely take on?**

- A. An unconditioned stimulus.**
- B. An unconditioned response.**
- C. A conditioned stimulus.**
- D. A conditioned response.**

In the context of behavioral science, a cue presented during a predictable condition takes on the role of a conditioned stimulus. This occurs within the framework of classical conditioning, where an initially neutral stimulus becomes associated with an unconditioned stimulus, which elicits an unconditioned response. Over time, as the neutral stimulus is repeatedly paired with the unconditioned stimulus, it transforms into a conditioned stimulus that can evoke a conditioned response even in the absence of the unconditioned stimulus. In this scenario, the cue serves as the conditioned stimulus that signals the occurrence of an anticipated event or response. Its presence indicates that a certain outcome is likely to happen due to previous associations formed during the learning process. The conditioned stimulus thus plays a critical role in triggering learned behaviors or responses based on the predictive value it has acquired. This framework is fundamental in understanding how organisms learn to respond to their environments and how associations are formed.

**4. Which concept refers to the minimum intensity required for a stimulus to be detected half the time?**

- A. Difference threshold**
- B. Absolute threshold**
- C. Just noticeable difference**
- D. Sensory adaptation**

The concept that refers to the minimum intensity required for a stimulus to be detected half the time is known as the absolute threshold. This term specifically defines the smallest amount of physical energy necessary for an individual to notice a stimulus. It is a pivotal concept in sensory psychology, often cited in studies of perception, as it helps to quantify how sensitive our sensory systems are to different types of stimuli. Understanding absolute threshold is essential, as it not only varies across individuals but can also be influenced by various factors such as the environment, psychological state, and the nature of the stimulus itself. In practical terms, determining the absolute threshold can involve experiments where different intensities of a stimulus are presented to participants, who then report whether they can detect its presence or not. Other concepts related to perception, such as the difference threshold, which refers to the smallest change in stimulus intensity that can be detected, and sensory adaptation, which describes the decrease in sensitivity to a constant stimulus over time, differ significantly from the notion of absolute threshold and do not directly relate to the question asked.

**5. How is "socioeconomic status" relevant to behavioral health?**

- A. It determines genetic predispositions to illness**
- B. It measures economic and social position affecting health access**
- C. It influences psychological resilience**
- D. It correlates with physical activity and diet**

Socioeconomic status is a critical factor in behavioral health as it encompasses both economic and social positions in society, directly impacting an individual's access to health care and health-related resources. This status is often determined by elements such as income level, education, and occupation. Individuals with higher socioeconomic status typically have better access to healthcare services, healthier food options, safe living environments, and opportunities for physical activity, all of which are essential for maintaining good health. Conversely, those with lower socioeconomic status may face barriers such as financial constraints, lack of health insurance, and limited access to health education and preventive services. This disparity can lead to poorer health outcomes, increased levels of stress, and a greater incidence of mental health issues, making socioeconomic status a significant determinant of overall behavioral health. Understanding these connections can aid in designing interventions and policies aimed at bridging these gaps and promoting equity in health care access and outcomes.

**6. Which type of capital deals primarily with the economic resources and financial assets of an individual?**

- A. Cultural**
- B. Social**
- C. Human**
- D. Economic**

The correct answer is economic capital, as this term specifically refers to the financial resources and assets that an individual possesses. Economic capital encompasses money, property, stocks, bonds, and other tangible financial assets that can be used to generate income or wealth. This type of capital is crucial in determining an individual's financial stability and overall economic power within society. Understanding economic capital is important in discussions about social inequality, as disparities in economic capital can impact opportunities for education, healthcare, and overall quality of life. This concept is distinct from other types of capital, such as cultural capital, which involves non-financial social assets that promote social mobility; social capital, which refers to networks and relationships that provide support and resources; and human capital, which relates to personal attributes like skills, knowledge, and experiences that enhance an individual's productivity and potential earnings.

**7. Which concept is LEAST relevant to stereotypes described in a social context?**

- A. Self-concept.
- B. Cultural relativism.**
- C. Autonomic arousal.
- D. Self-fulfilling prophecy.

