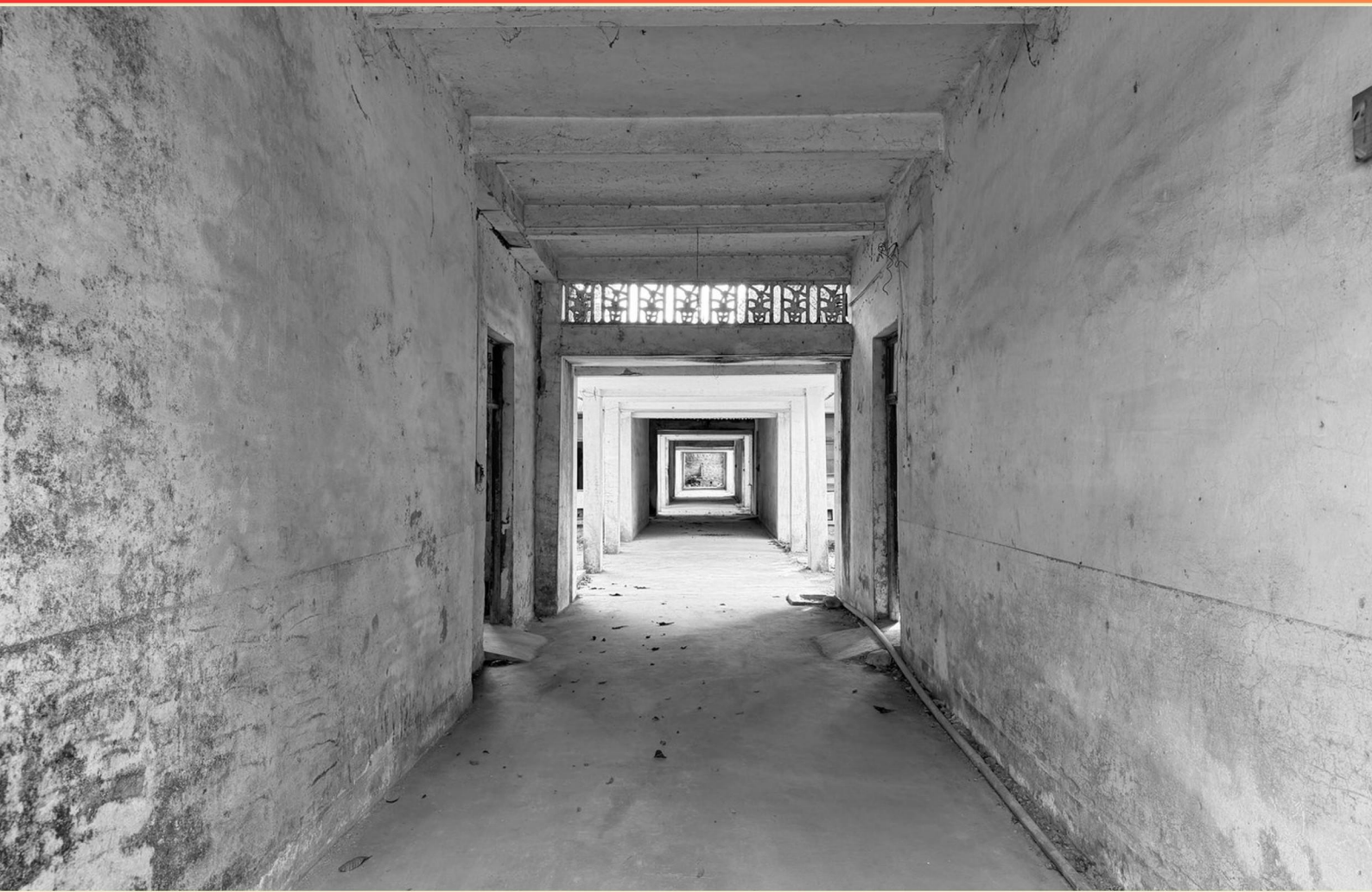


# ALCOHOL AND OTHER DRUG ABUSE (AODA) PRACTICE EXAM (SAMPLE)

**STUDY GUIDE**



**SAMPLE STUDY GUIDE  
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR  
THE FULL VERSION STUDY GUIDE**

<https://alcoholandotherdrugabuse.examzify.com>



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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. Which therapy focuses on enhancing motivation to change substance use behaviors?**
  - A. Motivational Interviewing
  - B. Family Therapy
  - C. Cognitive-Behavioral Therapy
  - D. Group Therapy
- 2. What is a common sign of alcohol poisoning?**
  - A. Increased heart rate
  - B. Unconsciousness or inability to wake up
  - C. Excessive sweating
  - D. Heightened awareness
- 3. In addition, what does the term "enabling" refer to?**
  - A. Providing support for recovery
  - B. Helping or allowing a person to continue their substance abuse behavior
  - C. Encouraging healthy habits
  - D. Restricting access to substances
- 4. In the context of substance abuse, what does the term 'tolerance' refer to?**
  - A. Withdrawal symptoms when not using
  - B. The need for increased amounts to achieve the same effect
  - C. A legal limit for substance use
  - D. The physical dependence on a substance
- 5. Withdrawal symptoms from anabolic steroids most closely resemble those of which drug?**
  - A. Marijuana
  - B. Heroin
  - C. Amphetamines
  - D. Cocaine

- 6. What is the primary goal of substance abuse prevention programs?**
- A. To reduce initial substance use and its consequences
  - B. To provide rehabilitation for current users
  - C. To promote drug and alcohol sales
  - D. To educate families about drug use
- 7. Which of the following medications is NOT commonly used in the treatment of alcohol abuse?**
- A. Disulfiram
  - B. Buprenorphine
  - C. Acamprosate
  - D. Naltrexone
- 8. What is a common characteristic of substance use disorders?**
- A. Decreased tolerance to substances
  - B. Craving and compulsive use despite negative consequences
  - C. Enjoyment of all activities without substances
  - D. Easy control over substance use
- 9. Which of the following most properly defines screening and assessment?**
- A. Screening evaluates a problem; assessment diagnoses it.
  - B. Screening identifies a problem; assessment treats it.
  - C. Screening looks for a problem; assessment defines it.
  - D. Screening reveals a problem; assessment resolves it.
- 10. Which hormone is often released in response to stress and is implicated in substance abuse?**
- A. Adrenaline
  - B. Cortisol
  - C. Serotonin
  - D. Oxytocin

## **Answers**

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

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## **Explanations**

