

Alcohol Drugs and Society Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. According to the BBC video, alcohol consumption has recently been linked to _____.
 - A. Alzheimer's
 - B. Parkinson's
 - C. Cancer
 - D. Diabetes

2. Which of the following is not a narcotic drug?
 - A. Oxycodone
 - B. Opium
 - C. Codeine
 - D. Diphenhydramine

3. According to the film, 'Big Bucks, Big Pharma', prescription companies have over _____ in annual global sales.
 - A. 600 million
 - B. 12 billion
 - C. 130 billion
 - D. 550 billion

4. According to the textbook, _____ have the highest number of prescriptions written each year.
 - A. Sedatives
 - B. Antidepressants
 - C. Narcotics
 - D. Hypnotics

5. What is the legal drug used recreationally by more people in the U.S. than any other substance?
 - A. Alcohol
 - B. The nicotine in tobacco
 - C. The prescription amphetamines, taken as a whole
 - D. The prescription narcotics, taken as a whole

- 6. Compared to moderate drinkers, an alcoholic's life is shortened roughly how many years?**
- A. 3 years**
 - B. 5 years**
 - C. 10 years**
 - D. 15 years**
- 7. The drug or drug type most likely to be associated with the number of emergency department visits that take place in the U.S. in recent years is:**
- A. Methamphetamine**
 - B. PCP**
 - C. MDMA (Ecstasy)**
 - D. Opiates/narcotics**
- 8. Which explanation for progression from drug use to harder drugs is based on the properties inherent in the drug itself?**
- A. Sociocultural School**
 - B. Predisposition School**
 - C. Selective Interaction/Socialization School**
 - D. Pharmacological School**
- 9. Which substance was the most common ingredient in a number of 19th century soft drinks?**
- A. Ecstasy (MDMA)**
 - B. Marijuana**
 - C. Cocaine**
 - D. Heroin**
- 10. The most principal psychoactive chemical in marijuana is:**
- A. LSD**
 - B. PCP**
 - C. MDMA**
 - D. THC**

Answers

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

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Explanations

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1. According to the BBC video, alcohol consumption has recently been linked to _____.

- A. Alzheimer's
- B. Parkinson's
- C. Cancer**
- D. Diabetes

The main idea is that alcohol consumption is linked to cancer risk. The BBC video presents growing evidence that drinking increases the likelihood of developing cancer because ethanol is turned into acetaldehyde, a substance that can damage DNA and proteins, and because alcohol promotes processes like oxidative stress and disruptions in nutrient metabolism that support cancer development. The more you drink, and the more often you drink, the higher the risk, affecting several cancer types such as those of the mouth, throat, esophagus, liver, colon, and breast. That emphasis on cancer is why this option fits best. While alcohol can influence brain health and metabolic conditions, the video centers on cancer as the recently linked outcome, rather than Alzheimer's, Parkinson's, or diabetes.

2. Which of the following is not a narcotic drug?

- A. Oxycodone
- B. Opium
- C. Codeine
- D. Diphenhydramine**

The concept being tested is what counts as a narcotic in medical and pharmacology terms. Narcotics are typically opioids—drugs that act on opioid receptors to relieve pain, often with potential for sedation, euphoria, and dependence. Oxycodone, opium, and codeine are classic examples of opioids and are classified as narcotics because of their analgesic effects and capacity for misuse. Diphenhydramine, by contrast, is an antihistamine used mainly for allergies and sometimes as a sleep aid. It does not act on opioid receptors and does not produce the same analgesic or dependence-related effects that define narcotics. It can cause drowsiness, but that sedative effect comes from blocking histamine receptors, not from opioid activity. So, the option that is not a narcotic is diphenhydramine.

3. According to the film, 'Big Bucks, Big Pharma', prescription companies have over _____ in annual global sales.

- A. 600 million
- B. 12 billion
- C. 130 billion**
- D. 550 billion

The main idea is understanding how big the prescription drug market is, as described in the film. It states that prescription drug companies bring in over 130 billion dollars in annual global sales, highlighting the scale of the industry and why pricing and access are such hot topics. 130 billion matches the film's reported figure exactly, showing a substantial global market without implying trillions or only a tiny amount. The other numbers are not what the film presents: they would depict a much smaller or much larger market than the film describes. Remember, this is about sales revenue, not profits, which helps explain why the figure is framed as a measure of market size rather than company earnings.

4. According to the textbook, _____ have the highest number of prescriptions written each year.

- A. Sedatives
- B. Antidepressants
- C. Narcotics**
- D. Hypnotics

Pain management drives very high prescription volumes. Narcotics, or opioid analgesics, are used across many settings—emergency rooms, hospital stays, postoperative care, and outpatient treatment—and across a broad range of conditions from acute injuries to cancer-related pain. This widespread need for effective pain relief means a large number of prescriptions are written for these drugs each year. While sedatives and hypnotics are prescribed for specific sleep or anxiety issues and antidepressants are also commonly prescribed, the textbook emphasizes that the broad, ongoing demand for opioid analgesia pushes their total prescription count higher than other drug classes.

