

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. What counseling approach aims to enhance an individual's motivation to change their substance use behavior?**
 - A. Motivational enhancement therapy**
 - B. Natural recovery**
 - C. Matrix model**
 - D. Maintenance dose**

- 2. Which therapeutic approach explores unconscious processes and past experiences to understand current behavior?**
 - A. Psychodynamic psychotherapy**
 - B. Rapid detox**
 - C. Recovery residence**
 - D. Reinforcement**

- 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. A meeting where attendance is limited to individuals who identify as having a substance use disorder is called a?**
 - A. Closed meeting**
 - B. Open meeting**
 - C. Public meeting**
 - D. Support group**

- 5. A process in which a behavior is strengthened by the consequences that follow it is called what?**
 - A. Reinforcement**
 - B. Relapse**
 - C. Recovery residence**
 - D. Prevention paradox**

- 6. Which medication used in the treatment of opioid addiction contains buprenorphine and naloxone?**
- A. Suboxone**
 - B. Methadone**
 - C. Naltrexone**
 - D. Buprenorphine**
- 7. Which symptom cluster is typically observed during alcohol withdrawal?**
- A. Tremors, anxiety, autonomic hyperactivity**
 - B. Euphoria, increased appetite, sociability**
 - C. Memory loss, confusion**
 - D. Speech slurring, ataxia**
- 8. Which therapy explicitly integrates acceptance strategies with behavior change to treat emotional regulation?**
- A. DBT (dialectical behavior therapy)**
 - B. CBT**
 - C. ACT**
 - D. MBCT**
- 9. Community Reinforcement Approach and Community Reinforcement and Family Training are methods used to treat substance use disorders. This is referred to as?**
- A. CRA/CRAFT**
 - B. CBT**
 - C. MI**
 - D. 12-step Facilitation**
- 10. What term describes a dream that involves the use of drugs, commonly experienced during recovery?**
- A. Drug dream**
 - B. Dry drunk**
 - C. Dual diagnosis**
 - D. Lapse**

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. What counseling approach aims to enhance an individual's motivation to change their substance use behavior?

- A. Motivational enhancement therapy**
- B. Natural recovery**
- C. Matrix model**
- D. Maintenance dose**

Motivational enhancement therapy centers on boosting a person's motivation to change their substance use. It uses a collaborative, nonjudgmental style drawn from motivational interviewing to help individuals explore ambivalence, articulate their own reasons for change, and strengthen their commitment to change. By eliciting change talk and resolving mixed feelings, it increases readiness to change and supports engagement in treatment, often in brief sessions or as part of a broader plan. Other approaches described—natural recovery as self-directed change without formal treatment, the Matrix Model as a structured behavioral program for certain substances, and maintenance dose as ongoing pharmacotherapy—address different aspects of care, whereas motivational enhancement therapy is specifically aimed at enhancing motivation to initiate and sustain change.

2. Which therapeutic approach explores unconscious processes and past experiences to understand current behavior?

- A. Psychodynamic psychotherapy**
- B. Rapid detox**
- C. Recovery residence**
- D. Reinforcement**

The idea being tested is how exploring unconscious processes and past experiences can illuminate present behavior. Psychodynamic psychotherapy focuses on uncovering hidden motivations, early life experiences, and internal conflicts that shape what people do today. It looks at how unresolved issues and defense mechanisms developed in childhood influence current thoughts, feelings, and relationships, and it uses the therapeutic relationship itself to understand these patterns. Through processes like interpreting defenses, examining transference, and exploring dreams or free associations, the aim is to bring unconscious material into conscious awareness so the person can gain insight and make meaningful changes. Rapid detox refers to a medical approach to quickly purge substances from the body, not to exploring psychological drivers. A recovery residence is a living environment that supports sobriety, not a therapy that probes unconscious processes. Reinforcement is a behavioral strategy that uses rewards or punishments to shape behavior, without emphasizing uncovering hidden past influences.

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. A meeting where attendance is limited to individuals who identify as having a substance use disorder is called a?

A. Closed meeting

B. Open meeting

C. Public meeting

D. Support group

Meetings for recovery are categorized by who may attend. The one where attendance is limited to people who identify as having a substance use problem is a closed meeting. This helps create a private, safer space where individuals can share openly about personal struggles, experiences, and progress without outside observers. The focus is on peer support among people dealing with similar issues, which often encourages deeper honesty and trust. Open meetings, by contrast, welcome anyone—friends, family, professionals, or the curious—so the dynamic can be more general and less confidential. Public meetings and support groups refer to broader formats, but the key idea here is the attendance policy: restricted to those with a direct stake in recovery.

5. A process in which a behavior is strengthened by the consequences that follow it is called what?

- A. Reinforcement**
- B. Relapse**
- C. Recovery residence**
- D. Prevention paradox**

Reinforcement is a process in which the consequences that follow a behavior make that behavior more likely to occur again. In operant conditioning, reinforcement strengthens a response. It can be positive, adding a pleasant outcome after the behavior (for example, earning a token or praise for abstaining), or negative, removing an unpleasant condition after the behavior (such as relief from withdrawal symptoms once a treatment goal is met). In substance use disorder treatment, reinforcement is used in approaches like contingency management, where rewards are given for proving abstinence or engaging in treatment activities, thereby increasing the likelihood that abstinent behaviors will be repeated. Relapse refers to resuming use after a period of abstinence, a recovery residence is a housing option for people in recovery, and the prevention paradox describes a public health concept about risk distribution—none of these describe the process of strengthening a behavior through its consequences.