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## 1. Which therapy focuses on enhancing motivation to change substance use behaviors?

**A. Motivational Interviewing**

B. Family Therapy

C. Cognitive-Behavioral Therapy

D. Group Therapy

*The correct answer is focused on Motivational Interviewing, which is a therapeutic approach specifically designed to help individuals resolve ambivalence about changing their substance use behaviors. This type of therapy utilizes a person-centered counseling style aimed at enhancing an individual's intrinsic motivation to make positive changes in their lives. Motivational Interviewing operates on the understanding that ambivalence is a normal part of the change process. It helps clients explore and articulate their own reasons for wanting to change, empowering them to discover personal motivation rather than relying on external pressures or directives. This approach fosters a collaborative relationship between the therapist and the client, creating a safe space for clients to express their feelings and thoughts regarding their substance use. In contrast, family therapy typically involves the broader family unit and addresses relationship dynamics that may affect a member's substance use, without specifically targeting motivation for change. Cognitive-Behavioral Therapy (CBT) focuses more on identifying and changing negative thought patterns and behaviors related to substance use, while group therapy provides support through shared experiences among individuals but does not primarily focus on enhancing motivation.*

## 2. What is a common sign of alcohol poisoning?

A. Increased heart rate

**B. Unconsciousness or inability to wake up**

C. Excessive sweating

D. Heightened awareness

*Unconsciousness or the inability to wake up is a critical sign of alcohol poisoning, indicating a severe level of intoxication that can be life-threatening. This state arises because alcohol suppresses the central nervous system, significantly impairing brain function and leading to decreased responsiveness. When someone reaches this level of impairment, their ability to maintain vital functions such as breathing and heart rate regulation can be compromised, making it essential for intervention. In contrast, increased heart rate can occur with alcohol use but is not as definitive a sign of poisoning. Excessive sweating might happen in various contexts and isn't a primary indicator of alcohol poisoning. Heightened awareness, on the other hand, is particularly misleading, as alcohol typically impairs cognitive functions and awareness, which contradicts the symptoms observed in alcohol poisoning. Thus, the inability to wake up is a clear and urgent signal that immediate medical help is necessary.*

