



(Last Updated: February 20, 2025)

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 2025 IPsyO consists of a qualification round and a final round. The qualification round features a Grand Test which contains 300 multiple-choice questions. The questions in this sample paper are similar to the questions in format, but do not represent the number of questions in the real exam.

**1. Which of the following statements accurately describes an early approach in psychology?**

- (A) Behaviorism focuses solely on internal mental processes.
- (B) Structuralism emphasizes the study of overt behaviors as its primary subject.
- (C) Functionalism considers the adaptive functions of mental processes in behavior.
- (D) Gestalt psychology analyzes the sum of behavior rather than the entirety of perception.

**2. The emphasis on understanding the whole rather than the parts is a key principle of \_\_\_\_\_.**

- (A) Functionalism
- (B) Gestalt Psychology
- (C) Behaviorism
- (D) Psychoanalysis

**3. Which combination of perspectives includes a focus on human growth and potential?**

- (A) The Psychodynamic Perspective and The Biological Perspective
- (B) The Humanistic-Existential Perspective and The Cognitive Perspective
- (C) The Cognitive Perspective and The Sociocultural Perspective
- (D) The Humanistic-Existential Perspective and The Psychodynamic Perspective

**4. Identify the statement that is correct about hypotheses:**

- (A) Hypotheses always confirm existing theories.
- (B) Hypotheses must be untestable and broad.
- (C) A well-formulated hypothesis precisely predicts an outcome based on existing knowledge.
- (D) Hypotheses are mere guesses without a foundation in research.

**5. Considering different research methods, select the correct sequence of the research process from question formation to data collection:**

- (A) Empirical Evidence → Theory → Hypothesis
- (B) Theory → Hypothesis → Data Collection
- (C) Hypothesis → Observation → Theory
- (D) Observation → Hypothesis → Data Analysis

**6. Which of the following is a principle of critical thinking essential to ethical considerations in research?**

- (A) Acceptance of all research findings without skepticism.
- (B) The ability to differentiate between opinion and evidence-based conclusions.
- (C) Reliance solely on qualitative data for establishing outcomes.
- (D) Emphasis on the emotional responses of the research participants over factual data.

**7. Which of the following best describes the ethical principle of informed consent?**

- (A) Participants do not need to be aware of the nature of the study.
- (B) Participants must be fully informed about the procedures and risks before agreeing to participate.
- (C) Consent forms are only needed for research involving deception.
- (D) Participants may withdraw from the study at any time without explanation.

**8. Which of the following statements about neuron structure is incorrect?**

- (A) Dendrites receive signals from other neurons.
- (B) The axon transmits signals away from the cell body.
- (C) Myelin sheaths speed up the transmission of impulses along the axon.
- (D) The soma is responsible for transmitting neurotransmitters.

**9. When a neuron is stimulated sufficiently, it undergoes a process known as \_\_\_\_\_.**

- (A) Resting potential
- (B) Synaptic transmission
- (C) Action potential
- (D) Neurotransmitter release

**10. Which statement accurately describes synaptic communication?**

- (A) Neurotransmitters are released from the postsynaptic neuron.

- (B) Synaptic transmission occurs at the cell body of the presynaptic neuron.
- (C) The synaptic cleft is where neurotransmitters travel between two neurons.
- (D) Action potentials are directly transmitted from one neuron to another without the use of chemicals.

**11. Identify the correct order of structural organization from the most complex to the simplest in the nervous system:**

- (A) Central Nervous System → Autonomic Nervous System → Neurons
- (B) Neurons → Central Nervous System → Peripheral Nervous System
- (C) Peripheral Nervous System → Central Nervous System → Neurons
- (D) Central Nervous System → Neurons → Peripheral Nervous System

**12. Which statement reflects a core concept in behavioral genetics?**

- (A) Genes exclusively determine behavior without external influence.
- (B) Behavior results from a combination of genetic predispositions and environmental factors.
- (C) All behavioral traits are fixed and cannot change over time.
- (D) Environmental stimuli have no significant impact on genetics.