5. What is the legal drug used recreationally by more people in the U.S. than any other substance?

A. Alcohol

B. The nicotine in tobacco

C. The prescription amphetamines, taken as a whole

D. The prescription narcotics, taken as a whole

The main idea here is why some legal substances are used recreationally by more people. Alcohol has the broadest recreational use in the United States because it's legal, inexpensive, and deeply embedded in social life and cultural norms. That combination makes it accessible and acceptable for a wide range of social occasions, so a larger share of adults reports drinking than using nicotine, prescription stimulants, or prescription narcotics for recreation. Nicotine is also legal and widely used, but much of its use is habitual rather than recreational in the sense of social or occasional experimentation. Prescription drugs require clinician access and are not used by as many people for nonmedical recreation. All of this explains why alcohol has the highest recreational-use prevalence.

6. Compared to moderate drinkers, an alcoholic's life is shortened roughly how many years?

A. 3 years

B. 5 years

C. 10 years

D. 15 years

Heavy, long-term alcohol use shortens life expectancy compared with moderate drinking because it raises the risk of liver disease, cancers, heart problems, injuries, and other health issues that collectively lead to earlier death. Population data show that those with alcohol dependence tend to die much earlier than moderate drinkers—roughly a decade and a half sooner on average. So, among the options, the best fit is about a decade and a half shorter. The smaller gaps would underestimate the broad impact seen with chronic heavy drinking, though individual outcomes can vary based on health, genetics, and other factors.

7. The drug or drug type most likely to be associated with the number of emergency department visits that take place in the U.S. in recent years is:

A. Methamphetamine

B. PCP

C. MDMA (Ecstasy)

D. Opiates/narcotics

Opioids drive the largest share of emergency department visits related to drug problems in recent years. Overdoses from prescription opioids, heroin, and synthetic fentanyl have surged, causing rapid respiratory depression and other life-threatening emergencies that push many people to seek urgent care. This sustained rise in opioid-related emergencies has made opiates/narcotics the most associated with ED visits, even though other substances like methamphetamine, PCP, and MDMA do contribute to ED visits as well. The scale and persistent nature of the opioid crisis keep these visits higher than those for the other drugs listed.

8. Which explanation for progression from drug use to harder drugs is based on the properties inherent in the drug itself?

- A. Sociocultural School**
- B. Predisposition School**
- C. Selective Interaction/Socialization School**
- D. Pharmacological School**

The main idea here is that a drug's own pharmacological properties can drive escalation to stronger substances. The pharmacological view holds that what a drug does to the brain and body—the speed at which it takes effect, how intense the relief or pleasure is, how long it lasts, and how the body processes it—shapes how likely someone is to keep using and to seek something stronger. A drug that produces a rapid, powerful, highly reinforcing experience tends to be repeated quickly, and as tolerance develops, the user may need larger doses or a different substance to achieve the same effect. Cross-tolerance can also push people toward a drug that remains effective even as tolerance to another has grown. In short, the drug's inherent chemistry and kinetics can make progression more likely, independent of social context or genetics. The other perspectives emphasize environment, predisposition, or social learning, but they don't attribute progression to the drug's own properties in the way the pharmacological explanation does.

9. Which substance was the most common ingredient in a number of 19th century soft drinks?

- A. Ecstasy (MDMA)**
- B. Marijuana**
- C. Cocaine**
- D. Heroin**

In the 19th century, many soft drinks were marketed as medicinal tonics, so stimulants like coca leaf extracts were popular. Cocaine, sourced from coca leaves, became a widespread ingredient in beverages of that era, appearing in products such as Coca-Cola and various tonics, making it far more common than the other substances listed. The others either weren't mainstream beverage ingredients then or appeared much later in history.

10. The most principal psychoactive chemical in marijuana is:

- A. LSD**
- B. PCP**
- C. MDMA**
- D. THC**

The main psychoactive chemical in marijuana is delta-9-tetrahydrocannabinol, or THC. Cannabis contains several cannabinoids, but THC is the one most responsible for the drug's psychoactive effects because it binds strongly to CB1 receptors in the brain, altering neurotransmitter release and changing perception, mood, memory, and coordination. This binding produces the familiar high, along with effects like altered time perception and increased appetite. The other substances mentioned are different drugs with distinct active compounds and mechanisms—LSD is a hallucinogen that largely affects serotonin receptors; PCP is a dissociative that disrupts glutamate signaling; MDMA increases serotonin and other neurotransmitters to produce stimulant-empathetic effects. They do not originate from cannabis and do not represent its principal psychoactive component.

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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://alcoholdrugsandsoc.examzify.com>

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

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