

VisionFirst CEBT 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. Serology: Which test detects active hepatitis B infection?**
 - A. HBsAg**
 - B. HCV Elisa**
 - C. HIV Elisa**
 - D. Syphilis**

- 2. Which term means "free of germs and spores"?**
 - A. Contaminated**
 - B. Sterile**
 - C. Bioburden**
 - D. Disinfection**

- 3. Which donor contraindication is associated with infectious disease activity?**
 - A. Reyes syndrome in last 3 months**
 - B. Active viral, progressive, or encephalitis of unknown origin**
 - C. Retinoblastoma**
 - D. Active leukemias**

- 4. Which of the following is NOT listed as an FDA guideline for serology testing?**
 - A. Under age 12**
 - B. <45kg or >100kg**
 - C. Blood loss**
 - D. Age between 10 and 20**

- 5. What does discordant serology mean?**
 - A. Having both positive and negative results for the same infectious disease**
 - B. Having only negative results**
 - C. Having positive results for different diseases**
 - D. Having no test results**

- 6. In what year did the first human corneal transplant occur?**
- A. 1789**
 - B. 1914**
 - C. 1797**
 - D. 1905**
- 7. The connective tissue fascia that inserts at the limbus and covers the globe and muscles is also known as what?**
- A. Tenon's fascia**
 - B. Episclera**
 - C. Stroma**
 - D. Canal of Schlemm**
- 8. Which cell type is the basic cell in the corneal stroma?**
- A. Endothelial cell**
 - B. Keratocyte**
 - C. Epithelial cell**
 - D. Melanocyte**
- 9. FTA is a test associated with which disease?**
- A. HIV**
 - B. Malaria**
 - C. Syphilis**
 - D. Hepatitis C**
- 10. Which term is the opening in the iris that changes size in response to light levels, similar to a camera aperture?**
- A. Pseudoguttae**
 - B. Rosette**
 - C. Specular Reflection**
 - D. Pupil**

Answers

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

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Explanations

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1. Serology: Which test detects active hepatitis B infection?

- A. HBsAg**
- B. HCV Elisa**
- C. HIV Elisa**
- D. Syphilis**

Active hepatitis B infection is identified by the presence of the hepatitis B surface antigen in the blood. This antigen appears early after infection and stays present during active viral replication, indicating the person is currently infected and potentially contagious. Tests for other viruses—such as hepatitis C antibodies, HIV antibodies, or syphilis serology—do not indicate HBV infection, so they're not used to detect active hepatitis B. In short, detecting HBsAg confirms an active HBV infection.

2. Which term means "free of germs and spores"?

- A. Contaminated**
- B. Sterile**
- C. Bioburden**
- D. Disinfection**

In infection control, sterile means free from all living microorganisms, including germs and spores. Sterility is achieved through sterilization methods that kill or inactivate every form of microbial life, such as steam under pressure, dry heat, chemical sterilants, or irradiation. This is different from disinfection, which lowers or eliminates many pathogens but may not remove all microorganisms or spores. Contaminated describes items that carry germs, while bioburden refers to the amount of microorganisms present on an item before sterilization. Because spores are highly resistant, true sterilization aims to leave no viable microbes. Therefore, the term that means free of germs and spores is sterile.

3. Which donor contraindication is associated with infectious disease activity?

- A. Reyes syndrome in last 3 months**
- B. Active viral, progressive, or encephalitis of unknown origin**
- C. Retinoblastoma**
- D. Active leukemias**

Infection risk is the key factor for donor screening. Any donor with an active infectious disease, especially a viral infection that's progressing or encephalitis of unknown origin, poses a high risk of transmitting that infection to the recipient who will be immunosuppressed after transplantation. Therefore, active viral infections, progressive infections, or encephalitis of unknown origin are strong contraindications because they could directly harm the recipient. The other options describe conditions that are disqualifying for reasons other than active infection: Reyes syndrome is a noninfectious neurologic condition history, retinoblastoma is a cancer, and active leukemias are malignancies. While these are also reasons not to donate, they don't address infectious disease activity.

4. Which of the following is NOT listed as an FDA guideline for serology testing?

- A. Under age 12
- B. <45kg or >100kg
- C. Blood loss
- D. Age between 10 and 20**

The concept here is how FDA guidelines flag factors that can affect the reliability and safety of serology testing. Guidelines typically note when patient characteristics or clinical conditions might alter test results or the sampling process—such as being a young child, having very low or very high body weight, or issues with blood collection like blood loss. An age range from 10 to 20 years isn't presented as a standard guideline in this context. In other words, guidelines are framed around broad categories (pediatric vs adult, weight extremes, or sampling issues) rather than a specific teen-only age window. That's why the statement about an age window between 10 and 20 is not listed, making it the correct choice.