**13. The \_\_\_\_\_ system is primarily associated with emotional responses and memory.**

- (A) Motor
- (B) Sensory
- (C) Limbic
- (D) Cerebral Cortex

**14. Select the accurate pairing of cortical area and its primary function:**

- (A) Motor Area - Processes visual information
- (B) Sensory Area - Controls voluntary movements
- (C) Association Areas - Integrates information from multiple sources
- (D) Limbic System - Coordinates motor function

**15. Which of the following scenarios best illustrates neuroplasticity?**

- (A) A person forgetting a traumatic event over time.
- (B) A musician improving their skills through practice and experience.
- (C) A child learning a second language with ease.
- (D) An elderly person losing memory function due to aging.

**16. Which of the following combinations correctly identifies the main functions typically associated with each hemisphere of the brain?**

- (A) Left Hemisphere - Creativity and artistic skills; Right Hemisphere - Logic and reasoning
- (B) Left Hemisphere - Language and analytical tasks; Right Hemisphere - Spatial awareness and creativity
- (C) Left Hemisphere - Emotional regulation; Right Hemisphere - Memory recall
- (D) Left Hemisphere - Visual processing; Right Hemisphere - Logical reasoning

**17. Which of the following statements accurately differentiates between explicit and implicit memory?**

- (A) Explicit memory is solely based on learned skills and tasks.
- (B) Implicit memory requires conscious effort to retrieve information.
- (C) Explicit memory involves facts and events that can be consciously recalled.
- (D) Implicit memory is typically faster to retrieve than explicit memory.

**18. \_\_\_\_\_ memory involves remembering to carry out actions in the future, while \_\_\_\_\_ memory relates to recalling past experiences.**

- (A) Prospective; retrospective
- (B) Retrospective; prospective
- (C) Implicit; explicit
- (D) Sensory; short-term

**19. Which of the following best describes sensory memory?**

- (A) A type of memory that lasts for many years and is relatively permanent.
- (B) A very brief retention of sensory information, usually lasting only a fraction of a second.
- (C) A memory involving the conscious recollection of specific facts and events.
- (D) A storage system that can hold information for up to several minutes.

**20. Select the statement that correctly describes the relationship between concepts and problem-solving:**

- (A) Concepts form through deductive reasoning and are fixed in nature.
- (B) Concepts are mental categories that help in organizing and simplifying information, aiding problem-solving.
- (C) Concepts only influence judgment and decision-making, not problem-solving.
- (D) Concepts are irrelevant to problem-solving as they are based solely on instinct.

**21. Which of the following methods is most likely to lead to a solution but may not guarantee the best solution?**

- (A) Algorithm
- (B) Heuristic
- (C) Insight
- (D) Trial and Error

**22. Which of the following is a common cognitive bias that affects judgment and decision-making?**

- (A) Confirmation bias
- (B) Rational decision-making
- (C) Objective analysis
- (D) Informed decision-making

**23. Identify the correct relationship between language and thought:**

- (A) Language is entirely independent of thought processes.
- (B) Language shapes thinking by providing structures through which ideas are categorized and expressed.
- (C) Thought exists only in words and must be verbalized to have meaning.
- (D) Language development has no impact on cognitive abilities.

**24. Which of the following assertions about nonhuman communication is true?**

- (A) Nonhuman communication systems are as complex as human language.
- (B) Nonhuman communication lacks any form of syntax or grammar.
- (C) Some nonhuman species exhibit rudimentary forms of communication that exhibit intentionality.
- (D) Nonhuman communication is entirely based on instinct and lacks learned behaviors.

**25. Language serves as a key element in \_\_\_\_\_ by helping to convey shared beliefs, norms, and values.**

- (A) Cognitive development
- (B) Psychological resilience
- (C) Cultural identity
- (D) Implicit biases

**26. Which of the following statements regarding classical conditioning is accurate?**

- (A) Extinction occurs when a conditioned stimulus is repeatedly presented without the unconditioned stimulus, leading to a decrease in the conditioned response.
- (B) Generalization occurs when a conditioned response is limited only to the original conditioned stimulus.
- (C) Discrimination allows an organism to respond similarly to different stimuli.
- (D) Classical conditioning is a type of learning that operates exclusively through reinforcement.

