NATIONAL MEDICAL ADMISSIONS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://natlmedicaladmission.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

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

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What term describes the ability to understand that actions can be reversed?

A. Cognitivism

B. Reversibility

C. Classical Conditioning

D. Hierarchy of Needs

2. What is the role of symbolic interactionism in understanding social behavior?

A. Examining large-scale societal changes

B. Understanding the meanings individuals assign to interactions

C. Analyzing economic factors influencing behavior

D. Assessing the impact of genetics on social behavior

3. What is the main consequence of high blood pressure?

A. Increased heart rate

B. Risk of heart disease and stroke

C. Improved circulation

D. Lower risk of diabetes

4. Which organ is the largest in the human body?

A. The liver

B. The brain

C. The skin

D. The heart

5. What is the term for a stimulus that initially does not trigger a response?

A. Unconditioned Stimulus

B. Conditioned Stimulus

C. Unconditioned Response

D. Reinforcement

6. What are Freud's stages of childhood sexual development called?

A. Psychosexual Stages

B. Stages of Psychosocial Development

C. Cognitive Development Stages

D. Behavioral Stages

SAMPLE

7. Which of the following best describes the process where unwanted thoughts are pushed into the unconscious?

A. Rationalization

B. Phi Phenomenon

C. Repression

D. Transference

8. Which vitamin is primarily produced when skin is exposed to sunlight?

A. Vitamin C

B. Vitamin A

C. Vitamin D

D. Vitamin E

9. Which concept involves projecting one's feelings onto the therapist?

A. Closure

B. Transference

C. Oedipus Complex

D. Defense Mechanisms

10. Which typology is associated with non-conformity and rule-breaking behavior?

A. Ritualism

B. Innovatio

C. Rebellion

D. Typology of Deviance

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What term describes the ability to understand that actions can be reversed?

A. Cognitivism

B. Reversibility

C. Classical Conditioning

D. Hierarchy of Needs

The ability to understand that actions can be reversed is referred to as reversibility. This concept is primarily associated with cognitive development, particularly in the context of Piaget's stages of cognitive development. Reversibility indicates that a person recognizes that some actions can be undone or changed back to their original state, which is crucial for problem-solving and understanding relationships between actions and their effects. In practical terms, this means that if a child pours water from one container to another, they can realize that the water can be poured back into the original container. This understanding is fundamental as it enables more complex cognitive tasks and aids in the process of logical thinking and reasoning. Other terms listed in the choices pertain to different psychological concepts. Cognitivism relates to the study of mental processes and how people acquire knowledge. Classical conditioning refers to a learning process that involves creating an association between a naturally occurring stimulus and a previously neutral stimulus. The hierarchy of needs is a motivational theory that outlines a tiered approach to human needs, from basic physical needs to self-actualization. None of these terms specifically encapsulates the idea of reversibility as aptly as reversibility itself does.

2. What is the role of symbolic interactionism in understanding social behavior?

A. Examining large-scale societal changes

B. Understanding the meanings individuals assign to interactions

C. Analyzing economic factors influencing behavior

D. Assessing the impact of genetics on social behavior

Symbolic interactionism plays a crucial role in understanding social behavior by focusing on the meanings and interpretations that individuals assign to their interactions and social contexts. This sociological perspective emphasizes that people act based on the meanings that things have for them rather than on objective reality. Through everyday interactions, individuals create and modify symbols, language, and gestures to communicate and shape their social reality. For example, when two individuals interact, the way they understand and interpret each other's behavior is shaped by their previous experiences, cultural background, and social norms. This ongoing process of meaning-making is central to how identities are formed and social orders are maintained. Therefore, symbolic interactionism allows for a nuanced understanding of the complexities of human behavior in various social situations, emphasizing the subjective interpretations that influence actions and relationships. In contrast, the other options focus on broader societal structures or different influences that do not capture the essence of how individual interactions convey meaning, which is the core of symbolic interactionism.

