

(Last Updated: May 31, 2024)

This is a Sample Paper based on the upgraded format of the IPsyO exam, designed to help candidates understand and become familiar with the latest format of the IPsyO exam. The exam consists of three sections: Objective Questions, Short-answer Questions, and Application Questions. The number and scoring of each type of question are as follows:

Question Type	Number of Questions	Points per Question	Weightings
Objective Questions	80	1.25	50%
Short-answer Questions	3	20	30%
Application Questions	1	40	20%

## Part 1 – Objective Questions

Objective questions primarily assess the recall and mastery of fundamental psychology knowledge, with equal number of questions from each of the five domains specified in the IPsyO Syllabus. Each objective question consists of four statements, and students need to judge the accuracy of each statement and select the correct option. The sample paper contains only 20 questions for reference. The actual exam consists of 80 questions.

### 1. Which of the following statements are correct?

- (1) Neurons communicate with each other through synapses.
- (2) The frontal lobe is primarily responsible for processing visual information.
- (3) Neurotransmitters are chemical messengers that transmit signals across synapses.
- (4) The amygdala is involved in regulating emotions such as fear and aggression.

- (2)
- (1)(4)
- (2)(3)
- (1)(3)(4)
- (1)(2)(3)(4)

**2. Which of the following statements are correct?**

- (1) The myelin sheath increases the speed of neural transmission.
- (2) The hippocampus plays a key role in forming new memories.
- (3) Dopamine is a neurotransmitter associated with pleasure and reward.
- (4) The cerebellum is involved in coordinating voluntary movements and balance.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**3. Which of the following statements are correct?**

- (1) The hypothalamus regulates basic bodily functions such as hunger, thirst, and temperature.
- (2) The sympathetic nervous system is responsible for the body's "rest and digest" functions.
- (3) The left hemisphere of the brain controls the left side of the body.
- (4) Axons carry electrical impulses away from the cell body of a neuron.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**4. Which of the following statements are correct?**

- (1) The endocrine system communicates using electrical signals.
- (2) Serotonin is primarily associated with mood regulation and sleep.
- (3) The occipital lobe is involved in auditory processing.
- (4) The somatic nervous system controls involuntary actions.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**5. Which of the following statements are correct?**

- (1) Short-term memory has a limited capacity, typically holding about  $7 \pm 2$  items.
- (2) Procedural memory involves the recall of facts and events.
- (3) The process of encoding involves transforming information into a form that can be stored in memory.
- (4) Retrieval is the process of getting information out of memory storage.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**6. Which of the following statements are correct?**

- (1) The prefrontal cortex is heavily involved in working memory and executive functions.
- (2) Semantic memory is a type of long-term memory for factual information.
- (3) Episodic memory is the memory of personal experiences and specific events.
- (4) Chunking is a strategy used to increase the capacity of short-term memory by grouping information into larger units.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**7. Which of the following statements are correct?**

- (1) The serial position effect describes the tendency to remember items at the beginning and end of a list better than those in the middle.
- (2) Heuristics are systematic and logical methods for problem-solving.
- (3) The primacy effect refers to better recall of items at the end of a list.
- (4) Inattentional blindness occurs when a person fails to notice a stimulus in plain sight because their attention is focused elsewhere.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**10. Which of the following statements are correct?**

- (1) Cognitive dissonance occurs when there is harmony between attitudes and behaviors.
- (2) The spacing effect refers to the phenomenon where learning is more effective when study sessions are spread out over time.
- (3) Flashbulb memories are highly detailed and vivid memories of significant events, but they are always accurate.
- (4) The Stroop effect demonstrates the difficulty in overriding automatic processing.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**9. Which of the following statements are correct?**

- (1) Piaget proposed that children move through four stages of cognitive development.
- (2) The sensorimotor stage involves the development of abstract and hypothetical thinking.
- (3) Vygotsky emphasized the role of social interaction and cultural context in cognitive development.
- (4) Classical conditioning is a form of learning in which a neutral stimulus becomes associated with a meaningful stimulus.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**10. Which of the following statements are correct?**

