CED FUNDAMENTALS OF PSYCHOLOGY 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.

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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 term describes all the cases in a study from which samples can be drawn?

A. Sample

B. Population

C. Subset

D. Variable

2. What does the correlational coefficient indicate?

A. The cause-and-effect relationship between two variables

B. The magnitude and direction of the relationship between two variables

C. The statistical significance of a single variable

D. The probability of a random event occurring

3. Who proposed a theory of moral development involving stages?

A. Sigmund Freud

B. Carl Rogers

C. Lawrence Kohlberg

D. Alfred Adler

4. What term describes the magnitude of change that an independent variable has on a dependent variable?

A. Effect Size

B. Statistical Power

C. Variance

D. Confidence Interval

5. What is defined as the reasonable measures taken to protect research participants?

A. Informed consent

B. Protection from harm

C. Confidentiality

D. Debriefing

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6. What is cognitive behavioral therapy (CBT)?

A. A type of psychotherapy that helps individuals identify and change negative thought patterns

B. A method focused on exploring the unconscious mind

C. A therapy that solely relies on medication

D. A form of group therapy for interpersonal issues

7. Which of the following is a method for ensuring that each participant has equal selection probability in research?

A. Quasi-experimental design

B. Random sampling

C. Snowball sampling

D. Purposive sampling

8. Which sampling method allows each member of a population an equal chance of being included?

A. Systematic sampling

B. Convenience sampling

C. Random sampling

D. Quota sampling

9. In correlational research, what issue arises when it is known that two variables are related, but the direction of that relationship is unclear?

A. Spurious correlation

B. Directionality problem

C. Confounding variable

D. Measurement error

10. Which theory suggests that people strive for self-actualization?

A. Humanistic theory

B. Cognitive theory

C. Behavioral theory

D. Psychodynamic theory

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Answers

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

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Explanations

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1. What term describes all the cases in a study from which samples can be drawn?

A. Sample

B. Population

C. Subset

D. Variable

The term that describes all the cases in a study from which samples can be drawn is referred to as the population. In research, the population encompasses the entire group of individuals or instances that researchers are interested in studying. This concept is crucial because it defines the broader context in which the research findings will be applicable. For example, if a researcher is studying the dietary habits of high school students in a particular city, the population would include all high school students in that city. From this population, researchers can then draw samples to conduct their studies, allowing them to make inferences about the entire group based on the analysis of these smaller, manageable subsets. The other terms provided relate to different aspects of research. A sample is a subset of the population, selected for a study to represent the larger group. A subset also refers to a smaller group that is part of a larger population, but it doesn't encompass the entire population itself. A variable, on the other hand, relates to the characteristics or properties that can vary among the cases being studied, but it does not define the scope of the cases available for sampling.

2. What does the correlational coefficient indicate?

A. The cause-and-effect relationship between two variables

B. The magnitude and direction of the relationship between two variables

C. The statistical significance of a single variable

D. The probability of a random event occurring

The correlational coefficient is a statistical measure that provides insights into the relationship between two variables. It specifically indicates both the magnitude and direction of this relationship. A positive coefficient signifies that as one variable increases, the other does as well, while a negative coefficient suggests that as one variable increases, the other decreases. The closer the value is to +1 or -1, the stronger the relationship, whereas a coefficient near 0 indicates a weak or no relationship at all. This ability to quantify the strength and direction of relationships is crucial in psychological research and analysis, as it helps researchers understand how closely related different phenomena may be without inferring causation. The other options do not accurately reflect what the correlational coefficient measures; for instance, it does not determine cause-and-effect relationships, nor does it assess the statistical significance of a single variable or the probability of random events.

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3. Who proposed a theory of moral development involving stages?