SAMPLE

3. What is the main consequence of high blood pressure?

A. Increased heart rate

B. Risk of heart disease and stroke

C. Improved circulation

D. Lower risk of diabetes

High blood pressure, or hypertension, is often referred to as a "silent killer" due to its ability to cause serious health issues without noticeable symptoms. The main consequence of high blood pressure is indeed an increased risk of heart disease and stroke. When blood pressure is elevated, the heart must work harder to pump blood through the arteries, which can lead to damage over time. This strain can cause the arteries to become narrowed or weakened, significantly raising the likelihood of cardiovascular problems such as coronary artery disease, heart attacks, and strokes. Hypertension can also lead to other issues such as kidney damage and vision loss, but the most critical and direct consequences relate to heart health and cerebrovascular events. Maintaining healthy blood pressure levels is crucial to reducing these risks and promoting overall cardiovascular health, making this connection a key component of understanding the implications of hypertension.

4. Which organ is the largest in the human body?

A. The liver

B. The brain

C. The skin

D. The heart

The skin is indeed the largest organ in the human body. It serves as a protective barrier, covering the entire surface of the body and playing a crucial role in various physiological functions. This includes regulating body temperature, facilitating the sensation of touch, and providing a first line of defense against pathogens. While the liver, brain, and heart are all vital organs with specific functions, they do not surpass the skin in size. The liver is responsible for metabolic processes and detoxification, the brain is the control center for the nervous system, and the heart pumps blood throughout the body. Each of these organs is crucial for overall health, but in terms of surface area and weight, the skin holds the title of the largest organ. This is an important distinction in anatomy and physiology, highlighting the diverse roles that different organs play in maintaining bodily functions.

5. What is the term for a stimulus that initially does not trigger a response?

A. Unconditioned Stimulus

B. Conditioned Stimulus

C. Unconditioned Response

D. Reinforcement

The term for a stimulus that initially does not trigger a response is known as the conditioned stimulus. In classical conditioning, a conditioned stimulus is paired with an unconditioned stimulus to elicit a conditioned response over time. For instance, if a neutral stimulus, such as the sound of a bell, is consistently associated with the presentation of food (the unconditioned stimulus), it can eventually provoke a response, such as salivation, from the subject even when the food is not present. This transformation highlights the learning process, where the previously neutral or non-responsive stimulus gains the ability to elicit a response after conditioning. The other terms have distinct meanings in the context of conditioning and learning. An unconditioned stimulus naturally triggers a response without prior learning, while an unconditioned response is the reflexive reaction to the unconditioned stimulus. Reinforcement, on the other hand, refers to any stimulus that strengthens or increases the likelihood of a behavior, rather than being a stimulus that initially does not elicit a response. Thus, the role of the conditioned stimulus is pivotal in establishing the basis of learned behaviors through association.

SAMPLE

6. What are Freud's stages of childhood sexual development called?

A. Psychosexual Stages

B. Stages of Psychosocial Development

C. Cognitive Development Stages

D. Behavioral Stages

The correct terminology for Freud's framework of childhood development is indeed referred to as the psychosexual stages. This concept is central to Sigmund Freud's psychoanalytic theory and posits that children pass through a series of stages in which they derive pleasure from specific erogenous zones. Freud identified five distinct stages: oral, anal, phallic, latency, and genital, each characterized by different challenges and experiences influencing personality and behavior. The other choices represent different developmental theories entirely. "Stages of Psychosocial Development" refers to Erik Erikson's theory, which emphasizes social influences and conflicts. "Cognitive Development Stages" relates to Jean Piaget's theory focused on the evolution of thinking and understanding in children. Lastly, "Behavioral Stages" does not correspond to a recognized theory as clearly as the other two, and primarily denotes approaches that examine observable behavior rather than underlying psychological processes. Thus, the alignment of Freud's work specifically with psychosexual stages is what makes this answer accurate.