- (1) Operant conditioning involves learning through the consequences of behavior, such as reinforcement and punishment.
- (2) The preoperational stage is characterized by the development of logical and operational thinking.
- (3) In the concrete operational stage, children gain the ability to think abstractly and hypothetically.
- (4) Attachment theory suggests that early relationships with caregivers influence later social and emotional development.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**11. Which of the following statements are correct?**

- (1) Erikson's psychosocial theory includes eight stages of development, each characterized by a specific crisis.
- (2) According to Kohlberg, moral development progresses through three levels: preconventional, conventional, and postconventional.
- (3) The concept of scaffolding, proposed by Vygotsky, refers to providing support to a learner and gradually removing it as the learner becomes more proficient.
- (4) Bandura's social learning theory emphasizes the importance of observing and imitating others.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**12. Which of the following statements are correct?**

- (1) The zone of proximal development (ZPD) is the range of tasks that a child can perform independently without help.
- (2) The formal operational stage typically begins around age 11 and is characterized by abstract and scientific thinking.

(3) Maslow's hierarchy of needs posits that higher-level needs must be satisfied before lower-level needs.

(4) Classical conditioning was first described by B.F. Skinner.

A. (2)

B. (1)(4)

C. (2)(3)

D. (1)(3)(4)

E. (1)(2)(3)(4)

**13. Which of the following statements are correct?**

(1) The bystander effect suggests that people are more likely to help others when more people are present.

(2) The fundamental attribution error involves overestimating the influence of personal traits and underestimating situational factors when explaining others' behavior.

(3) Social facilitation refers to improved performance on tasks in the presence of others.

(4) Cognitive dissonance occurs when there is harmony between attitudes and behaviors.

A. (2)

B. (1)(4)

C. (2)(3)

D. (1)(3)(4)

E. (1)(2)(3)(4)

**14. Which of the following statements are correct?**

(1) The Big Five personality traits include openness, conscientiousness, extroversion, agreeableness, and neuroticism.

(2) The foot-in-the-door technique involves making a large request first, followed by a smaller request.

(3) Social loafing occurs when individuals put in more effort when working in a group compared to working alone.

(4) The halo effect is the tendency to let an overall impression of a person influence our judgment of their specific traits.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**15. Which of the following statements are correct?**

- (1) In-group bias is the tendency to favor members of one's own group over those in out-groups.
- (2) The actor-observer bias refers to the tendency to attribute one's own behavior to personal factors and others' behavior to situational factors.
- (3) Reciprocal determinism, a concept proposed by Bandura, suggests that behavior, cognition, and environment interact and influence each other.
- (4) Social identity theory posits that a person's sense of who they are is based on their group membership(s).

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**16. Which of the following statements are correct?**

- (1) The just-world hypothesis is the belief that people get what they deserve and deserve what they get.
- (2) Implicit attitudes are consciously accessible and controllable.
- (3) Altruism refers to behavior that benefits another person, sometimes at a cost to oneself.
- (4) The mere exposure effect states that repeated exposure to a stimulus increases our liking for it.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

17. Which of the following statements are correct?

- (1) The biopsychosocial model integrates biological, psychological, and social factors in understanding health and illness.
- (2) Generalized Anxiety Disorder (GAD) is characterized by excessive, uncontrollable worry about various aspects of life.
- (3) Major Depressive Disorder requires the presence of a depressive episode lasting at least two weeks.
- (4) Cognitive-behavioral therapy (CBT) focuses on changing maladaptive thoughts and behaviors.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

18. Which of the following statements are correct?

- (1) Bipolar disorder involves only depressive episodes.
- (2) The diathesis-stress model suggests that mental disorders arise from a combination of genetic vulnerability and environmental stressors.
- (3) Post-traumatic stress disorder (PTSD) can develop after exposure to a traumatic event.
- (4) Schizophrenia is primarily characterized by mood swings and anxiety.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

