PSYCHOSOCIAL ASPECT OF WELLBEING MIDTERM 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. How may smoking cause extra problems for people taking estrogen?

A. Increases the risk of blood clots forming

B. Decreases estrogen metabolism

C. Improves vascular health

D. Reduces risk of stroke

2. In the stages of behavior change, which stage has no intention to change?

A. Contemplation

B. Precontemplation

C. Action

D. Maintenance

3. Which statement best describes a comprehensive approach to treating veterans?

A. Focus only on the current symptoms.

B. Ignore service history.

C. Incorporate vigilance for mental health conditions and consider service exposures.

D. Rely exclusively on medication.

4. What is FUNFitness?

A. A medication

B. A nutrition program

C. A physical therapy screening that examines the flexibility, strength, balance, and aerobic fitness of Special Olympics Athletes and people with IDD

D. A mental health therapy

5. Mindfulness-based interventions have several psychosocial benefits. Which is a commonly observed benefit?

A. Increases rumination

B. Improves emotional regulation

C. Raises cortisol levels

D. Decreases wellbeing

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6. Which model is the oldest model of disability?

A. Moral model of disability

B. Medical model of disability

C. Social model of disability

D. Biopsychosocial model

7. How do people transition?

A. Modifying social presentation, appearance, body, pronoun to attain a level of comfort

B. Only changing legal documents

C. Hormone therapy only

D. Surgery only

8. How do cultural beliefs influence psychosocial wellbeing and care planning?

A. Care plans should be culturally safe, language-concordant, and respectful of practices.

B. Beliefs have no effect on symptom interpretation.

C. Care plans should be identical across cultures.

D. Beliefs only affect families, not individuals.

9. Which factor is associated with a higher likelihood of using physical therapy?

A. Rural environment

B. Male gender

C. Low educational attainment

D. Urban environment

10. Which stage begins actual change of targeted behavior and requires prep and commitment?

A. Precontemplation

B. Contemplation

C. Preparation

D. Action

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Answers

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

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Explanations

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1. How may smoking cause extra problems for people taking estrogen?

A. Increases the risk of blood clots forming

B. Decreases estrogen metabolism

C. Improves vascular health

D. Reduces risk of stroke

Smoking adds to the clotting risk that estrogen already poses. Estrogen therapy tends to increase clotting factors in the blood and can promote thrombosis. When someone who smokes also takes estrogen, smoking contributes to a prothrombotic state—along with possible vascular damage and platelet activation—so the chance that a blood clot forms goes up more-than-usually. This is the main way smoking creates extra problems for people on estrogen. The other ideas don't fit as well: smoking doesn't improve vascular health, and while smoking can influence drug metabolism in some ways, the clinically important interaction here is the heightened risk of blood clots. Reducing stroke risk isn't correct; in fact, estrogen users who smoke generally have higher cardiovascular and thrombotic risk.

2. In the stages of behavior change, which stage has no intention to change?

A. Contemplation

B. Precontemplation

C. Action

D. Maintenance

Readiness to change along the stages of behavior change. In the stage with no intention to change, a person does not plan to alter their behavior in the foreseeable future, often due to denial, lack of awareness, or belief that change isn't needed. They may resist discussing the issue or minimizing its impact. This contrasts with later stages where there is clear intent to change (within a defined timeframe) and eventually taking steps to modify the behavior. For example, someone in this stage might say they see no problem with their behavior and have no plan to change anytime soon.

3. Which statement best describes a comprehensive approach to treating veterans?

A. Focus only on the current symptoms.

B. Ignore service history.

C. Incorporate vigilance for mental health conditions and consider service exposures.

D. Rely exclusively on medication.

A comprehensive approach to treating veterans means actively screening for mental health conditions and taking into account the exposures and experiences from military service. Veterans often carry effects from combat, deployment, injuries, or trauma that shape how symptoms appear and respond to treatment. By assessing service history, clinicians can identify connections between what happened during service and current issues such as PTSD, depression, anxiety, sleep problems, or substance use. This context guides a coordinated plan that uses evidence-based therapies, appropriate medications when needed, and connections to veteran-specific resources and supports, all delivered in a trauma-informed, integrated way. The focus is on the whole person—symptoms, history, functioning, and social supports—so care is tailored, ongoing, and more effective. Other approaches fall short because they isolate symptoms from the veteran's background, potentially missing underlying causes rooted in service experiences. Ignoring service history removes critical context for understanding why problems developed or how they should be treated. Relying exclusively on medication overlooks the importance of psychotherapy, rehabilitative supports, and psychosocial factors that contribute to recovery and resilience.

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4. What is FUNFitness?

A. A medication

B. A nutrition program

C. A physical therapy screening that examines the flexibility, strength, balance, and aerobic fitness of Special Olympics Athletes and people with IDD

D. A mental health therapy

FUNFitness is a physical therapy screening used with Special Olympics athletes and people with intellectual and developmental disabilities to measure key aspects of physical function—flexibility, strength, balance, and aerobic fitness. This assessment helps clinicians and coaches identify specific areas to improve, tailor individualized exercise plans, and monitor progress over time to support safe, effective participation in sport and activity. It isn't a medication, a nutrition program, or mental health therapy; those domains are addressed by other interventions, while FUNFitness focuses on evaluating physical capabilities to guide fitness and health planning.