### 3. In addition, what does the term "enabling" refer to?

- A. Providing support for recovery
- B. Helping or allowing a person to continue their substance abuse behavior**
- C. Encouraging healthy habits
- D. Restricting access to substances

*The term "enabling" in the context of addiction specifically refers to behaviors that help or allow an individual to continue their substance abuse without facing the natural consequences of their actions. Enabling can take many forms, such as providing financial support for a person's drug or alcohol habits, making excuses for their behavior, or ignoring their substance use issues. This behavior can inadvertently reinforce the addiction by removing accountability and making it easier for the individual to maintain their substance abuse. In contrast, the other options focus on supportive actions that promote recovery or healthy habits, which are important in recovery contexts. Providing support for recovery, encouraging healthy habits, and restricting access to substances are all strategies that contribute positively to overcoming addiction rather than perpetuating it. Understanding enabling is crucial for friends, family members, and professionals to break the cycle and encourage individuals to seek help and change their behaviors.*

### 4. In the context of substance abuse, what does the term 'tolerance' refer to?

- A. Withdrawal symptoms when not using
- B. The need for increased amounts to achieve the same effect**
- C. A legal limit for substance use
- D. The physical dependence on a substance

*In the context of substance abuse, the term 'tolerance' specifically refers to the phenomenon where an individual requires larger amounts of a substance to achieve the same psychoactive effect that they previously experienced with smaller doses. This occurs as the body adapts to the presence of the substance, leading to diminished sensitivity over time. As a person continues to use the substance, their neurobiological systems adjust, and the original quantity no longer produces the desired effects, prompting them to consume more in order to feel the same outcomes. This increase in dosage can exacerbate the problems associated with substance use, including further physical or psychological dependence. Understanding tolerance is crucial for health professionals working with individuals who misuse substances, as it can impact treatment strategies and inform discussions about risk factors that lead to escalation in use.*

### 5. Withdrawal symptoms from anabolic steroids most closely resemble those of which drug?

- A. Marijuana
- B. Heroin
- C. Amphetamines
- D. Cocaine**

*Withdrawal symptoms from anabolic steroids most closely resemble those of amphetamines. This association arises because both anabolic steroids and amphetamines can significantly affect mood, energy levels, and physical performance. When someone stops using anabolic steroids, they may experience symptoms such as fatigue, depression, irritability, and changes in libido, which are also common in individuals withdrawing from amphetamines. Additionally, anabolic steroids can lead to psychological dependence, and withdrawal can be both physically and emotionally challenging. The similarity in emotional disturbances and psychological effects during withdrawal reinforces the connection between these substances. Understanding the parallels in withdrawal symptoms is crucial for developing effective treatment strategies and support for individuals experiencing substance use issues related to these drugs.*

**6. What is the primary goal of substance abuse prevention programs?**

**A. To reduce initial substance use and its consequences**

B. To provide rehabilitation for current users

C. To promote drug and alcohol sales

D. To educate families about drug use

*The primary goal of substance abuse prevention programs is to reduce initial substance use and its consequences. This is achieved by educating individuals, especially young people, about the risks and dangers associated with the use of alcohol and other drugs. Prevention programs aim to create awareness, build resilience, and promote healthy lifestyle choices to deter individuals from experimenting with or abusing substances in the first place. By addressing the factors that lead to substance use and implementing strategies that promote positive decision-making, these programs help to mitigate the potential for substance-related problems before they begin. Effective prevention initiatives can significantly decrease the incidence of addiction and its associated societal costs, emphasizing the importance of early intervention and proactive education.*

