

CERTIFIED ADDICTIONS REGISTERED NURSE (CARN) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. How many questions does the Addiction Severity Index Test consist of?**
 - A. 100
 - B. 200
 - C. 300
 - D. 150
- 2. What type of issues are significant side effects for infants with a history of maternal drug exposure?**
 - A. Social and physical
 - B. Behavioral and academic
 - C. Emotional and cognitive
 - D. Developmental and sensory
- 3. Which of the following are withdrawal symptoms associated with nicotine?**
 - A. Increased appetite and insomnia
 - B. Decreased heart rate and euphoria
 - C. Insomnia and increased energy
 - D. Decreased appetite and increased anxiety
- 4. What is the estimated global monetary value of the illicit drug trade?**
 - A. 300 billion dollars
 - B. 411 billion dollars
 - C. 500 billion dollars
 - D. 600 billion dollars
- 5. In which organ is methadone primarily metabolized?**
 - A. Kidney
 - B. Liver
 - C. Pancreas
 - D. Lungs

- 6. Which neurotransmitter has not been linked to addiction-related adaptations?**
- A. Dopamine
 - B. Norepinephrine
 - C. Vasopressin
 - D. Serotonin
- 7. What is significant about the withdrawal symptoms associated with phenobarbital?**
- A. They are mild and self-limiting
 - B. They can lead to respiratory depression
 - C. They are associated with a high fatality rate
 - D. They typically resolve quickly
- 8. What type of medications does Tranylcypromine belong to?**
- A. Selective serotonin reuptake inhibitors
 - B. Monoamine oxidase inhibitors
 - C. Beta-blockers
 - D. Tricyclic antidepressants
- 9. Hydrocodone is primarily eliminated from the body through which organ?**
- A. Liver
 - B. Heart
 - C. Kidneys
 - D. Lungs
- 10. What is the main purpose of using lithium therapy in psychiatric treatment?**
- A. To enhance cognitive function
 - B. To stabilize mood
 - C. To alleviate anxiety
 - D. To manage psychotic symptoms

Answers

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

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Explanations

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1. How many questions does the Addiction Severity Index Test consist of?

- A. 100
- B. 200**
- C. 300
- D. 150

The Addiction Severity Index (ASI) is a widely used assessment tool designed to evaluate the severity of substance use and its impact on various life domains. The ASI typically consists of a structured interview format with questions that cover seven key areas: medical status, employment/support, drug and alcohol use, legal status, family/social status, and psychiatric status. The correct number of questions in the ASI test is understood to be around 200, making it a comprehensive tool that provides a thorough assessment of individuals' addiction severity. This length allows the tool to gather detailed information that can guide treatment planning and interventions tailored to the individual's needs. Given the context of the ASI's design and purpose, the number of questions is intended to ensure that a wide range of factors related to addiction and recovery are covered, making the tool effective for both assessment and ongoing evaluation.

2. What type of issues are significant side effects for infants with a history of maternal drug exposure?

- A. Social and physical
- B. Behavioral and academic**
- C. Emotional and cognitive
- D. Developmental and sensory

The significant side effects for infants with a history of maternal drug exposure are largely developmental and sensory in nature, which encompass a range of potential impairments that can affect the infant's growth and functioning. These may include delays in physical development, such as motor skills and coordination, as well as sensory processing issues that can impact how the infant interacts with their environment. Developmental issues might manifest as difficulties in achieving milestones, while sensory issues could involve oversensitivity or under-sensitivity to stimuli, affecting how the child perceives light, sound, and touch. It's vital to monitor these infants closely, as early intervention can play a crucial role in addressing these challenges. While behavioral and academic concerns might become significant as the child grows older and begins formal education, the immediate effects of maternal drug exposure are observed more in terms of developmental and sensory impacts in the early stages of life.