7. Which of the following best describes the process where unwanted thoughts are pushed into the unconscious?

A. Rationalization

B. Phi Phenomenon

C. Repression

D. Transference

The process where unwanted thoughts are pushed into the unconscious is known as repression. This psychological defense mechanism involves unconsciously blocking out thoughts, memories, and feelings that are too painful or distressing to cope with consciously. By relegating these unwanted thoughts to the unconscious mind, an individual can continue functioning without the constant reminder of their distressing content. Repression plays a crucial role in psychoanalytic theories and is considered a way for individuals to protect themselves from psychological harm. For instance, a person who has experienced a traumatic event may not remember specific details of the event, as their mind has repressed it to prevent emotional distress or anxiety. In contrast, rationalization involves justifying unacceptable actions or thoughts with logical reasons to avoid confronting the real issue. The phi phenomenon refers to an optical illusion related to motion perception, and transference involves the redirection of feelings and desires from one person to another, often in a therapeutic context. These processes do not specifically address the mechanism of pushing unwanted thoughts into the unconscious, distinguishing repression as the most fitting description.

SAMPLE

8. Which vitamin is primarily produced when skin is exposed to sunlight?

A. Vitamin C

B. Vitamin A

C. Vitamin D

D. Vitamin E

The production of vitamin D in the skin is triggered by exposure to ultraviolet (UV) rays from sunlight. When the skin is exposed to these rays, specifically UVB rays, a chemical reaction occurs that converts 7-dehydrocholesterol, a compound present in the skin, into previtamin D3. This subsequently transforms into vitamin D3 (cholecalciferol), which is then converted into active vitamin D (calcitriol) within the body. Vitamin D plays a crucial role in regulating calcium and phosphorus in the body, which are essential for maintaining healthy bones and teeth. It also supports immune function and has been linked to various health benefits. The other vitamins listed—C, A, and E—do not undergo synthesis in the skin through sunlight exposure. Vitamin C is primarily obtained through dietary sources and functions as an antioxidant. Vitamin A is obtained through dietary sources as well and is important for vision and immune function. Vitamin E, another antioxidant, is also obtained mainly from the diet and plays a role in protecting cells from oxidative damage. Thus, among the choices given, vitamin D is the only one that is synthesized in the skin when exposed to sunlight.

9. Which concept involves projecting one's feelings onto the therapist?

A. Closure

B. Transference

C. Oedipus Complex

D. Defense Mechanisms

Transference is a key concept in psychotherapy, particularly within the context of psychoanalysis. It refers to the phenomenon where a patient projects their emotions, feelings, and expectations onto the therapist, often as a reflection of unresolved issues from earlier relationships, particularly with significant figures from their past, such as parents. This projection allows the patient to re-experience past dynamics in the therapeutic setting, providing an opportunity for insight and resolution. Through transference, the patient may display feelings of affection, anger, or dependency toward the therapist, which can reveal underlying psychological conflicts. The therapist then helps to explore these feelings, facilitating a deeper understanding of the patient's relational patterns and emotional experiences. This process is instrumental in therapy as it not only assists in the identification of maladaptive patterns but also promotes healing by allowing patients to work through past experiences in a safe and controlled environment. Understanding transference is critical for therapists, as it can significantly influence the therapeutic relationship and the effectiveness of treatment, providing a powerful tool for personal exploration and growth.

SAMPLE

10. Which typology is associated with non-conformity and rule-breaking behavior?

A. Ritualism

B. Innovatio

C. Rebellion

D. Typology of Deviance

The typology associated with non-conformity and rule-breaking behavior is indeed a comprehensive term that encompasses various forms of deviation from established norms and rules. When discussing behaviors that signify a departure from the expected societal standards, this typology captures a wide range of actions, including innovation, rebellion, and retreatism, all of which can fall under the umbrella of deviant behavior. In sociology, deviance is defined as behaviors that differ from the accepted societal norms. This encompasses a spectrum from mild infractions to severe transgressions. By identifying the broad category of deviance, it becomes clear how behaviors associated with non-conformity and rule-breaking can manifest in different ways, such as through innovative actions that seek to create new solutions outside the norm, or rebellious acts that challenge existing societal structures. Other specific forms, such as ritualism and innovation, pertain to particular responses to societal expectations, but the broader term, typology of deviance, effectively encapsulates all forms of non-conforming behaviors and would thus be the most appropriate choice for describing non-conformity and rule-breaking behavior in a general sense.

SAMPLE

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://natlmedicaladmission.examzify.com

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

SAMPLE