

BIPC Substance Abuse and Disorders Practice Exam (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. What is a recommended treatment approach for caffeine withdrawal symptoms?**
 - A. NSAIDs, fluids, and rest**
 - B. Caffeine supplementation**
 - C. Antidepressants**
 - D. Sedatives**

- 2. Which program duration is described as 28/30 day programs?**
 - A. 60 day programs**
 - B. 90 day programs**
 - C. Inpatient programs**
 - D. 28/30 day programs**

- 3. Which feature is associated with inpatient treatment?**
 - A. Self-guided**
 - B. 24-hour supervision**
 - C. No staff**
 - D. Volunteer support**

- 4. Pupil dilation is most likely associated with which of the following substances?**
 - A. Opiates**
 - B. Cocaine**
 - C. Methamphetamine**
 - D. Ketamine**

- 5. Which item is listed as a sedative?**
 - A. Barbiturates**
 - B. Antihistamines**
 - C. Stimulants**
 - D. Antibiotics**

- 6. In the sequence of actions for suspected opioid overdose, which action comes immediately after recognizing signs?**
- A. Call 911**
 - B. Administer Naloxone**
 - C. Rescue breathing**
 - D. Monitor response**
- 7. Which term describes abuse plus tolerance, withdrawal, or compulsive use?**
- A. Misuse**
 - B. Addiction**
 - C. Dependence**
 - D. Dual diagnosis**
- 8. Which term describes the body's naturally occurring opioids?**
- A. Endorphins**
 - B. Enkephalins**
 - C. Dynorphins**
 - D. Receptors**
- 9. Which of the following is NOT a CAGE screening question?**
- A. Have you ever felt you should cut down on your drinking?**
 - B. Have you ever had trouble remembering things after drinking?**
 - C. Have you ever felt guilty about your drinking?**
 - D. Have you ever had a drink first thing in the morning to steady your nerves?**
- 10. What is a key reason for admitting a patient for benzodiazepine withdrawal treatment?**
- A. To allow rapid conversion to a short-acting benzodiazepine**
 - B. To monitor for weight gain**
 - C. To prevent withdrawal seizures and manage autonomic instability**
 - D. To discontinue benzodiazepines abruptly**

Answers

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

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Explanations

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1. What is a recommended treatment approach for caffeine withdrawal symptoms?

- A. NSAIDs, fluids, and rest**
- B. Caffeine supplementation**
- C. Antidepressants**
- D. Sedatives**

Managing caffeine withdrawal centers on supportive care to relieve common symptoms like headaches, fatigue, and irritability. Providing fluids and rest helps with dehydration and energy levels, while NSAIDs can directly address the headaches that often accompany withdrawal. Relying on caffeine supplementation might ease symptoms briefly, but it can prolong dependence rather than resolve withdrawal. Antidepressants or sedatives aren't indicated for uncomplicated caffeine withdrawal and carry unnecessary risks. If symptoms are particularly troublesome, a gradual taper of caffeine intake is a consideration, but among typical options, a plan of NSAIDs, fluids, and rest best supports recovery.

2. Which program duration is described as 28/30 day programs?

- A. 60 day programs**
- B. 90 day programs**
- C. Inpatient programs**
- D. 28/30 day programs**

Short-term residential treatment is described as a 28/30 day program to indicate a stay of about four weeks. This label signals a focused, month-long period designed for stabilization, intensive therapy, and initial aftercare planning. Longer durations (like 60 or 90 days) imply extended stays, while "inpatient" refers to the setting rather than the exact length. So the 28/30 day description is the one that matches the question.

3. Which feature is associated with inpatient treatment?

- A. Self-guided**
- B. 24-hour supervision**
- C. No staff**
- D. Volunteer support**

Inpatient treatment is defined by continuous, around-the-clock care within a dedicated facility. This means trained clinicians and support staff are on site 24 hours a day to monitor safety, manage medical needs and withdrawal, administer medications, and guide therapy and rehabilitation activities. The constant supervision helps address crises promptly and keeps the client in a structured environment. The other options describe care without this level of continuous on-site oversight: self-guided care implies managing recovery independently; no staff on site means no professional supervision; and volunteer support does not provide the same level of medical and clinical staffing. Therefore, 24-hour supervision best captures what inpatient treatment entails.

4. Pupil dilation is most likely associated with which of the following substances?

- A. Opiates
- B. Cocaine**
- C. Methamphetamine
- D. Ketamine

Pupil size reflects the balance between sympathetic and parasympathetic activity. Sympathetic activation widens the pupil (mydriasis) by stimulating the iris dilator muscle, while parasympathetic activity constricts it. Cocaine is a classic stimulant that increases levels of norepinephrine in the synapse by blocking its reuptake. This boosts sympathetic tone, producing effects such as tachycardia, hypertension, sweating, and notably, pupil dilation. Opiates, in contrast, tend to cause pinpoint pupils because they enhance parasympathetic influence, not dilation. Methamphetamine can also cause dilation due to increased monoamines, and ketamine may cause some mydriasis, but cocaine is the most prototypical example of a substance associated with dilated pupils.

