

# Academy of Certified Brain Injury Specialists (ACBIS) Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

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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.

# 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!**

## Questions

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- 1. What is a characteristic of a preferred provider organization?**
  - A. Mandatory hospital admissions**
  - B. Fixed physicians only for access**
  - C. Elective contracting and risk sharing**
  - D. No quality controls**
  
- 2. Which agency is known for setting standards for rehabilitation programs?**
  - A. CDC**
  - B. CARF**
  - C. NIDA**
  - D. WHO**
  
- 3. What is the primary role of the cerebral cortex?**
  - A. Control of reflexes**
  - B. Coordination of voluntary movements**
  - C. High-level cognitive functions**
  - D. Regulation of hormone levels**
  
- 4. Which sensory functions are not affected by the brain stem?**
  - A. Taste and touch**
  - B. Hearing and balance**
  - C. Vision and smell**
  - D. Pain and temperature**
  
- 5. What is a potential benefit of HCBS?**
  - A. Reduces in-home medical visits**
  - B. Offers community engagement opportunities**
  - C. Increases hospital admissions**
  - D. Limits the access to community resources**

- 6. In moderate brain injury, what is a common finding on EEG, CAT, or MRI scans?**
- A. Normal brain activity**
  - B. Severe damage only**
  - C. Signs of bruising and bleeding**
  - D. No detectable signs**
- 7. What are community skills?**
- A. Abilities enabling safe driving**
  - B. Abilities enabling safe and functional living in the community**
  - C. Skills related to home management**
  - D. Skills for academic success**
- 8. What organization provides funding for research on disability and rehabilitation?**
- A. CDC**
  - B. NIDRR**
  - C. NIH**
  - D. ADA**
- 9. What are legal rights?**
- A. Social privileges granted by society**
  - B. Powers or privileges under the law**
  - C. Normative behaviors expected by society**
  - D. Financial entitlements**
- 10. Which law is based on the United States Constitution?**
- A. Criminal Law**
  - B. Constitutional Law**
  - C. Administrative Law**
  - D. Common Law**

## Answers

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

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## **Explanations**

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**1. What is a characteristic of a preferred provider organization?**

- A. Mandatory hospital admissions**
- B. Fixed physicians only for access**
- C. Elective contracting and risk sharing**
- D. No quality controls**

A preferred provider organization (PPO) is designed to offer greater flexibility and choice to its members regarding healthcare services. One of the main characteristics of a PPO is elective contracting, where insurers establish agreements with specific healthcare providers to deliver services at discounted rates. This model allows members to seek care from a variety of doctors and hospitals, rather than being limited to a rigid network. Additionally, risk sharing in a PPO model typically involves shared financial incentives between the insurance company and the healthcare providers. This can encourage providers to offer high-quality care while managing costs effectively, as they share in both the risks and benefits of patient outcomes. Members of a PPO have the option to see any provider, including those outside of the network, though it may come at a higher out-of-pocket cost. In contrast to mandatory hospital admissions or fixed access to physicians, PPOs allow for more flexibility. The statement regarding no quality controls does not accurately reflect the nature of PPOs, as there are often standards and measures in place to ensure care quality. Therefore, the characteristic of elective contracting and risk sharing distinctly defines how PPOs function.

**2. Which agency is known for setting standards for rehabilitation programs?**

- A. CDC**
- B. CARF**
- C. NIDA**
- D. WHO**

The agency recognized for setting standards for rehabilitation programs is CARF, which stands for the Commission on Accreditation of Rehabilitation Facilities. CARF establishes rigorous standards aimed at ensuring the quality and effectiveness of rehabilitation services across various settings, such as hospitals, outpatient programs, residential facilities, and specialty clinics. By providing accreditation, CARF helps organizations demonstrate their commitment to delivering high-quality care and improving patient outcomes. CARF's standards cover a wide range of areas, including service delivery, governance, and personnel qualifications, which are essential for maintaining a high standard of practice in rehabilitation. This focus on continuous improvement and accountability is what makes CARF a pivotal organization in the realm of rehabilitation programs.

