

Drugs and Society 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. Drug use is a societal issue that dates to _____.**
 - A. 2240 BC**
 - B. The beginning of recorder time**
 - C. 500 BC**
 - D. The early 1960s**

- 2. An over-the-counter drug ingredient not generally recognized as safe or effective for the claimed therapeutic indication is classified as _____.**
 - A. Category I**
 - B. Category II**
 - C. Category III**
 - D. Category IV**

- 3. Licit drugs are drugs that are _____.**
 - A. Designer drugs**
 - B. Legal**
 - C. Illegal**
 - D. Approved by the FDA**

- 4. Which risk factor involves the absence of caregivers or parental support?**
 - A. Misperception of peer norms**
 - B. Loss of positive body image**
 - C. Loss of parents**
 - D. All of the above**

- 5. Historically, alcoholism has often been viewed as a form of what?**
 - A. Moral failing**
 - B. Mental illness**
 - C. Sickness**
 - D. Spiritual weakness**

- 6. THC is the primary psychoactive ingredient in which substance?**
- A. Depressants like valium**
 - B. Stimulants like cocaine**
 - C. LSD and ecstasy**
 - D. Marijuana**
- 7. _____ drugs refer to types of drugs that lead to the use of other more addictive types of drugs.**
- A. Addictive**
 - B. Gateway**
 - C. High pressure**
 - D. Predisposition**
- 8. The ____ allowed the manufacturer to determine whether a drug was to be labeled prescription or non-prescription.**
- A. Harrison Act of 1914**
 - B. Food, Drug, and Cosmetic Act of 1938**
 - C. Anti-Drug Abuse Act of 1988**
 - D. Drug Abuse Control Amendment Act of 1965**
- 9. Which option reflects that multiple risk factors are present at once?**
- A. Misperception of peer norms**
 - B. Loss of positive body image**
 - C. Loss of parents**
 - D. All of the above**
- 10. Which factor category includes cultural norms and beliefs that influence drug use?**
- A. Pharmacological**
 - B. Social**
 - C. Cultural**
 - D. Contextual**

Answers

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

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Explanations

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1. Drug use is a societal issue that dates to _____.

A. 2240 BC

B. The beginning of recorder time

C. 500 BC

D. The early 1960s

Drug use as a social behavior has deep historical roots, stretching far back into ancient civilizations. Evidence from Mesopotamia around 2240 BCE shows that intoxicants were part of people's lives in religious, medicinal, and everyday contexts, not just a modern phenomenon. Texts and artifacts from that era reference substances used for healing and ritual, illustrating that societies grappled with drug-related issues thousands of years ago. This makes the date around 2240 BCE the best-supported point for when drug use appears in the historical record, far earlier than later periods. The other options point to times that are either much later or too vague to anchor the long history of drug use. The early 1960s is modern and misses the long-standing nature of the issue, while 500 BCE or the broad notion of the "beginning of recorded time" don't align with the specific concrete evidence of ancient use.

2. An over-the-counter drug ingredient not generally recognized as safe or effective for the claimed therapeutic indication is classified as _____.

A. Category I

B. Category II

C. Category III

D. Category IV

The main idea being tested is how OTC drug ingredients are categorized based on safety and efficacy for their labeled use. Category II represents ingredients that have not been shown to be safe or effective for the claimed indication. When an ingredient lacks adequate proof of safety or efficacy for the use it's advertised for, regulators classify it as not safe or not effective, placing it in Category II. This is why the correct choice corresponds to that category. For contrast, Category I would mean the ingredient is safe and effective for the indicated use, and Category III indicates insufficient data to determine safety or efficacy. (Some frameworks also include Category IV for not generally recognized as safe and effective, but the stem's wording aligns with Category II.)

3. Licit drugs are drugs that are _____.

A. Designer drugs

B. Legal

C. Illegal

D. Approved by the FDA

Licit means allowed by law. The main idea here is legality, not whether a drug has been evaluated by a specific agency. So the best fit is that licit drugs are Legal. Designer drugs are typically developed to skirt restrictions and are often illegal, which is the opposite. While FDA approval is a common route for legally marketed drugs, licit refers to being permitted by law, not just regulatory status.

4. Which risk factor involves the absence of caregivers or parental support?

- A. Misperception of peer norms**
- B. Loss of positive body image**
- C. Loss of parents**
- D. All of the above**

This item tests how family structure and caregiver support relate to risk for substance use. The absence of caregivers or parental support means less supervision, guidance, and emotional backing—the kinds of protective factors that can help youths avoid risky behaviors. When parents are no longer present or able to provide support, youth may have more opportunities or fewer deterrents to turn to substances. Misperception of peer norms involves how a teen views peers' drug use, which is a social influence factor rather than a caregiver-related one. Loss of positive body image concerns self-perception and appearance, not family support. "All of the above" would be incorrect because the other factors don't fit the absence-of-caregiver theme.