**7. Which of the following medications is NOT commonly used in the treatment of alcohol abuse?**

A. Disulfiram

**B. Buprenorphine**

C. Acamprosate

D. Naltrexone

*Buprenorphine is primarily used in the treatment of opioid addiction rather than alcohol abuse. It is a partial opioid agonist that helps manage withdrawal symptoms and cravings in individuals dependent on opioids. While it plays a critical role in substance use disorder treatments, its application is not typically associated with the treatment of alcohol use disorder. In contrast, Disulfiram, Acamprosate, and Naltrexone are well-established medications specifically targeted for treating alcohol use disorders. Disulfiram works by creating an aversive reaction to alcohol, encouraging abstinence. Acamprosate helps stabilize brain chemistry after alcohol withdrawal, promoting long-term abstinence. Naltrexone reduces the pleasurable effects of alcohol, helping to decrease cravings. Understanding the specific uses and applications of these medications highlights why buprenorphine does not belong in the category of drugs commonly used for alcohol abuse treatment.*

## 8. What is a common characteristic of substance use disorders?

- A. Decreased tolerance to substances
- B. Craving and compulsive use despite negative consequences**
- C. Enjoyment of all activities without substances
- D. Easy control over substance use

*A common characteristic of substance use disorders is craving and compulsive use despite negative consequences. This pattern of behavior is central to the diagnosis of substance use disorders. Individuals may have a strong, often uncontrollable urge to consume a substance, even when it leads to negative impacts on their personal life, health, or social responsibilities. This craving can override their ability to make rational decisions about their use, leading them to continue using the substance despite knowing the harm it causes. This compulsive behavior reflects the changes in the brain's reward system that occur with prolonged substance use, reinforcing the cycle of addiction. The inability to control use, driven by cravings and the psychological compulsion to seek substances, often results in a detrimental impact on various aspects of life, including relationships, work, and overall well-being. The other options highlight misunderstandings about substance use disorders. For example, decreased tolerance is typically associated with the development of a disorder, not a characteristic of all individuals who have one. Enjoying all activities without substances suggests a healthy coping mechanism, contrary to the essence of substance use disorders. Additionally, having easy control over substance use contradicts the compulsive nature that defines these disorders.*

## 9. Which of the following most properly defines screening and assessment?

- A. Screening evaluates a problem; assessment diagnoses it.
- B. Screening identifies a problem; assessment treats it.
- C. Screening looks for a problem; assessment defines it.**
- D. Screening reveals a problem; assessment resolves it.

*The definition of screening and assessment in the context of Alcohol and Other Drug Abuse (AODA) clearly indicates that screening involves looking for indications of a problem, such as risky behaviors or symptoms suggesting substance use issues. This initial step is crucial for determining whether further investigation or intervention is needed. Assessment, on the other hand, goes deeper than screening by defining the extent, nature, and specifics of the issue. It involves a comprehensive evaluation that can include diagnostic criteria, understanding a client's history, and gathering qualitative and quantitative data to clarify the problem presented. This detailed analysis is necessary for developing an effective treatment plan tailored to the individual needs of the client. Other options may misinterpret the relationship between screening and assessment by suggesting that assessment is a means of treating or resolving issues, rather than understanding and defining them. In AODA practice, clear differentiation between these stages is fundamental for effective intervention and support.*

**10. Which hormone is often released in response to stress and is implicated in substance abuse?**

- A. Adrenaline
- B. Cortisol**
- C. Serotonin
- D. Oxytocin

*Cortisol is a steroid hormone produced by the adrenal glands, and it plays a crucial role in the body's response to stress. It is often referred to as the "stress hormone" because its levels increase in response to stressors, whether physical or psychological. The release of cortisol triggers various physiological changes in the body, such as increased blood sugar, enhanced memory function, and suppression of the immune system, all of which prepare the body for a fight-or-flight response. In the context of substance abuse, cortisol is significant as prolonged exposure to stress, alongside increased cortisol levels, can lead to behaviors that promote substance use as individuals may seek relief from stress through alcohol or drugs. The dysregulation of cortisol can also affect mood and mental health, making individuals more susceptible to addiction. This connection between cortisol and substance use is an important consideration in understanding how stress influences behavior and addiction patterns, which is why it stands out among the other hormones listed.*

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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](mailto:hello@examzify.com).

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

<https://alcoholandotherdrugabuse.examzify.com>

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

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