**27. Thorndike's Law of Effect states that behaviors followed by \_\_\_\_\_ consequences are likely to be \_\_\_\_\_.**

- (A) Positive; reinforced
- (B) Negative; extinguished
- (C) Neutral; ignored
- (D) Punishing; repeated

**28. Which of the following best describes latent learning?**

- (A) Learning that occurs through immediate reinforcement of behavior.
- (B) Learning that is not immediately reflected in behavior until there is an incentive to demonstrate it.
- (C) Learning that requires a structured environment to occur.
- (D) Learning that takes place only through direct experience and observation.

**29. Select the correct statement about prenatal development:**

- (A) Prenatal development only focuses on physical growth.
- (B) Genetic factors have no impact on prenatal development.
- (C) The earliest stages of development involve significant cellular differentiation and organ formation.
- (D) Prenatal development is a single continuous process with no distinct stages.

**30. Which of the following statements about infants is true?**

- (A) Infants are born with the ability to walk and speak immediately.
- (B) Infants demonstrate limited sensory and perceptual abilities at birth.
- (C) Infants are capable of recognizing their mother's voice shortly after birth.
- (D) Infants cannot express emotions until they reach toddlerhood.

**31. Which of the following statements accurately reflects changes in physical development during late adulthood?**

- (A) Physical changes in late adulthood are uniform and do not vary widely among individuals.
- (B) Many older adults experience significant physiological changes, but their health can be influenced by lifestyle choices.
- (C) Late adulthood is characterized solely by a decline in mobility and strength.
- (D) Cognitive development in late adulthood is always marked by severe cognitive decline.

**32. In terms of moral development, which theory emphasizes the progression through stages based on the complexity of moral reasoning?**

- (A) Erikson's Psychosocial Development
- (B) Kohlberg's Stages of Moral Development
- (C) Piaget's Theory of Cognitive Development
- (D) Bandura's Social Learning Theory

**33. Which of the following statements accurately describes the relationship between attitudes and behavior?**

- (A) Attitudes always directly dictate behavior in a consistent manner.
- (B) Behavioral intentions can sometimes predict actual behavior more reliably than attitudes.
- (C) People rarely alter their behavior based on their attitudes.
- (D) Attitudes are completely disregarded when making decisions.

**34. Attitudes can be formed through \_\_\_\_\_, which involves acquiring preferences based on experiences.**

- (A) Classical conditioning
- (B) Genetic predispositions
- (C) Neural pathways
- (D) Instinctual responses

**35. Which of the following best illustrates cognitive dissonance?**

- (A) A person refuses to change their opinion even after receiving new information.
- (B) A smoker who knows that smoking is harmful tries to quit but continues to smoke because they enjoy it.
- (C) An individual reasons out their justification for a purchase after buying an expensive item.
- (D) A person changes their habits to align with new social norms.

**36. Which of the following statements about stereotyping is correct?**

- (A) Stereotyping is always based on fact and provides accurate assessments of individuals.

- (B) Stereotypes only exist as a result of social interactions.
- (C) Stereotyping can lead to oversimplified judgments about individuals based on group characteristics.
- (D) Stereotyping is a process that helps foster individual understanding and cultural richness.

**37. Identify the statement that rightly describes a common source of prejudice:**

- (A) All forms of prejudice arise solely from personal experiences with specific individuals.
- (B) Prejudice often arises from social learning and cultural transmission.
- (C) Prejudice is a natural reaction that cannot be reduced or altered.
- (D) Prejudice has no relationship to socioeconomic status or education levels.

**38. Which of the following best describes the primacy effect?**

- (A) The tendency to remember the last items in a sequence better than those in the middle.
- (B) The tendency to emphasize information presented first when forming an impression of a person.
- (C) The ability to perceive social cues effectively in group settings.
- (D) The inclination to judge people based on preconceived notions.

**39. In terms of obedience to authority, which of the following statements is true?**

- (A) People are less likely to obey authority figures who are physically present.
- (B) Obedience only occurs when the authority figure is not perceived as legitimate.
- (C) People are compelled to obey authority figures due to a desire for social approval.
- (D) Situational factors and individual differences play no role in obedience.