3. Which of the following are withdrawal symptoms associated with nicotine?

- A. Increased appetite and insomnia**
- B. Decreased heart rate and euphoria
- C. Insomnia and increased energy
- D. Decreased appetite and increased anxiety

The symptoms of nicotine withdrawal are well-documented and include a variety of physical and psychological responses as the body adjusts to the absence of nicotine. Increased appetite and insomnia are two of the most common withdrawal symptoms. When an individual stops using nicotine, particularly from smoking, the body seeks to regain homeostasis and may result in a heightened sense of hunger as metabolism adjusts without the stimulant effects of nicotine. Insomnia is also prevalent during withdrawal, as many people experience difficulty sleeping due to increased irritability and restlessness that non-use brings. Both of these symptoms are reflective of the body adapting to the absence of nicotine and can be challenging for individuals trying to quit. This understanding aligns well with the correct choice that highlights increased appetite and insomnia as key symptoms of nicotine withdrawal.

4. What is the estimated global monetary value of the illicit drug trade?

- A. 300 billion dollars
- B. 411 billion dollars**
- C. 500 billion dollars
- D. 600 billion dollars

The estimated global monetary value of the illicit drug trade is often cited around 411 billion dollars. This figure is derived from various studies, including those conducted by organizations such as the United Nations Office on Drugs and Crime (UNODC), which analyze the comprehensive economic impact of illegal drug production and trafficking worldwide. The value reflects not only the significant scale of the drug market but also its complexity, as it encompasses a variety of substances ranging from marijuana to synthetic drugs. This number represents a staggering portion of the global economy, illustrating the extensive reach and influence that the illicit drug trade has on societies and economies. The figure indicates how the financial motivations behind drug trafficking can lead to a myriad of social, health, and law enforcement challenges faced globally. By understanding this valuation, professionals in the addiction and healthcare fields can better recognize the scale of the problem and the importance of creating effective intervention measures.

5. In which organ is methadone primarily metabolized?

- A. Kidney
- B. Liver**
- C. Pancreas
- D. Lungs

Methadone is primarily metabolized in the liver, making it the correct choice. The liver plays a crucial role in drug metabolism due to its rich supply of enzymes involved in the biotransformation of various substances. Specifically, methadone undergoes extensive hepatic metabolism through cytochrome P450 enzymes, particularly CYP3A4, CYP2B6, and CYP2C19. The metabolites produced are less active or inactive and are typically excreted from the body via the kidneys. Understanding this metabolic pathway is significant for healthcare professionals, especially those working with patients undergoing opioid replacement therapy, as liver function can affect methadone levels in the blood. This knowledge is vital for dosing and managing potential interactions with other medications that may also be metabolized in the liver. The other options do not play a primary role in the metabolism of methadone. Kidneys are more involved in the excretion of metabolites rather than metabolism itself, while the pancreas and lungs do not participate in the metabolic processes of methadone.

6. Which neurotransmitter has not been linked to addiction-related adaptations?

- A. Dopamine
- B. Norepinephrine
- C. Vasopressin**
- D. Serotonin

The neurotransmitter vasopressin has not been strongly linked to addiction-related adaptations in the same way that the other neurotransmitters—dopamine, norepinephrine, and serotonin—have been. Dopamine is widely recognized for its crucial role in the brain's reward circuitry, often associated with the pleasurable effects of drugs and the reinforcement of addictive behaviors. Norepinephrine is involved in the stress response and has been implicated in the mechanisms that drive cravings and relapse in addiction models. Serotonin plays a role in mood regulation and can influence patterns of substance use and the development of addiction. Vasopressin, while important in various physiological processes, particularly in regulating social behaviors and fluid balance, does not have a well-established relationship with addiction or addiction-related physiological adaptations. Research in addiction primarily focuses on the neurotransmitter systems that directly influence reward, motivation, and the neurobiological changes that lead to addictive behavior. Therefore, vasopressin stands out as not being significantly linked to these addiction-related adaptations.

7. What is significant about the withdrawal symptoms associated with phenobarbital?

- A. They are mild and self-limiting
- B. They can lead to respiratory depression
- C. They are associated with a high fatality rate**
- D. They typically resolve quickly

