A LEVEL PSYCHOLOGY OCR PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

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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.

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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!

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Questions

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1. **What are limitations noted regarding the reliability of fMRI scans?**
   A. They are always safe and non-invasive
   B. Consistency between measurements can be low
   C. They provide qualitative data on brain activity
   D. The technology is outdated and unreliable

2. **What was the percentage of adults in the UK experiencing depression in the summer of 2021?**
   A. 5%
   B. 10%
   C. 17%
   D. 20%

3. **What is the self-harm rate in the UK, expressed per 100,000 individuals?**
   A. 100
   B. 250
   C. 400
   D. 600

4. **What ethical concern is raised regarding Freud's research?**
   A. Lack of consent from the child
   B. Invaded privacy of the participant
   C. Participants were not debriefed
   D. Use of deception in the study

5. **What was the sample population studied by Barkley-Levenson and Galvan?**
   A. Children and adolescents
   B. Young adults in their 20s
   C. Middle-aged adults
   D. Older adults

6. **What phobia did Little Hans develop according to his father?**
   A. Fear of snakes
   B. Fear of darkness
   C. Fear of horses
   D. Fear of strangers

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7. What does context-dependent memory refer to?

A. A decrease in memory recall due to distractions

B. Better recall when tested in the same context as learning

C. A phenomenon where memories become distorted over time

D. Memory retention increases with higher emotional arousal

8. Which of the following is a feature of laboratory experiments?

A. Increase in participant variability

B. Lower reliability of results

C. Utility of informed consent

D. Reduced ability to establish causation

9. What extraneous variable might have affected the infants' behavior in the Gibson and Walk study?

A. The age of the infants

B. Lighting conditions in the room

C. Verbal cues from their mothers

D. Number of trials conducted

10. According to Ayres' theory, what is the main focus of sensory integrative play?

A. Promoting physical fitness through sports.

B. Enhancing auditory processing skills.

C. Developing a multi-sensory perception for individuals with sensory processing issues.

D. Encouraging social interactions among children.

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Answers

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

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Explanations

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1. What are limitations noted regarding the reliability of fMRI scans?

A. They are always safe and non-invasive

B. Consistency between measurements can be low

C. They provide qualitative data on brain activity

D. The technology is outdated and unreliable

The noted limitation regarding the reliability of fMRI scans lies in the consistency between measurements can be low. This means that while fMRI is widely used in neuroscience to observe brain activity by measuring changes in blood flow, it can sometimes yield variable results. This inconsistency might arise from factors such as the subject's movement, varying states of attention, or differences in how individuals' brains respond to stimuli. Consequently, these variables can affect the replicability of fMRI results across different sessions or studies. This contrasts with the other options, which either misrepresent the nature of fMRI scans or do not directly address the issue of reliability. For instance, while fMRI is indeed a non-invasive technique, this fact does not pertain to its reliability in terms of producing consistent results. Additionally, fMRI primarily provides quantitative data about brain activity rather than qualitative insights, and although the technology may be periodically updated, referring to it as outdated undermines its ongoing relevance and application in contemporary research.

2. What was the percentage of adults in the UK experiencing depression in the summer of 2021?

A. 5%

B. 10%

C. 17%

D. 20%

The correct choice reflects the statistical data indicating that, during the summer of 2021, approximately 17% of adults in the UK reported experiencing symptoms of depression. This figure is significant as it highlights the mental health impact of the COVID-19 pandemic, along with the various lockdowns and restrictions that were in place at that time. The context of this data is essential; it shows an increase in mental health issues due to the prolonged periods of social isolation, anxiety about health and job security, and overall uncertainty that many individuals faced during this period. Recognizing this percentage helps further discussions on mental health services and resources that may be necessary to support individuals struggling with depression during such unprecedented times.

3. What is the self-harm rate in the UK, expressed per 100,000 individuals?

A. 100

B. 250

C. 400

D. 600

The self-harm rate in the UK, expressed per 100,000 individuals, is accurately reflected by the specified choice. This statistic underscores significant mental health issues prevalent in the population, revealing the importance of understanding the context of self-harm as a response to emotional distress. The high rate indicates that many individuals may struggle with mental health challenges, and it emphasizes the need for effective interventions and support systems. Understanding this figure can also guide policymakers and mental health professionals in devising appropriate strategies to address self-harming behaviors and promote mental wellness across various demographics. By recognizing this rate, one can appreciate the scope of self-harming behaviors and their implications on public health, as well as the urgency needed in addressing mental health services to reduce these figures over time.

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4. What ethical concern is raised regarding Freud's research?

A. Lack of consent from the child

B. Invaded privacy of the participant

C. Participants were not debriefed

D. Use of deception in the study

The ethical concern regarding Freud's research that specifically highlights the invasion of privacy relates to how Freud, particularly in his case studies such as the infamous Little Hans study, often collected sensitive and personal information without fully considering the implications for the individuals involved. This concern is heightened by the intimate details of their lives and family dynamics that Freud analyzed, raising issues about the extent to which participants were aware of the information being shared and how it would be used. Freud's methods often involved observations and interpretations that penetrated deeply into the private lives of his subjects. This approach can be seen as problematic from an ethical standpoint, as it may lead to a lack of respect for the autonomy and dignity of the individuals involved. Concerns about privacy also tie into the broader ethical principles of psychological research, emphasizing the need for researchers to protect the confidentiality and anonymity of their subjects. In contrast, the other options highlight different aspects of ethical concerns. For instance, lack of consent and debriefing may apply to other research contexts but are not as directly applicable to Freud's methodology in a traditional sense. The use of deception can also be relevant but does not directly capture the privacy invasion characteristic of Freud's practices. Thus, the focus on invasion of privacy accurately reflects a significant ethical concern

5. What was the sample population studied by Barkley-Levenson and Galvan?

A. Children and adolescents

B. Young adults in their 20s

C. Middle-aged adults

D. Older adults

Barkley-Levenson and Galvan conducted their research focusing on young adults, specifically those in their 20s, to investigate how neural mechanisms influence decision-making and risk-taking behaviors. This age group is particularly relevant when studying the brain's development, especially the prefrontal cortex, which continues to mature into the mid-20s, making this an ideal population for observing changes in cognitive functions and behavioral responses. This research aimed to link the neurobiological development happening in young adulthood with psychological and behavioral outcomes. The emphasis on individuals in their 20s is crucial as it represents a transitional phase where both brain development and behavioral patterns are still evolving, thus allowing for a unique perspective on decision-making processes during this formative stage of life.