**40. Which scenario exemplifies the concept of groupthink?**

- (A) Team members express differing opinions and debate the best course of action.
- (B) A committee agrees to a plan without critical evaluation because they want to minimize conflict.
- (C) Individuals share unique perspectives that contribute to a well-rounded decision-making process.
- (D) A group leader encourages dissenting views to foster creative solutions.

**41. Which of the following statements accurately describes the bystander effect?**

- (A) The presence of more bystanders tends to increase the likelihood of intervention in emergencies.
- (B) Bystanders are more likely to help if they feel responsible for the situation.
- (C) The bystander effect illustrates that individuals prefer to act independently rather than

collectively.

(D) The phenomenon is most pronounced when individuals perceive their safety at risk.

**42. Which of the following statements correctly describes stress?**

(A) Stress only arises from negative life events.

(B) Stress is uniquely experienced by different individuals based on their perceptions of challenging situations.

(C) Stress has no physiological effects on the body.

(D) Chronic stress is always linked to physical illness.

**43. Which of the following best describes two primary types of stressors?**

(A) Acute stressors are long-term, while chronic stressors are short-term.

(B) Eustress is harmful, while distress is beneficial.

(C) Environmental stressors are always physical, while psychological stressors are purely emotional.

(D) Eustress is positive stress that can motivate individuals, while distress is negative stress that may lead to anxiety.

**44. What physiological response is typically associated with stress?**

(A) Decrease in heart rate and blood pressure.

(B) Activation of the sympathetic nervous system leading to the fight-or-flight response.

(C) Abnormal increases in digestive activity.

(D) Decreased levels of cortisol in the bloodstream.

**45. Which of the following is a characteristic symptom of anxiety disorders?**

(A) Persistent thoughts that are intrusive and unwanted.

(B) A severe lack of emotional expression.

(C) Intense, excessive, and prolonged fear or worry regarding everyday situations.

(D) Total absence of memory recall due to trauma.

**46. Which of the following statements about obsessive-compulsive disorder (OCD) is true?**

(A) Compulsions are voluntary behaviors that individuals choose to perform.

(B) Obsessions are repetitive thoughts that lead to high levels of anxiety, while compulsions are repetitive behaviors aimed at reducing that anxiety.

(C) OCD only affects adults; children are not diagnosed with this disorder.

(D) Individuals with OCD typically do not recognize their obsessions and compulsions as irrational.

**47. What symptom is commonly associated with schizophrenia?**

- (A) Excessive mood swings without a clear reason.
- (B) Delusions and hallucinations that affect perception of reality.
- (C) Inability to form social connections due to extreme shyness.
- (D) Physical symptoms without a medical cause.

**48. Which of the following best describes humanistic therapy?**

- (A) A focus on unconscious conflicts and childhood experiences.
- (B) Emphasis on cognitive restructuring and behavior modification.
- (C) A client-centered approach that values personal growth and self-actualization.
- (D) Treatment that prioritizes biological interventions, such as medication.

**49. Which of the following techniques is commonly used in humanistic therapies?**

- (A) Interpretation of dreams
- (B) Aversion therapy
- (C) Active listening
- (D) Exposure therapy

**50. What does cognitive therapy primarily focus on?**

- (A) The exploration of early childhood experiences.
- (B) Modifying dysfunctional thoughts to improve emotional well-being.
- (C) The development of social skills to enhance interpersonal relationships.
- (D) Pharmacological treatments to reduce symptoms of mental illness.

**ANSWER KEYS:**

1. C	11. A	21. B	31. B	41. B
2. B	12. B	22. A	32. B	42. B
3. B	13. C	23. B	33. B	43. D
4. C	14. C	24. C	34. A	44. B
5. B	15. B	25. C	35. B	45. C
6. B	16. B	26. A	36. C	46. B
7. B	17. C	27. A	37. B	47. B
8. D	18. A	28. B	38. B	48. C
9. C	19. B	29. C	39. C	49. C
10. C	20. B	30. C	40. B	50. B