A. Sigmund Freud

B. Carl Rogers

C. Lawrence Kohlberg

D. Alfred Adler

The theory of moral development involving stages was proposed by Lawrence Kohlberg. His model outlines how individuals progress through a series of stages that reflect the evolution of their moral reasoning. Kohlberg suggested that these stages are hierarchical and that individuals move from a more simplistic, self-centered view of morality to a more complex understanding that incorporates societal rules and universal ethical principles. Kohlberg's stages are categorized into three levels: pre-conventional, conventional, and post-conventional morality. Each of these levels contains two stages that highlight how moral reasoning develops as individuals are exposed to new experiences and challenges. This progression is influenced by cognitive growth and social interaction, making Kohlberg's theory significant in understanding how moral education and ethical decision-making evolve over time. The other figures mentioned have made substantial contributions to psychology but do not focus specifically on the theory of moral development in the way Kohlberg did. Sigmund Freud is known for his psychoanalytic theory, Carl Rogers for his humanistic approach, and Alfred Adler for the development of individual psychology, all of which address different aspects of personality and behavior rather than the stages of moral reasoning.

4. What term describes the magnitude of change that an independent variable has on a dependent variable?

A. Effect Size

B. Statistical Power

C. Variance

D. Confidence Interval

The term "Effect Size" quantifies the magnitude of change that an independent variable exerts on a dependent variable, providing a standardized measure of the strength of the relationship or the impact of the independent variable. It allows researchers to understand not just whether a significant difference exists, but how substantial that difference is. This concept is crucial in research as it helps in interpreting the practical significance of the findings, beyond mere statistical significance. In contrast, statistical power refers to the probability of correctly rejecting a null hypothesis when it is false, which relates to the likelihood of detecting an effect but does not quantify its size. Variance measures the extent to which data points differ from the mean, serving more as a descriptive statistic than an indicator of the effect of one variable on another. A confidence interval provides a range of values that is likely to contain the true parameter value, reflecting the measure of uncertainty rather than the strength of the effect. Thus, "Effect Size" is the most appropriate term for assessing how significant an independent variable's influence is on a dependent variable.

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5. What is defined as the reasonable measures taken to protect research participants?

A. Informed consent

B. Protection from harm

C. Confidentiality

D. Debriefing

The definition of reasonable measures taken to protect research participants primarily aligns with the concept of "protection from harm." This includes ensuring that participants are safeguarded from physical, psychological, and emotional risks during the course of a study. Researchers have an ethical obligation to minimize any potential discomfort or adverse effects that might arise from participation. This may involve implementing protocols to assess and mitigate risks, providing participants with adequate safety information, and maintaining a supportive environment throughout the research process. While informed consent, confidentiality, and debriefing are essential ethics principles in research, they do not directly encapsulate the proactive measures taken specifically to protect participants from harm. Informed consent focuses on ensuring that participants are fully aware of the nature of the study and their rights before agreeing to participate. Confidentiality pertains to the privacy of the participant's data and the obligation to keep it secure from unauthorized access. Debriefing occurs after the study is complete, where participants are informed about the research's purpose and any deceptions that were used. Each of these elements plays a crucial role in ethical research practices, but the primary focus regarding the protection of participants directly relates to protection from harm.

6. What is cognitive behavioral therapy (CBT)?

A. A type of psychotherapy that helps individuals identify and change negative thought patterns

B. A method focused on exploring the unconscious mind

C. A therapy that solely relies on medication

D. A form of group therapy for interpersonal issues

Cognitive Behavioral Therapy (CBT) is a type of psychotherapy that focuses on the relationship between thoughts, emotions, and behaviors. The core principle of CBT is that our thoughts directly influence our feelings and actions. By identifying and changing negative thought patterns, individuals can alter their emotional responses and behaviors, leading to more positive outcomes. CBT is evidence-based and structured, typically involving a collaborative approach where the therapist assists the client in recognizing distortions in their thinking, reframing unhelpful beliefs, and developing coping strategies. This practical, goal-oriented nature makes CBT particularly effective for a range of issues, including anxiety disorders, depression, and PTSD. Other therapies, such as psychodynamic therapy, focus on exploring unconscious motivations and past experiences, while medications address symptoms but do not directly engage with thought processes. Additionally, group therapy primarily emphasizes interpersonal dynamics rather than the individual cognitive restructuring that CBT entails. Thus, the essence of CBT lies in its emphasis on modifying cognitive distortions to effect change in behavior and emotional state.