19. Which of the following statements are correct?

- (1) Anorexia nervosa is characterized by a lack of concern about body weight and appearance.
- (2) The DSM-5 is a manual used by healthcare professionals to diagnose mental disorders.
- (3) Obsessive-compulsive disorder (OCD) involves recurrent, unwanted thoughts (obsessions) and repetitive behaviors (compulsions).
- (4) Psychopharmacology is the study of how psychological interventions affect behavior and mental processes.



- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

**20. Which of the following statements are correct?**

- (1) Somatic symptom disorder involves experiencing significant physical symptoms with no medical explanation.
- (2) Chronic stress has no impact on physical health.
- (3) Borderline personality disorder is characterized by unstable relationships, self-image, and emotions.
- (4) The placebo effect occurs when a patient's symptoms improve after receiving a treatment with no therapeutic effect.

- A. (2)
- B. (1)(4)
- C. (2)(3)
- D. (1)(3)(4)
- E. (1)(2)(3)(4)

Answer Keys: DEBA DEBC DBEA CBDD ECCD

## Part 2 – Short-answer Questions

Short-answer questions primarily assess students' depth of understanding of psychological concepts and theories, such as distinguishing concepts, discussing viewpoints, or evaluating arguments.

21. In cognitive psychology, "recall" and "recognition" are two distinct concepts related to the retrieval of information from memory. Let's explore their connotations, processes, roles in cognitive psychology, and applications in real life, using specific examples to illustrate their similarities and differences. Finally, discuss how an individual's performance in recall and recognition might vary in different situations and consider the reasons for these differences.

22. In the realm of learning theory, classical conditioning and operant conditioning are two fundamental concepts that describe how learning occurs through different types of associations and reinforcements. Let's define each, identify the key factors that distinguish them, provide real-world examples, and highlight a common principle that underscores their importance in understanding the mechanisms of learning and behavior.

23. The phenomenon of the echo chamber has become particularly pronounced in the era of social media. Please discuss in detail the mechanisms behind the formation of echo chambers, how they affect an individual's cognitive and decision-making processes, and the potential social and psychological consequences of echo chambers, based on psychological theories and concepts.

## Part 3 – Application Questions

Application questions primarily assess the application of psychological knowledge and methods, such as designing experiments, analyzing data, or simulating counseling scenarios.

**Background:** Recent studies suggest that exposure to natural environments can have a positive impact on mental well-being. However, the specific mechanisms through which nature exposure influences mood and stress levels are not yet fully understood. As a psychology student, you are tasked with designing an experiment to investigate the effects of short-term exposure to natural environments versus urban environments on participants' mood and perceived stress.

### Requirements:

- 1. Research Question:** Clearly state the research question your experiment aims to answer.
- 2. Hypothesis:** Formulate a testable hypothesis based on the background information provided.
- 3. Participants:** Describe the participant selection criteria, including sample size estimation.
- 4. Independent Variable:** Identify the independent variable and describe how you will manipulate it.
- 5. Dependent Variables:** Specify the dependent variables you will measure to assess mood and perceived stress.

**6. Control Variables:** List the control variables that you will need to account for in your study.

**7. Procedure:** Outline the steps of the experimental procedure, including how participants will be randomly assigned to conditions, the nature of the environments they will be exposed to, and the duration of exposure.

**8. Materials:** List any materials or instruments you will use to measure the dependent variables (e.g., mood assessment scales, stress questionnaires).

**9. Data Analysis Plan:** Describe how you will analyze the data to test your hypothesis. Include the statistical tests you will use and what you expect to find.

**10. Ethical Considerations:** Discuss any ethical considerations relevant to your study.

**11. Potential Limitations:** Acknowledge potential limitations of your study and how these might affect the interpretation of your results.