Cultural relativism is the concept that a person's beliefs and practices should be understood based on that person's own culture, rather than be judged against the criteria of another culture. While this is an important anthropological perspective, it is less directly related to the dynamics of stereotypes in a social context. Stereotypes often involve generalizations about groups of people based on characteristics such as race, gender, or socioeconomic status. These generalizations can shape not only societal perceptions but also individual behaviors and interactions. Understanding self-concept, autonomic arousal, and self-fulfilling prophecies, on the other hand, is critical in comprehending how stereotypes operate. Self-concept relates to how individuals view themselves, which can be influenced by societal stereotypes. Autonomic arousal, linked to physiological responses, can occur when individuals encounter stereotypes, impacting their behavior or emotional response. Self-fulfilling prophecies explain how expectations, often influenced by stereotypes, can lead individuals to act in ways that align with those expectations, reinforcing the stereotypes further. In contrast, cultural relativism does not inherently engage with the mechanisms through which stereotypes affect individuals or groups in a social context, making it the least relevant concept among the options provided.

**8. Which aspect of working memory is likely overloaded when performing multiple tasks at once, such as driving while having a conversation?**

- A. Phonological loop
- B. Visuospatial sketchpad
- C. Episodic buffer
- D. Central executive**

The central executive is responsible for managing and coordinating information from the various components of working memory, which includes the phonological loop, visuospatial sketchpad, and episodic buffer. When engaged in multiple tasks simultaneously, like driving and conversing, the central executive has to prioritize and allocate attention and resources to ensure both tasks are performed effectively. Driving requires constant visual processing and spatial awareness, which involves the visuospatial sketchpad, while conversing engages the phonological loop for verbal processing. However, the central executive orchestrates these functions, determining how to best divide attention and manage cognitive load. When both tasks demand significant cognitive resources, the workload on the central executive increases, leading to potential overload and decreased performance in one or both tasks. In contrast, the phonological loop and visuospatial sketchpad are more specialized components that handle specific types of information rather than the overarching control of attentional resources. The episodic buffer serves to integrate information from long-term memory and the other components, but it does not directly manage attention in multi-tasking situations as the central executive does. Thus, when multitasking, it is the central executive that is most likely to be overloaded.

**9. Which type of television commercial is most effective for the two-uncommon-behaviors group in persuading them about hepatitis C risks?**

- A. A commercial with scientific facts about hepatitis C.**
- B. Drug addicts sharing their experiences with drug use.**
- C. A celebrity summarizing risks with a catchy phrase.**
- D. A medical expert discussing hepatitis C risk factors.**

The most effective type of television commercial for the two-uncommon-behaviors group in persuading them about hepatitis C risks is one where a celebrity summarizes the risks with a catchy phrase. This method is particularly impactful due to the blend of familiarity and relatability that a celebrity can bring to a sensitive topic like health risks. Celebrities often have significant influence over the public due to their visibility and perceived credibility among specific audiences. A catchy phrase can enhance memory retention, making it easier for individuals to recall the important information about hepatitis C and its risks later. This approach creates an emotional connection and can lower barriers to engagement with the subject, motivating viewers to reflect on their own behaviors and consider the associated risks. Utilizing an approachable and memorable format is crucial when attempting to reach audiences that may not otherwise engage deeply with this information, particularly regarding issues surrounding personal health and risk behaviors. The combination of a celebrity's influence and the engaging nature of a catchy phrase serves to enhance the message's effectiveness for the target audience.

**10. Which conclusion is most supported by the study's findings regarding task improvement?**

- A. An individual from the "lucid practice" group demonstrated the lowest improvement of all members**
- B. The difference in task improvement between the "lucid practice" group and the "no practice" group was statistically significant**
- C. The "lucid practice" group's lowest quartile improved more than the "no practice" group's highest quartile**
- D. The mean score for the "waking practice" group was higher than that of the other two groups**

The conclusion that the difference in task improvement between the "lucid practice" group and the "no practice" group was statistically significant is supported by the study's findings. This suggests that the "lucid practice" condition had a meaningful effect on participants' performance, indicating that engaging in this type of practice led to measurable improvements compared to not practicing at all. Statistical significance is an important concept in research, as it indicates that the observed differences are unlikely to have occurred by chance. This reinforces the value of the findings, demonstrating that the "lucid practice" method is more effective than simply not practicing. Such supportive evidence is critical for establishing effective interventions and can guide future practices or studies related to cognitive performance and learning enhancements. Thus, the conclusion about the statistical significance highlights the strength of the results, validating the impact of specific practice conditions on task improvement.

## 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](mailto: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!**

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