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7. Which of the following is a method for ensuring that each participant has equal selection probability in research?

A. Quasi-experimental design

B. Random sampling

C. Snowball sampling

D. Purposive sampling

Random sampling is the method that ensures each participant has an equal probability of being selected for the study. This technique involves selecting participants from a larger population completely at random, which helps to minimize selection bias and enhances the generalizability of the results. By using this method, researchers can confidently claim that the sample accurately represents the population, as each individual has an equal chance of being included. In contrast, quasi-experimental designs do not inherently offer equal selection probabilities since they often involve pre-existing groups rather than random selection. Snowball sampling relies on existing participants to recruit new ones, which can lead to a sample that is biased based on the social networks of those initial participants. Purposive sampling involves selecting participants based on specific characteristics or criteria, which inherently means not all individuals have an equal chance of selection. These alternatives do not meet the criteria for ensuring equal selection probability among participants.

8. Which sampling method allows each member of a population an equal chance of being included?

A. Systematic sampling

B. Convenience sampling

C. Random sampling

D. Quota sampling

Random sampling is a method that ensures every individual in the population has an equal opportunity to be included in the sample. This technique is foundational in research design because it minimizes selection bias and enhances the generalizability of the findings. By giving each member an equal chance to be selected, researchers can be more confident that their sample represents the larger population, which aids in drawing valid conclusions and making reliable inferences. The approach typically involves using randomization techniques, such as a random number generator or drawing names from a hat, to select participants. This contrasts with other sampling methods that lack this equal chance component, which can lead to skewed results and limit the applicability of the research outcomes. For example, systematic sampling follows a fixed interval to choose participants, convenience sampling selects individuals based on ease of access, and quota sampling aims to represent certain characteristics of the population but does not provide equal opportunity to all individuals.

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9. In correlational research, what issue arises when it is known that two variables are related, but the direction of that relationship is unclear?

A. Spurious correlation

B. Directionality problem

C. Confounding variable

D. Measurement error

The directionality problem arises in correlational research when two variables are found to be related, but researchers cannot determine which variable influences the other, or if they influence each other in some way. This uncertainty about directionality can lead to confusion in interpreting the results. For instance, if there is a correlation between ice cream sales and drowning incidents, it is unclear whether increased ice cream sales cause more people to go swimming (and therefore increase drowning risks) or if more drownings lead to fewer ice cream purchases due to the seasonal context of each. Understanding the directionality of a relationship is crucial because it impacts how we understand and apply the findings of the research. The inability to ascertain direction can lead researchers to draw incorrect conclusions or make misleading recommendations based on the observed correlations.

10. Which theory suggests that people strive for self-actualization?

A. Humanistic theory

B. Cognitive theory

C. Behavioral theory

D. Psychodynamic theory

The humanistic theory is centered around the idea that individuals have an inherent drive towards personal growth and self-actualization, which refers to the realization of one's potential and capabilities. This theory emphasizes the importance of self-awareness, personal responsibility, and the experience of emotions as pathways to achieving a fulfilling and meaningful life. Prominent figures in this domain, like Abraham Maslow, introduced the concept of a hierarchy of needs, where self-actualization sits at the top, representing the ultimate goal of human development. In contrast, cognitive theory focuses on mental processes involved in perception, memory, and problem-solving. Behavioral theory emphasizes observable behaviors and the learning processes that influence those behaviors, such as reinforcement and punishment, rather than personal growth. Psychodynamic theory delves into unconscious motivations and conflicts rooted in early childhood experiences, which doesn't primarily focus on self-actualization as a goal. Thus, humanistic theory is clearly aligned with the idea of striving for self-actualization.

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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://cedfundofpsychology.examzify.com

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

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