

UWORLD BEHAVIORAL SCIENCE PRACTICE TEST (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 would be a good illustration of social desirability bias in a research study?**
 - A. Researchers subconsciously allowed Group II to view the toys slightly longer than the other groups
 - B. Researchers selected only college students with regular 10 pm-6 am sleep schedules to participate
 - C. Some participants reported using their typical strategy for vocabulary memorization
 - D. Some participants did not disclose that they stayed out past 10 pm the night of the experiment
- 2. Which group scenario is most likely to foster normative social influence?**
 - A. Containing several members who have expertise regarding cancer.
 - B. Composed of all females from the same university.
 - C. With an assigned group spokesperson.
 - D. Whose members are the most disparate in socioeconomic status.
- 3. What do "emotion-focused coping" strategies aim to do?**
 - A. Aim to avoid confronting stressors
 - B. Aim to regulate emotional responses to stress
 - C. Aim to change the environment causing stress
 - D. Aim to maximize productivity under stress
- 4. Which cognitive bias is similar to the self-positivity bias?**
 - A. Actor-observer bias.
 - B. Confirmation bias.
 - C. Optimism bias.
 - D. Overconfidence bias.
- 5. What is an essential feature of Maslow's Hierarchy of Needs?**
 - A. People act based solely on external stimuli
 - B. Human motivations are hierarchical, with basic needs at the foundation
 - C. Only the highest level needs matter to individuals
 - D. Financial stability is categorized separately

- 6. What is the primary consequence of groupthink?**
- A. Enhanced collaborative decision-making
 - B. Improved critical thinking
 - C. Poor decision-making
 - D. Increased individual accountability
- 7. According to Kohlberg, what is the basis of "moral development"?**
- A. Age and maturity
 - B. The development of cognitive abilities only
 - C. Stages of moral reasoning from obedience to personal moral principles
 - D. Emotional intelligence and social skills
- 8. What does cognitive dissonance refer to?**
- A. The pleasure derived from cognitive harmony
 - B. The state of psychological discomfort from conflicting beliefs
 - C. The ability to adapt thoughts based on new information
 - D. The process of rationalizing one's choices
- 9. What is the importance of the biopsychosocial model in behavioral science?**
- A. It emphasizes the distinction between psychological factors and biology
 - B. It highlights the interplay of biological, psychological, and social factors
 - C. It focuses solely on the genetic basis of behavior
 - D. It describes environmental impacts on mental health
- 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. B
4. C
5. B
6. C
7. C
8. B
9. B
10. C

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Explanations

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1. What would be a good illustration of social desirability bias in a research study?

- A. Researchers subconsciously allowed Group II to view the toys slightly longer than the other groups
- B. Researchers selected only college students with regular 10 pm-6 am sleep schedules to participate
- C. Some participants reported using their typical strategy for vocabulary memorization
- D. Some participants did not disclose that they stayed out past 10 pm the night of the experiment**

The choice concerning participants not disclosing that they stayed out past 10 pm the night of the experiment effectively illustrates social desirability bias. This bias occurs when individuals alter their responses to conform to social norms or expectations, often leading to underreporting behaviors that society may view negatively. In this case, participants may have felt that staying out late is inappropriate or undesirable behavior, prompting them to omit or deny this information in the research study. This response highlights the influence of perceived social norms on self-reported data, thereby affecting the validity of the research findings. While the other choices represent various methodological issues or participant behaviors, they do not specifically reflect the tendency to adjust responses due to concerns about social approval, which is a hallmark of social desirability bias.

2. Which group scenario is most likely to foster normative social influence?

- A. Containing several members who have expertise regarding cancer.
- B. Composed of all females from the same university.**
- C. With an assigned group spokesperson.
- D. Whose members are the most disparate in socioeconomic status.

The correct choice situates a specific group dynamic that enhances the likelihood of normative social influence. Normative social influence occurs when individuals conform to the expectations of a group to gain acceptance or avoid disapproval. In the scenario involving a group composed entirely of females from the same university, there is a strong potential for shared norms and values that align with the specific culture and social dynamics of that institution. When members belong to the same demographic background, they often have similar experiences, beliefs, and attitudes, which can create a unified expectation for behavior. This homogeneity strengthens social bonds and increases the pressure on individuals to conform to the group's norms to maintain harmony and acceptance. As a result, members may adjust their views or behaviors to align with those perceived social norms, illustrating normative social influence effectively. The other scenarios, while they present interesting group characteristics, do not emphasize the same potential for conformity due to social norms. For instance, having members with expertise on cancer might promote informational social influence, where individuals rely on the knowledge of others to make decisions rather than conforming to social pressure. Similarly, a group spokesperson or a diverse socioeconomic background might not create a cohesive expectation for behavior, diminishing the likelihood of normative social influence in those contexts.

3. What do "emotion-focused coping" strategies aim to do?

- A. Aim to avoid confronting stressors
- B. Aim to regulate emotional responses to stress**
- C. Aim to change the environment causing stress
- D. Aim to maximize productivity under stress

Emotion-focused coping strategies are specifically designed to help individuals manage and regulate their emotional responses to stress rather than attempting to change the stressor itself or improve productivity. These strategies focus on the emotional experience brought about by a stressor, aiming to reduce emotional distress and promote feelings of wellbeing. For instance, someone undergoing a stressful situation may engage in activities like seeking emotional support from friends, practicing mindfulness or meditation, or using relaxation techniques. The goal is not to eliminate or address the stressor directly but to cope with the emotions tied to the stress, allowing individuals to feel more in control of their emotional responses. Thus, this approach effectively helps individuals process their feelings, adapt to stress, and enhance their emotional resilience, ultimately leading to improved psychological health during challenging times.