5. What does discordant serology mean?

- A. Having both positive and negative results for the same infectious disease**
- B. Having only negative results
- C. Having positive results for different diseases
- D. Having no test results

Discordant serology means you get inconsistent results across serologic tests for the same infection — some tests come back positive while others are negative. This can happen because different tests use different antigens or methods, have varying sensitivity or specificity, or reflect the infection's stage (for example, early infection may yield negative results in some assays but positive in others). When results don't agree, clinicians may repeat testing or use a different confirmatory test to determine the true infection status. The other scenarios—all tests negative, positive for different diseases, or no results—don't describe this mixed, conflicting pattern.

6. In what year did the first human corneal transplant occur?

- A. 1789
- B. 1914
- C. 1797
- D. 1905**

The question tests knowledge of a landmark in eye surgery: when the first successful human corneal transplant happened. In 1905, Eduard Zirm performed the groundbreaking procedure, transplanting a donor cornea into a patient and achieving a clear, functioning graft. This demonstrated that corneal tissue could be transplanted between people and remain transparent, establishing corneal transplantation as a viable treatment for corneal blindness and laying the groundwork for modern keratoplasty techniques. The other years listed aren't associated with this historic milestone.

7. The connective tissue fascia that inserts at the limbus and covers the globe and muscles is also known as what?

A. Tenon's fascia

B. Episclera

C. Stroma

D. Canal of Schlemm

The main idea here is Tenon's capsule, the connective tissue fascia that envelops the eyeball and the extraocular muscles. This fascial envelope wraps around the globe and muscles and attaches anteriorly near the limbus, acting as a smooth, movable sheath for the eye's movements. It's also called fascia bulbi. This distinguishes it from other ocular tissues: the episclera is the vascular layer between the conjunctiva and sclera, not a surrounding envelope; the stroma is the thick, supportive layer of the cornea; and the Canal of Schlemm is a drainage channel in the anterior chamber. So the description fits Tenon's fascia.

8. Which cell type is the basic cell in the corneal stroma?

A. Endothelial cell

B. Keratocyte

C. Epithelial cell

D. Melanocyte

In the corneal stroma, the main cell responsible for maintaining the extracellular matrix and keeping the tissue transparent is the keratocyte. Keratocytes reside between the regularly arranged collagen lamellae and continuously synthesize collagen and proteoglycans that form the stroma's supporting matrix. They are relatively quiet under normal conditions, which helps preserve the organized structure needed for transparency. If injury occurs, keratocytes can become fibroblasts or myofibroblasts to aid repair, but this can lead to scarring and loss of clarity if the response is excessive. Endothelial cells line the inner surface of the cornea and help regulate fluid balance, epithelial cells cover the outer corneal surface, and melanocytes are pigment cells not typically part of the corneal stroma, so they do not serve as the basic stroma cell.

9. FTA is a test associated with which disease?

A. HIV

B. Malaria

C. Syphilis

D. Hepatitis C

FTA is a diagnostic test that detects antibodies to *Treponema pallidum*, the bacterium that causes syphilis. In practice, it serves as a confirmatory treponemal test after an initial non-treponemal screen (which can yield false positives or negatives). A positive FTA result indicates exposure to the bacterium, meaning current or past infection with syphilis. Treponemal tests like FTA are highly specific and tend to remain positive for life, which is why they're used to confirm syphilis rather than to gauge treatment response. That's why this test is associated with syphilis, not the other diseases listed.

10. Which term is the opening in the iris that changes size in response to light levels, similar to a camera aperture?

- A. Pseudoguttae**
- B. Rosette**
- C. Specular Reflection**
- D. Pupil**

The opening in the iris that changes size in response to light is the pupil. It sits at the center of the iris and functions like a camera aperture, adjusting how much light enters the eye. Two muscles regulate this opening: the sphincter pupillae constricts the pupil in bright light, making the opening smaller, while the dilator pupillae dilates it in dim light, making it larger. This automatic adjustment is part of the pupillary light reflex, which coordinates signals from the retina with the muscles to protect and optimize vision. Understanding the purpose helps: a smaller pupil in bright conditions reduces excess light and sharpens vision, whereas a larger pupil in darkness allows more light to reach the retina to improve visibility. Other terms like pseudoguttae, rosette, or specular reflection refer to patterns or optical phenomena, not the actual opening in the iris.

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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://visionfirstcebt.examzify.com>

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

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