Phenobarbital withdrawal symptoms are significant because they can indeed lead to a high fatality rate if not managed properly. Phenobarbital is a barbiturate that affects the central nervous system, and abrupt cessation after prolonged use can trigger severe withdrawal symptoms. These symptoms can include anxiety, tremors, seizures, and in some cases, delirium, which poses a considerable risk to the individual's safety and can result in life-threatening situations. Additionally, the potential for seizures during withdrawal can lead to complications such as status epilepticus, which is a medical emergency requiring immediate intervention. This heightened risk underscores the necessity of tapering off the medication rather than sudden discontinuation. In contrast, other options suggest characteristics of withdrawal symptoms that may undermine the understanding of the severity associated with barbiturate withdrawal. For example, stating the symptoms are mild and self-limiting downplays the seriousness. Likewise, while respiratory depression can occur in other contexts with barbiturates, it is not a primary concern in withdrawal specifically. Lastly, while some withdrawal symptoms can resolve quickly if managed correctly, they often require medical supervision, highlighting the importance of recognizing the potential severity associated.

8. What type of medications does Tranylcypromine belong to?

- A. Selective serotonin reuptake inhibitors
- B. Monoamine oxidase inhibitors**
- C. Beta-blockers
- D. Tricyclic antidepressants

Tranylcypromine is classified as a monoamine oxidase inhibitor (MAOI). This type of medication works by inhibiting the action of monoamine oxidase, an enzyme responsible for breaking down neurotransmitters such as serotonin, norepinephrine, and dopamine in the brain. By blocking this enzyme, MAOIs increase the availability of these neurotransmitters, which can help alleviate symptoms of depression and anxiety. The specific mechanism of MAOIs is crucial in treating certain mood disorders, especially when other classes of antidepressants have failed. It is important to note that patients taking MAOIs must adhere to dietary restrictions to avoid potentially dangerous interactions with certain foods that contain tyramine. In contrast, selective serotonin reuptake inhibitors (SSRIs) primarily target serotonin reuptake to increase serotonin levels and are a different class of antidepressants. Beta-blockers are commonly used to manage cardiovascular conditions and anxiety but do not function as antidepressants. Tricyclic antidepressants (TCAs) work by inhibiting the reuptake of norepinephrine and serotonin, but they operate through a different mechanism than MAOIs. Therefore, Tranylcypromine's classification as a monoamine oxidase inhibitor is accurate and aligns with

9. Hydrocodone is primarily eliminated from the body through which organ?

- A. Liver
- B. Heart
- C. Kidneys**
- D. Lungs

Hydrocodone is primarily eliminated from the body through the kidneys, making this the correct choice. When hydrocodone is metabolized, its metabolites, along with unchanged drug, are excreted through the urine. This renal clearance is a crucial component of drug elimination as the kidneys filter waste products and excess substances from the bloodstream, allowing for their excretion. The liver does play a significant role in metabolizing hydrocodone through the process of cytochrome P450 enzyme activity, particularly involving CYP2D6 and CYP3A4. However, while the liver is essential for breaking down the drug, it is not primarily responsible for its elimination from the body. Instead, this function predominantly involves the kidneys. The heart does not play a role in the elimination of hydrocodone; its primary functions are related to circulation, including pumping blood and sustaining circulation throughout the body. The lungs are involved in gas exchange and the excretion of volatile substances but are not a pathway for hydrocodone elimination. Drug elimination primarily occurs via the kidneys for substances like hydrocodone, highlighting their vital role in processing and excreting drugs and metabolites.

10. What is the main purpose of using lithium therapy in psychiatric treatment?

- A. To enhance cognitive function
- B. To stabilize mood**
- C. To alleviate anxiety
- D. To manage psychotic symptoms

The main purpose of using lithium therapy in psychiatric treatment is to stabilize mood. Lithium is primarily used in the management of bipolar disorder, where it helps to control the manic and depressive episodes that characterize the condition. It acts as a mood stabilizer by modulating neurotransmitter levels, particularly serotonin and norepinephrine, which play significant roles in mood regulation. In bipolar disorder, fluctuations between mania and depression can significantly impair a person's functioning. Lithium helps in reducing the intensity and frequency of these mood swings, thus promoting a more stable emotional state. This stabilization leads to improved overall well-being and functioning in patients. While enhancing cognitive function, alleviating anxiety, and managing psychotic symptoms may be goals of other treatments or therapies, lithium's primary and well-documented efficacy is in mood stabilization. Understanding this mechanism is essential for effectively utilizing lithium in clinical practice.

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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://certifiedaddictionsregisterednurse.examzify.com>

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

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