5. Which item is listed as a sedative?

- A. Barbiturates**
- B. Antihistamines
- C. Stimulants
- D. Antibiotics

Sedatives are substances that calm the nervous system, producing drowsiness or sleep. Barbiturates are a classic class of central nervous system depressants used specifically as sedatives and hypnotics. They work by enhancing GABA's inhibitory effect in the brain, which slows neuronal activity and leads to calmness or sleep. Stimulants do the opposite by increasing brain activity and alertness, so they're not sedatives. Antibiotics treat infections, not CNS activity. Some antihistamines can cause drowsiness, but they are primarily allergy medications, not classified as sedatives in the same way as barbiturates. Thus barbiturates are the item listed as a sedative.

6. In the sequence of actions for suspected opioid overdose, which action comes immediately after recognizing signs?

- A. Call 911**
- B. Administer Naloxone
- C. Rescue breathing
- D. Monitor response

Recognizing signs of an opioid overdose means time is of the essence, because opioids can rapidly depress breathing. The immediate step is to call emergency services so professional responders are on the way with life-saving equipment and naloxone if available. This ensures you have trained help and guidance on scene while you continue to assess and assist the person (for example, giving rescue breaths if they're not breathing normally and monitoring their response) and follow dispatcher instructions. Administering naloxone or starting rescue breathing are important actions, but they should follow promptly after summoning help so the person can receive comprehensive care as soon as responders arrive.

7. Which term describes abuse plus tolerance, withdrawal, or compulsive use?

- A. Misuse
- B. Addiction
- C. Dependence**
- D. Dual diagnosis

Physiological dependence is indicated when the body adapts to a substance, shown by tolerance (needing more to get the same effect) or withdrawal (uncomfortable symptoms when not using). When abuse is present plus these physiological signs—or when use becomes compulsive despite harm—the pattern is best described as dependence. Addiction is related and often overlaps, emphasizing the compulsive, uncontrollable aspect, but the combination of abuse with tolerance or withdrawal fits dependence most directly. Misuse lacks these physiological adaptations, and dual diagnosis refers to a co-occurring mental health disorder, not the substance-use pattern described.

8. Which term describes the body's naturally occurring opioids?

- A. Endorphins**
- B. Enkephalins
- C. Dynorphins
- D. Receptors

Endorphins are the body's natural opioid peptides produced in the brain and pituitary that bind to opioid receptors to dampen pain and create a sense of well-being. The term endorphins is used to describe the body's own opioid system, making it the best fit for this question. Enkephalins and dynorphins are other endogenous opioid peptides, but the prompt seeks the general term for the body's natural opioids, which is endorphins. Receptors are the binding sites, not the opioids themselves.

9. Which of the following is NOT a CAGE screening question?

- A. Have you ever felt you should cut down on your drinking?
- B. Have you ever had trouble remembering things after drinking?**
- C. Have you ever felt guilty about your drinking?
- D. Have you ever had a drink first thing in the morning to steady your nerves?

The concept being tested is recognizing which item does not belong to the CAGE screening tool for alcohol use disorders. CAGE consists of four quick questions centered on four ideas: a person's sense that they should cut down on drinking, others' annoyance or criticism about their drinking, feelings of guilt about drinking, and having a drink first thing in the morning to steady nerves (an eye-opener). The option about having trouble remembering things after drinking is not part of this set; it reflects potential cognitive effects or memory impairments from drinking, not the screening prompts used in CAGE. So that choice is the one that does not fit the CAGE format, which is why it's the correct answer.

10. What is a key reason for admitting a patient for benzodiazepine withdrawal treatment?

- A. To allow rapid conversion to a short-acting benzodiazepine**
- B. To monitor for weight gain**
- C. To prevent withdrawal seizures and manage autonomic instability**
- D. To discontinue benzodiazepines abruptly**

Admitting someone for benzodiazepine withdrawal treatment is about safety during the detox process. Stopping benzodiazepines can trigger rebound hyperexcitability that may lead to seizures and autonomic instability—things like rapid heart rate, high blood pressure, sweating, tremors, agitation, and even delirium. An inpatient setting provides continuous monitoring and access to a controlled taper, often using a long-acting benzodiazepine, so withdrawal symptoms are managed safely and seizures or other complications can be treated promptly. The goal is to prevent life-threatening events and ensure a smooth, supervised withdrawal. Choices focusing on weight monitoring or abrupt discontinuation don't address these critical safety concerns, and using a short-acting benzodiazepine rapidly doesn't reduce risk in withdrawal.

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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://bipcsubstanceabusedisorders.examzify.com>

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

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