### 3. What is the primary role of the cerebral cortex?

- A. Control of reflexes
- B. Coordination of voluntary movements
- C. High-level cognitive functions**
- D. Regulation of hormone levels

The primary role of the cerebral cortex is associated with high-level cognitive functions. This part of the brain is responsible for processes such as thought, reasoning, language, and decision-making, as well as aspects of perception, attention, and memory. The cerebral cortex is considered the center for complex brain functions that enable an individual to engage in tasks that require conscious thought and awareness, distinguishing it from other brain regions that might focus on more fundamental or automatic processes. For instance, while coordination of voluntary movements is indeed crucial and involves other areas of the brain such as the motor cortex, the overall high-level cognitive capabilities that the cerebral cortex facilitates are what enable problem-solving, planning, and the execution of complex tasks. Reflex control is typically managed by the lower brain structures and spinal cord, rather than the cerebral cortex, which is not designed for such immediate automatic responses. Hormone regulation falls under the purview of the endocrine system and regulates bodily functions via hormonal signals rather than the cognitive operations governed by the cerebral cortex. Therefore, understanding the cerebral cortex's role in high-level cognitive functions underscores its importance in human behavior and mental processes.

### 4. Which sensory functions are not affected by the brain stem?

- A. Taste and touch
- B. Hearing and balance
- C. Vision and smell**
- D. Pain and temperature

The sensory functions that are not affected by the brain stem are vision and smell. This is because these particular sensory modalities primarily involve different pathways and brain structures. Vision is primarily processed in the occipital lobe of the brain, where the visual cortex is located, rather than in the brain stem. The occipital lobe is responsible for interpreting visual information received from the eyes, thus making it largely independent of the functions of the brain stem. Smell, or olfaction, is processed through the olfactory bulbs and the olfactory cortex. The olfactory pathway bypasses the brain stem and goes directly to the limbic system and other regions of the cerebral cortex, meaning it doesn't rely on the brain stem for processing like some other senses do. In contrast, the other options relate to functions that are indeed influenced by the brain stem. For instance, taste and touch are processed through cranial nerves and pathways that involve the brain stem. Similarly, hearing and balance are governed by the vestibulocochlear nerve and other structures that have pathways through the brain stem. Pain and temperature sensations are also processed through the spinal cord and brain stem pathways before being relayed to the thalamus and cortex.

## 5. What is a potential benefit of HCBS?

- A. Reduces in-home medical visits
- B. Offers community engagement opportunities**
- C. Increases hospital admissions
- D. Limits the access to community resources

The chosen answer highlights a significant advantage of Home and Community-Based Services (HCBS). One of the principal goals of HCBS is to support individuals in accessing their communities and promoting social inclusion. Community engagement opportunities provide individuals with experiences that contribute to their overall well-being, facilitate social interactions, and enhance quality of life. These services allow participants to remain active in their local communities, build relationships, and participate in meaningful activities, which is particularly important for those with disabilities or chronic conditions. Community engagement through HCBS can lead to increased independence and a greater sense of belonging. This involvement can reduce feelings of isolation and improve mental health outcomes, as participants have a chance to connect with others, participate in recreational activities, volunteer, and contribute to their neighborhoods. In contrast to this benefit, other options imply outcomes that run counter to the objectives of HCBS. For instance, reducing in-home medical visits may not align with the philosophy of HCBS, which seeks to provide appropriate medical and therapeutic support in a community context rather than eliminating care. Increasing hospital admissions contradicts the primary intent of HCBS, which is to help individuals remain in their homes and communities rather than requiring more intensive medical interventions. Limiting access to community resources detracts from the fundamental purpose of

## 6. In moderate brain injury, what is a common finding on EEG, CAT, or MRI scans?

- A. Normal brain activity
- B. Severe damage only
- C. Signs of bruising and bleeding**
- D. No detectable signs

In cases of moderate brain injury, it is common to observe signs of bruising and bleeding on imaging studies such as EEG, CAT scans, or MRIs. These findings indicate the presence of structural damage to the brain, which is often associated with moderate injuries. Bruising, known as contusions, can occur as a result of the brain moving within the skull during traumatic events, leading to localized damage. Additionally, bleeding can manifest as subdural or epidural hematomas, further highlighting the impact of the injury on brain tissue. The presence of such signs is critical for diagnosis and treatment planning, as they can influence both the immediate management and long-term care of individuals with brain injuries. Recognizing these findings helps healthcare professionals assess the severity and potential complications associated with the injury.