6. Which medication used in the treatment of opioid addiction contains buprenorphine and naloxone?

- A. Suboxone**
- B. Methadone**
- C. Naltrexone**
- D. Buprenorphine**

This item tests knowledge of a medication that combines buprenorphine with naloxone to treat opioid use disorder and deter misuse. Suboxone contains buprenorphine, a partial opioid agonist that eases withdrawal and cravings without producing the full opioid effect. It also contains naloxone, an opioid antagonist included to discourage injection misuse. When the medication is taken as prescribed (sublingually), naloxone has minimal systemic effect, so it does not block the buprenorphine's therapeutic action. If someone tries to inject it, the naloxone becomes active and can precipitate withdrawal, making misuse less appealing. Other options either provide buprenorphine without naloxone or are different types of medications (methadone is a full agonist; naltrexone is an antagonist; buprenorphine alone lacks naloxone), which is why Suboxone is the correct choice.

7. Which symptom cluster is typically observed during alcohol withdrawal?

- A. Tremors, anxiety, autonomic hyperactivity**
- B. Euphoria, increased appetite, sociability**
- C. Memory loss, confusion**
- D. Speech slurring, ataxia**

When someone stops drinking after regular use, the brain's nervous system becomes suddenly more excitable because it has adapted to the depressant effects of alcohol. The main pattern of withdrawal reflects this rebound hyperexcitability and shows up as tremors, anxiety, and autonomic hyperactivity (such as sweating, rapid pulse, and raised blood pressure). These symptoms typically emerge within hours after the last drink and reflect the body's attempt to regain balance without alcohol's calming effect. Mild withdrawal can progress to more intense agitation, insomnia, and, in some cases, seizures or delirium if not managed. In contrast, the other clusters point to intoxication or more severe, different conditions. Euphoria, increased appetite, and sociability are characteristic of being intoxicated. Memory loss and confusion can occur with delirium or severe neurocognitive issues rather than the withdrawal syndrome. Slurred speech and ataxia are classic signs of intoxication or intoxication-related impairment, not the withdrawal picture. So the tremors with anxiety and autonomic signs best capture the typical withdrawal experience.

8. Which therapy explicitly integrates acceptance strategies with behavior change to treat emotional regulation?

- A. DBT (dialectical behavior therapy)**
- B. CBT**
- C. ACT**
- D. MBCT**

Dialectical behavior therapy explicitly blends acceptance strategies with behavior change to help regulate emotions. It teaches a structured set of skills across four areas: mindfulness to observe and accept emotions in the present moment; emotion regulation to understand and modulate emotional responses; distress tolerance to endure crises without resorting to impulsive actions; and interpersonal effectiveness to negotiate needs and maintain healthy relationships. The "dialectical" element is the balance between accepting difficult emotions as real and valid while actively working to change behaviors and thought patterns that worsen those emotions. This explicit integration of acceptance with concrete change strategies makes it the best fit for treating emotional regulation. Other therapies may include elements of acceptance or focus on behavioral change, but they don't center emotional regulation through this combined, skill-based framework in the same way.

9. Community Reinforcement Approach and Community Reinforcement and Family Training are methods used to treat substance use disorders. This is referred to as?

- A. CRA/CRAFT**
- B. CBT**
- C. MI**
- D. 12-step Facilitation**

These approaches are a community-based, behavioral treatment strategy that centers on reinforcing sobriety through engaging the person in pro-social activities and involving family members to support change. The combined term for these methods is CRA/CRAFT: Community Reinforcement Approach (CRA) and Community Reinforcement and Family Training (CRAFT). CRA focuses on replacing the reinforcement of substance use with rewarding, meaningful non-substance-use activities—social, vocational, recreational—within the person’s community. CRAFT adds a component that specifically trains family members to reinforce sober behaviors, recognize relapse cues, and encourage the individual to seek treatment, often by altering family dynamics to create a more supportive environment. This differs from Cognitive Behavioral Therapy, which centers on changing thoughts and coping skills; Motivational Interviewing, which aims to resolve ambivalence and boost motivation; and 12-step facilitation, which focuses on engaging with 12-step programs. CRA/CRAFT uniquely blend community resources and family involvement to shape the surrounding environment in support of recovery.

10. What term describes a dream that involves the use of drugs, commonly experienced during recovery?

- A. Drug dream**
- B. Dry drunk**
- C. Dual diagnosis**
- D. Lapse**

Dreams about drug use are a common experience during recovery, reflecting ongoing cravings and conditioned responses. The term that describes a dream involving drugs is drug dream. This term fits best because it directly names the content of the dream—drug-related imagery or scenarios—without implying behavior or diagnoses. A dry drunk refers to someone who has stopped using but still struggles with emotional or behavioral symptoms, not to dreams. A dual diagnosis means having both a mental health disorder and a substance use disorder, which is about co-occurring conditions, not dream content. A lapse describes a return to actual drug use after a period of abstinence, which is an action, not a dream.

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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