

Comprehensive Guide to Substance Use Disorder and Treatment Strategies 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. A community-based entity that offers recovery support and resources for individuals and their families is called what?**
 - A. Recovery community organization**
 - B. Recovery residence**
 - C. Psychodynamic psychotherapy**
 - D. Relapse**

- 2. Which program helps healthcare professionals recover from substance use disorders while maintaining their licenses?**
 - A. Physician health program**
 - B. Oxford houses**
 - C. Open meetings**
 - D. Opioid replacement therapy**

- 3. Which concept involves counseling strategies designed to increase a person's readiness to change their drug use behavior?**
 - A. Motivational enhancement therapy**
 - B. Natural recovery**
 - C. Neurotransmitter**
 - D. Matrix model**

- 4. Which term describes being free from alcohol or other drugs?**
 - A. Sober**
 - B. Remission**
 - C. Suboxone**
 - D. Social detox**

- 5. What term describes a medical condition characterized by an inability to control or stop drinking despite negative consequences?**
 - A. Alcohol use disorder**
 - B. Alternative peer groups**
 - C. Alcoholics Anonymous**
 - D. Al-Anon**

- 6. Which term is abbreviated as CRA/CRAFT?**
- A. CRA/CRAFT**
 - B. Contingency Management**
 - C. DBT**
 - D. Open meeting**
- 7. What behavioral condition involves prioritizing others' needs over one's own well-being?**
- A. Codependency**
 - B. Self-neglect**
 - C. Narcissism**
 - D. Enabling**
- 8. The abrupt cessation of substance use without tapering or medical assistance is known as?**
- A. Cold turkey**
 - B. Detox**
 - C. Weaning**
 - D. Abrupt stop**
- 9. Which term refers to the dose of medication administered to maintain therapeutic levels after initial treatment goals are achieved?**
- A. Maintenance dose**
 - B. Neurotransmitter**
 - C. Natural recovery**
 - D. Neonatal abstinence syndrome**
- 10. Long-acting injectable medications used to treat substance use disorders, providing sustained release over time are known as?**
- A. Depot injections**
 - B. Oral medications**
 - C. Transdermal patches**
 - D. Inhaled medications**

Answers

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

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Explanations

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1. A community-based entity that offers recovery support and resources for individuals and their families is called what?

- A. Recovery community organization**
- B. Recovery residence**
- C. Psychodynamic psychotherapy**
- D. Relapse**

The question is about a local, community-based group that provides support and resources to people in recovery and to their families. A Recovery Community Organization fits this role precisely. RCOs are nonprofit or community groups that connect individuals in recovery with peer support, information, education, advocacy, and practical resources—often including family programs, referrals to services, mentoring from people with lived experience, and opportunities to participate in recovery-oriented activities. They function as a hub in the community to sustain recovery, offer guidance, and help families navigate available supports. Recovery residence refers to sober living or housing for people in recovery, which is a specific type of support but not a broad community-based organization that offers a wide range of resources and peer-based assistance. Psychodynamic psychotherapy is a clinical treatment approach focusing on unconscious processes and past experiences, not a community entity providing recovery resources. Relapse describes the return to substance use, not a type of organization or service.

2. Which program helps healthcare professionals recover from substance use disorders while maintaining their licenses?

- A. Physician health program**
- B. Oxford houses**
- C. Open meetings**
- D. Opioid replacement therapy**

Physician health programs are designed to help healthcare professionals recover from substance use disorders while protecting patients and preserving the professional license. They work by coordinating confidential evaluation, treatment, and monitoring with licensing authorities and treatment providers. A clinician entering this program agrees to ongoing supervision, regular drug testing, and adherence to a treatment plan. The goal is safe return to practice, with licensure maintained as long as the clinician complies with the program requirements. This structured, board-aligned approach is what sets physician health programs apart. The other options don't fit this specific function. Oxford houses are sober-living residences that provide housing and peer support for people in recovery, not a licensure-focused oversight system. Open meetings offer peer support and community connection but don't involve licensing boards or formal monitoring necessary to maintain a professional license. Opioid replacement therapy is a medical treatment for opioid use disorder, but on its own it doesn't address licensure protection or the formal monitoring process that physician health programs provide.

3. Which concept involves counseling strategies designed to increase a person's readiness to change their drug use behavior?

A. Motivational enhancement therapy

B. Natural recovery

C. Neurotransmitter

D. Matrix model

The main idea tested is strategies that boost a person's readiness to change drug-use behavior. Motivational enhancement therapy is designed to do exactly that. It uses motivational interviewing techniques to help a person explore why they might want to change, resolve ambivalence, and strengthen commitment. By eliciting change talk and providing personalized feedback, MET helps shift someone from thinking about change to planning and taking steps toward it, increasing intrinsic motivation and reducing resistance. In contrast, natural recovery refers to change that happens without formal treatment, neurotransmitters cover biology rather than counseling, and the Matrix Model is a broader, structured treatment program rather than a focused approach specifically aimed at increasing readiness to change.