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6. What phobia did Little Hans develop according to his father?

A. Fear of snakes

B. Fear of darkness

C. Fear of horses

D. Fear of strangers

Little Hans, a child studied by Sigmund Freud, developed a phobia that involved an intense fear of horses. This case is significant in the context of Freud's theory of psychosexual development and his ideas about the Oedipus complex. Freud suggested that this fear was a manifestation of deeper unconscious conflicts related to Hans's feelings about his father and competition for his mother's attention. Little Hans's father reported that he exhibited extreme anxiety when encountering horses in real life or even when seeing pictures of them. The analysis of his phobia is particularly notable because Freud argued that the child's fear of horses symbolized broader psychological issues, particularly linked to his fear of castration associated with his father. This case study is often cited when discussing defense mechanisms and the symbolic nature of phobias in psychoanalytic theory. Understanding this context helps clarify the significance of the phobia beyond just the fear itself, illustrating how early childhood experiences and internal conflicts can influence behavior and emotional reactions.

7. What does context-dependent memory refer to?

A. A decrease in memory recall due to distractions

B. Better recall when tested in the same context as learning

C. A phenomenon where memories become distorted over time

D. Memory retention increases with higher emotional arousal

Context-dependent memory refers to the improved ability to recall information when the retrieval context matches the learning context. This phenomenon suggests that environmental cues present during the learning phase can significantly enhance memory performance during recall. When individuals learn information in a specific setting, those contextual cues become associated with the memory. Therefore, if they are tested in the same or a similar environment, they are likely to experience better recall due to these contextual triggers. The other options do not accurately capture the essence of context-dependent memory. A focuses on the impact of distractions on recall, which relates more to interference than context. C discusses memory distortion over time, which is a separate cognitive process. D refers to the influence of emotional arousal on memory retention but does not specifically address the context of learning and recall.

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8. Which of the following is a feature of laboratory experiments?

A. Increase in participant variability

B. Lower reliability of results

C. Utility of informed consent

D. Reduced ability to establish causation

Laboratory experiments are characterized by a high degree of control over variables, allowing researchers to manipulate one or more independent variables while keeping others constant. This controlled environment increases the ability to establish causal relationships between variables. The option regarding the utility of informed consent is particularly relevant in laboratory settings. Informed consent is essential as it ensures participants understand the nature of the experiment, what it involves, and any potential risks before agreeing to take part. This ethical principle is prominent in laboratory research to protect participants and promote transparency in the research process. In contrast, other options reflect potential drawbacks or misconceptions about laboratory experiments. For example, participant variability typically decreases in laboratory settings due to the controlled conditions, and reliability is often heightened due to repeatable procedures. Establishing causation is one of the strengths of laboratory experiments, not a limitation. Therefore, the utility of informed consent aligns strongly with the ethical standards and methodologies prevalent in laboratory research.

9. What extraneous variable might have affected the infants' behavior in the Gibson and Walk study?

A. The age of the infants

B. Lighting conditions in the room

C. Verbal cues from their mothers

D. Number of trials conducted

In the Gibson and Walk study, also known as the visual cliff experiment, the researchers aimed to investigate depth perception in infants. One extraneous variable that could have significantly influenced the behavior of the infants is the presence of verbal cues from their mothers. Infants often look to their caregivers for signals and reassurance, particularly in unfamiliar situations, such as standing at the edge of a visual cliff. If mothers expressed cues in their tone of voice or body language—whether encouraging or discouraging—it could potentially affect how infants perceived the depth and their willingness to cross the "cliff." Considering other factors, the age of the infants could certainly be a vital variable influencing their depth perception abilities, but it is more of a main variable in the context of the study rather than an extraneous one. Similarly, while lighting conditions can affect visibility, it's typically controlled in experimental settings to ensure consistency. The number of trials conducted might influence learning or acclimatization, but it doesn't directly relate as an extraneous variable affecting immediate behavior during the test. Hence, the potential for maternal cues to sway an infant's response makes it a pertinent extraneous variable in this study.

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10. According to Ayres' theory, what is the main focus of sensory integrative play?

A. Promoting physical fitness through sports.

B. Enhancing auditory processing skills.

C. Developing a multi-sensory perception for individuals with sensory processing issues.

D. Encouraging social interactions among children.

Sensory integrative play, as proposed by Ayres' theory, centers on the development of a multi-sensory perception, particularly for individuals dealing with sensory processing issues. The primary objective is to help children integrate and interpret sensory information from their environment, which is crucial for their overall development and functioning. Engaging in play that involves various sensory activities allows children to explore and understand their sensory experiences better. This can lead to improved responses to sensory input, enhanced motor skills, and greater adaptability in everyday life. By focusing on multi-sensory experiences, children can learn to process and respond to sensory information more effectively, which is essential for those experiencing difficulties with sensory integration.

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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://alevelpsychologyocr.examzify.com

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

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