5. Mindfulness-based interventions have several psychosocial benefits. Which is a commonly observed benefit?

A. Increases rumination

B. Improves emotional regulation

C. Raises cortisol levels

D. Decreases wellbeing

Mindfulness-based interventions strengthen emotional regulation by teaching people to notice thoughts, feelings, and bodily signals in the present moment without judgment and to choose responses rather than react impulsively. This heightened awareness helps identify distress early, reduce automatic emotional reactivity, and apply more adaptive coping strategies. Over time, this leads to better management of emotions and improved psychosocial functioning, which is why improved emotional regulation is commonly observed. The other patterns described—rumination increasing, cortisol rising, or wellbeing decreasing—do not align with the typical effects of mindfulness, which more often includes reduced rumination, stress reactivity, and enhanced wellbeing.

6. Which model is the oldest model of disability?

A. Moral model of disability

B. Medical model of disability

C. Social model of disability

D. Biopsychosocial model

Historical views on disability and how society judges and treats people with impairments is what this item is getting at. The oldest framework treats disability as a moral issue—an outcome of character, sin, or a perceived moral failing. In many cultures and eras, disability was seen as divine punishment or a sign of improper conduct, leading to stigma, exclusion, and pressures for penance or moral reform rather than focusing on support, rights, or accommodations. This approach places responsibility on the individual and their morality rather than examining the person's abilities, needs, or environmental factors. Later developments shifted toward explaining disability through impairments and medical conditions, focusing on diagnosis, treatment, or cure. Then came the recognition that society's barriers—attitudes, architecture, policies—play a major role in disabling people, which is the social model. The biopsychosocial model later integrated biological factors with psychological and social influences to explain disability more holistically. Because the moral interpretation arose long before medical or social theories, it is the oldest way people have understood disability.

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7. How do people transition?

A. Modifying social presentation, appearance, body, pronoun to attain a level of comfort

B. Only changing legal documents

C. Hormone therapy only

D. Surgery only

Transition means aligning how a person presents and lives in the world with their gender identity to feel authentic and comfortable. The best option captures this broader, psychosocial process: changing social presentation, appearance, body cues, and pronouns to match one's gender and reduce dysphoria. While medical steps like hormone therapy or gender-affirming surgeries and legal changes can be part of many people's transition, they are not required for everyone and are not the only route. Focusing only on legal documents or only on medical procedures misses the social and interpersonal changes that often bring immediate relief and improved daily functioning. In terms of wellbeing, social transition directly affects how someone is seen and treated, which influences mental health and overall comfort.

8. How do cultural beliefs influence psychosocial wellbeing and care planning?

A. Care plans should be culturally safe, language-concordant, and respectful of practices.

B. Beliefs have no effect on symptom interpretation.

C. Care plans should be identical across cultures.

D. Beliefs only affect families, not individuals.

Cultural beliefs shape how people experience distress, interpret symptoms, and decide how to seek help. Because of this, care plans should be culturally safe, provided in the patient's language, and respectful of practices. In practice, this means asking about beliefs and preferences, using interpreters when needed, involving family if desired, and accommodating traditional practices when they don't conflict with safety. This approach builds trust, improves communication, and supports psychosocial wellbeing and adherence. Beliefs do influence symptom interpretation, so saying they have no effect is inaccurate; care plans should be tailored rather than identical across cultures; and beliefs affect both individuals and families, not just one group.

9. Which factor is associated with a higher likelihood of using physical therapy?

A. Rural environment

B. Male gender

C. Low educational attainment

D. Urban environment

Access to care and the availability of services strongly influence whether someone uses physical therapy. An urban environment typically has a higher density of physical therapy clinics, more healthcare providers who can refer patients, and better transportation options, all of which make it easier and faster to start and continue PT when it's appropriate. This greater access lowers practical barriers like travel time, wait lists, and referral delays, so people living in cities are more likely to receive physical therapy. By contrast, rural areas often face shortages of PTs, longer travel distances, and fewer referral opportunities, which can reduce utilization even when therapy is indicated. While factors like gender or education can affect health-seeking behavior, the most direct and influential factor in this context is the increased service availability that comes with an urban setting.

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10. Which stage begins actual change of targeted behavior and requires prep and commitment?

A. Precontemplation

B. Contemplation

C. Preparation

D. Action

Understanding the stages of change helps clarify when change actually starts. The moment you move from planning to doing—the point at which you actively implement the new behavior and commit to sustaining it—that's the Action stage. Before this, in Preparation, you're getting ready, making concrete plans, and building the resolve to change, but the observable behavior change hasn't begun yet. Action is marked by putting those plans into practice, dealing with real-world challenges, and maintaining the new behavior over time.

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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://psychaspectofwellbeingmidterm.examzify.com

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

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