4. Which term describes being free from alcohol or other drugs?

A. Sober

B. Remission

C. Suboxone

D. Social detox

Sober is the term that directly describes being free from alcohol or other drugs. It captures the state of abstinence—the person is not currently using substances—which is exactly what the question is asking. Remission refers to a reduction or disappearance of symptoms of a health condition, not specifically about substance use. Suboxone is a medication used to treat opioid use disorder and to support recovery, but it does not describe a person who is entirely free from all substances. Social detox isn't a standard term for sustained abstinence; detox generally refers to the withdrawal process, which may be temporary and not the same as remaining sober. So, sober best fits the idea of being free from alcohol or other drugs.

5. What term describes a medical condition characterized by an inability to control or stop drinking despite negative consequences?

- A. Alcohol use disorder**
- B. Alternative peer groups**
- C. Alcoholics Anonymous**
- D. Al-Anon**

The main idea here is recognizing a medical condition defined by loss of control over drinking and continuing despite harms. Alcohol use disorder is the DSM-5 diagnosis that matches this pattern. It describes a problematic relationship with alcohol where a person often craves alcohol, struggles to limit or stop drinking, spends substantial time related to drinking or recovering from it, and continues to drink even when it causes physical, social, or occupational problems. The severity can be mild, moderate, or severe, based on how many diagnostic criteria are present. The term reflects a spectrum rather than a single fixed state, which is why it's the preferred medical label over older terms. The other options aren't medical conditions: they refer to groups or organizations (mutual-help or family support) rather than a diagnosis.

6. Which term is abbreviated as CRA/CRAFT?

- A. CRA/CRAFT**
- B. Contingency Management**
- C. DBT**
- D. Open meeting**

CRA/CRAFT refers to two related behavioral treatment approaches for substance use disorders. CRA stands for Community Reinforcement Approach, a method that uses positive reinforcement and meaningful social activities to replace substance-using behaviors. When it adds a component that involves training family and significant others to support recovery, it's called CRAFT, Community Reinforcement Approach and Family Training. Because the combined term CRA/CRAFT explicitly names these two related approaches, it is the correct answer. The other options point to different strategies—Contingency Management (a separate reinforcement-based technique), DBT (Dialectical Behavior Therapy), and Open meeting (not a formal treatment acronym)—which do not use the CRA/CRAFT abbreviation.

7. What behavioral condition involves prioritizing others' needs over one's own well-being?

- A. Codependency**
- B. Self-neglect**
- C. Narcissism**
- D. Enabling**

Prioritizing others' needs over your own well-being describes codependency, a pattern where you define your value through caretaking and feel responsible for others' feelings and problems. This leads to people-pleasing, boundary issues, and neglect of your own health and goals. In relationships—especially where addiction or dysfunction is involved—the codependent often acts as fixer or manager, sometimes enabling the other person by rescuing them or shielding them from consequences. Narcissism centers on self-focus and needing validation for one's own needs; self-neglect refers to not taking care of oneself for reasons not tied to putting others first; enabling describes actions that support problematic behavior rather than the broader pattern of placing others ahead of oneself. So codependency best fits the scenario.

8. The abrupt cessation of substance use without tapering or medical assistance is known as?

- A. Cold turkey**
- B. Detox**
- C. Weaning**
- D. Abrupt stop**

Quitting cold turkey describes stopping a substance abruptly without tapering. This term specifically captures the idea of ending use all at once rather than reducing gradually. Detox refers to the broader process of removing the substance from the body, often under medical supervision to manage withdrawal—it's not about how quickly the cessation happens. Weaning implies a gradual reduction over time, which is the opposite of an abrupt stop. An abrupt stop is a plain description, but the common term that conveys the sudden, complete cessation is cold turkey.

9. Which term refers to the dose of medication administered to maintain therapeutic levels after initial treatment goals are achieved?

- A. Maintenance dose**
- B. Neurotransmitter**
- C. Natural recovery**
- D. Neonatal abstinence syndrome**

Maintaining therapeutic drug levels after the initial treatment goals are reached is achieved with a maintenance dose. This dose is given regularly to keep the medication's concentration within the therapeutic window, ensuring the benefits continue while minimizing the risk of toxicity or withdrawal. It typically follows an initial loading or higher-dose phase that quickly brought about the desired effect, allowing a smaller, steady dose to sustain those results over time. The other terms don't fit this concept: a neurotransmitter is a chemical messenger in the brain, natural recovery refers to improvement without medication, and neonatal abstinence syndrome is a withdrawal condition seen in newborns after maternal drug use.

10. Long-acting injectable medications used to treat substance use disorders, providing sustained release over time are known as?

- A. Depot injections**
- B. Oral medications**
- C. Transdermal patches**
- D. Inhaled medications**

Depot injections are long-acting injectable medications that release the drug slowly over weeks to months after an intramuscular shot, creating a drug reservoir in the tissue. This sustained release keeps your blood levels steady between doses and helps with adherence, which is especially helpful in treating substance use disorders where daily dosing can be challenging. In practice, these injections are used to maintain consistent therapy with medications like extended-release buprenorphine or naltrexone, given monthly. The other forms—oral medications taken by mouth, transdermal patches that deliver drug through the skin, and inhaled medications—are not long-acting injectables and do not provide the same sustained release from a single injection.

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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://guidetosubstanceusedisordertreatmentstrat.examzify.com>

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

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