4. Which cognitive bias is similar to the self-positivity bias?

- A. Actor-observer bias.
- B. Confirmation bias.
- C. Optimism bias.**
- D. Overconfidence bias.

The self-positivity bias refers to the tendency for individuals to believe that they are less likely to experience negative outcomes compared to others. It is a form of optimism where personal positive expectations outweigh realistic assessments of risk. The optimism bias closely aligns with the self-positivity bias, as both involve a skewed perception that promotes a more favorable view of one's own situation. The optimism bias leads individuals to expect better outcomes for themselves than for others, reinforcing the notion that they are less vulnerable to negative events. By recognizing that both biases share a common origin in the belief that individuals are less likely to experience adverse events than their peers, it becomes clear why this answer is the most fitting. Both biases reflect an overly positive view regarding personal experiences and future events.

5. What is an essential feature of Maslow's Hierarchy of Needs?

- A. People act based solely on external stimuli
- B. Human motivations are hierarchical, with basic needs at the foundation**
- C. Only the highest level needs matter to individuals
- D. Financial stability is categorized separately

Maslow's Hierarchy of Needs is a psychological theory that categorizes human needs into a five-tier pyramid, structured from the most basic physiological needs at the bottom to self-actualization needs at the top. This arrangement demonstrates that individuals are motivated to fulfill their more immediate and basic needs before they can address higher-level psychological and self-fulfillment needs. The essential feature of this theory is the hierarchical organization of human motivations, where basic needs such as food, safety, and belonging must be met before individuals can pursue higher-order needs like esteem and self-actualization. This concept emphasizes that meeting foundational needs is crucial for personal development and overall well-being, which guides behavior and decision-making processes. As individuals satisfy lower levels, they are then able to focus on fulfilling higher-level needs, making it a central element of the theory.

6. 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.

7. According to Kohlberg, what is the basis of "moral development"?

- A. Age and maturity
- B. The development of cognitive abilities only
- C. Stages of moral reasoning from obedience to personal moral principles**
- D. Emotional intelligence and social skills

Kohlberg's theory of moral development posits that moral reasoning develops through a series of stages that individuals progress through as they mature. These stages reflect increasingly complex levels of reasoning regarding right and wrong, beginning with a focus on obedience to authority and moving toward more abstract moral principles that emphasize justice and individual rights. The first stages are primarily concerned with direct consequences and social norms, while higher stages involve critical thinking about ethical principles and the reasoning behind moral judgments. This progression indicates that moral understanding is not simply a matter of reaching a specific age or level of maturity, nor is it solely dependent on the development of cognitive abilities without a moral context. Emotional intelligence and social skills may play a role in empathy and moral decision-making but are not the foundational framework for Kohlberg's theory. Thus, the correct answer is that moral development is characterized by stages of moral reasoning that evolve from a basic concern for obedience to a nuanced understanding of personal moral principles. This formulation captures the essence of Kohlberg's theory, highlighting the cognitive development aspect intertwined with moral reasoning, as individuals grapple with moral dilemmas and expand their understanding of justice and ethics.

8. What does cognitive dissonance refer to?

- A. The pleasure derived from cognitive harmony
- B. The state of psychological discomfort from conflicting beliefs**
- C. The ability to adapt thoughts based on new information
- D. The process of rationalizing one's choices

Cognitive dissonance refers to the psychological discomfort that arises from holding two or more conflicting beliefs, values, or attitudes simultaneously. When individuals find themselves in a situation where their beliefs are inconsistent with their actions or with other beliefs, it creates a state of mental tension or discomfort. This feeling prompts individuals to seek a resolution, often by changing one of the conflicting beliefs or attitudes to restore harmony. For example, if someone values health but smokes cigarettes, they may experience cognitive dissonance due to the conflict between their behavior (smoking) and their belief (valuing health). To alleviate this discomfort, the individual might quit smoking, downplay the risks associated with smoking, or alter their beliefs about health. This concept is significant in understanding human behavior, as it highlights the importance of consistency in our beliefs and actions and how we might change our perceptions to achieve that consistency.

9. What is the importance of the biopsychosocial model in behavioral science?

- A. It emphasizes the distinction between psychological factors and biology
- B. It highlights the interplay of biological, psychological, and social factors**
- C. It focuses solely on the genetic basis of behavior
- D. It describes environmental impacts on mental health

The biopsychosocial model is vital in behavioral science because it emphasizes the complex interplay of biological, psychological, and social factors in understanding health and behavior. This model recognizes that human behavior and mental processes do not occur in isolation; instead, they are influenced by a variety of interrelated components. Biological factors include genetics, neurochemistry, and physical health, while psychological factors encompass emotions, thoughts, and behaviors. Social factors involve relationships, cultural influences, and socio-economic status. By integrating these dimensions, the biopsychosocial model provides a comprehensive framework that can be used to assess individuals more holistically, leading to more effective interventions and treatment strategies. This approach challenges the notion of viewing health issues strictly through a medical or psychological lens, thus fostering a more inclusive understanding of the various influences on well-being. The other choices do not capture the essence of the biopsychosocial model. While one option may focus exclusively on psychological and biological distinctions or the genetic basis of behavior, these perspectives fall short of acknowledging the importance of social influences in shaping behavior and health outcomes. Similarly, another choice that describes environmental impacts on mental health does not encompass the individual psychological and biological aspects that are equally important in the biopsychosocial framework.

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.

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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://uworldbehavioralscience.examzify.com>

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

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