## 7. What are community skills?

- A. Abilities enabling safe driving
- B. Abilities enabling safe and functional living in the community**
- C. Skills related to home management
- D. Skills for academic success

Community skills encompass the abilities that enable individuals to live safely and functionally within their communities. This includes a wide range of competencies such as navigating public transportation, accessing community resources, engaging in social interactions, managing finances, and more. These skills are critical not only for personal independence but also for active participation in society and maintaining quality of life. The focus on living in the community is essential, especially for individuals who may have experienced brain injuries, as they often require additional support and training to develop these practical skills. By fostering community skills, individuals can enhance their autonomy and improve their integration within their social and environment contexts, which is vital for rehabilitation and recovery.

## 8. What organization provides funding for research on disability and rehabilitation?

- A. CDC
- B. NIDRR**
- C. NIH
- D. ADA

The National Institute on Disability, Independent Living, and Rehabilitation Research (NIDRR) is the organization primarily responsible for providing funding dedicated specifically to research in the areas of disability and rehabilitation. Established within the U.S. Department of Health and Human Services, NIDRR plays a crucial role in advancing knowledge about the rehabilitation process and promoting the independence of individuals with disabilities through its research initiatives. In particular, NIDRR focuses on finding ways to improve outcomes for people with disabilities, which includes promoting evidence-based practices in disability-related research and ensuring that insights from these studies are translated into effective policies and programs. This makes NIDRR a vital resource for understanding and addressing the needs of individuals who have experienced brain injuries and other disabilities, directly aligning with the focus of specialists in brain injury rehabilitation.

## 9. What are legal rights?

- A. Social privileges granted by society
- B. Powers or privileges under the law**
- C. Normative behaviors expected by society
- D. Financial entitlements

Legal rights are defined as powers or privileges that individuals possess under the law. These rights are granted and protected by legal statutes and regulations, and they provide individuals with the ability to act in certain ways, seek remedies when wronged, and receive protections from wrongful actions by others, including governmental entities. Legal rights may include, but are not limited to, the right to free speech, the right to due process, and the right to own property. In contrast, the other options describe different concepts that do not fully encompass the legal framework. Social privileges reflect societal norms or customs that may not be enforceable by law. Normative behaviors pertain to the expected conduct within a culture or society, which can vary widely and are not legally binding. Financial entitlements relate specifically to monetary benefits, which may or may not have a basis in legal rights. Overall, understanding legal rights as defined under the law is crucial for recognizing how they function in protecting individuals' freedoms and interests.

## 10. Which law is based on the United States Constitution?

- A. Criminal Law
- B. Constitutional Law**
- C. Administrative Law
- D. Common Law

Constitutional Law is indeed based on the United States Constitution. This branch of law encompasses the framework of the government, the rights of individuals, and the relationships between the different branches of government as outlined in the Constitution. It serves as the supreme law of the land, establishing the fundamental principles and rules that govern the country. Constitutional Law addresses issues such as the distribution of power between the federal and state governments, the protection of civil liberties and rights, and the interpretation of the Constitution itself. Judicial review, where the courts interpret the Constitution and can invalidate laws that are found to be unconstitutional, is a key element of this area of law. In contrast, other areas of law like Criminal Law, Administrative Law, and Common Law, while they may derive some principles from the Constitution, do not fundamentally stem from the Constitution itself. Instead, Criminal Law governs offenses against the state; Administrative Law deals with regulations created by government agencies; and Common Law is developed through court decisions and precedents rather than being rooted directly in constitutional text.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://acbis.examzify.com>**

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

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