5. Historically, alcoholism has often been viewed as a form of what?

- A. Moral failing**
- B. Mental illness**
- C. Sickness**
- D. Spiritual weakness**

The question is testing how society has historically framed alcohol problems. In many eras, heavy drinking and addiction were seen as a medical issue—a sickness of the body or brain—rather than just a character flaw. This disease-like view pushed people toward medical care, detox, and rehabilitation, emphasizing treatment over punishment. It contrasts with views that alcohol problems arise from moral failing or spiritual weakness, which assign blame to the individual's virtue or willpower. While mental illness is a related concept and has been used in more modern frameworks, the older tendency described here is best captured by labeling alcoholism as a form of sickness, reflecting an early move toward medicalizing the problem.

6. THC is the primary psychoactive ingredient in which substance?

- A. Depressants like valium**
- B. Stimulants like cocaine**
- C. LSD and ecstasy**
- D. Marijuana**

Think about what causes the characteristic “high” associated with cannabis. The key idea is that THC, short for delta-9-tetrahydrocannabinol, is the primary psychoactive compound found in marijuana. It’s the chemical responsible for most of the mind-altering effects people experience after using cannabis, because it strongly interacts with the brain’s endocannabinoid system, especially CB1 receptors. That interaction changes perception, mood, memory, and coordination. The other options point to entirely different drug classes and their typical active substances. A depressant like valium has a different primary chemical that slows brain activity; a stimulant like cocaine increases alertness and energy via another mechanism; LSD and MDMA (ecstasy) act as hallucinogens or entactogens with their own distinct primary substances. None of these are the primary psychoactive ingredient in marijuana, which is THC.

7. _____ drugs refer to types of drugs that lead to the use of other more addictive types of drugs.

- A. Addictive**
- B. Gateway**
- C. High pressure**
- D. Predisposition**

Gateway drugs refer to substances that tend to precede the use of more addictive drugs, creating a pathway toward greater substance use. The term captures the idea of a progression: early, often less dangerous-seeming substances can normalize or increase exposure to drug-using environments, making it more likely someone will try harder drugs later. That’s why this option fits best—the concept is about a sequence of use, not the inherent addictiveness of a drug, a social pressure term, or an individual vulnerability. The other choices miss that progression: one describes how addictive a drug is, another isn’t a standard term in this context, and predisposition speaks to personal risk rather than a category of drugs that leads to others.

8. The _____ allowed the manufacturer to determine whether a drug was to be labeled prescription or non-prescription.

A. Harrison Act of 1914

B. Food, Drug, and Cosmetic Act of 1938

C. Anti-Drug Abuse Act of 1988

D. Drug Abuse Control Amendment Act of 1965

Understanding how a drug's status as prescription or non-prescription is determined depends on the regulatory framework for drug safety and labeling. The Food, Drug, and Cosmetic Act of 1938 gave the FDA the authority to regulate drug safety and to require labeling with adequate directions for use. This labeling framework creates the environment in which a drug's labeling and the need for professional supervision are evaluated under FDA oversight, allowing a drug to be designated as Rx or OTC. While later amendments (such as the one that formally defined prescription versus non-prescription status) clarified the distinction, the 1938 act established the essential authority and labeling requirements that make such designation possible. The other listed laws focus on controlling drug abuse, taxation, or penalties and do not establish how drugs are labeled as prescription or non-prescription.

9. Which option reflects that multiple risk factors are present at once?

A. Misperception of peer norms

B. Loss of positive body image

C. Loss of parents

D. All of the above

The idea being tested is that risk factors for problematic behavior can accumulate, not act in isolation. Misperception of peer norms can lead someone to align their behavior with what they think is accepted by peers, even if that belief is inaccurate. Loss of positive body image affects self-esteem and coping skills, making it harder to resist temptation or seek healthy outlets. Loss of parents removes a key source of support and supervision, which can elevate vulnerability. When several of these risks are present at the same time, their effects can compound, increasing overall risk more than any single factor alone. That's why choosing the option that includes all of these risks captures the scenario of multiple risk factors at once. In real life, recognizing multiple co-occurring risks helps in designing more effective, multi-faceted prevention and intervention strategies.

10. Which factor category includes cultural norms and beliefs that influence drug use?

- A. Pharmacological**
- B. Social**
- C. Cultural**
- D. Contextual**

The main concept here is how shared norms and beliefs within a group influence decisions about drug use. Cultural norms and beliefs shape what behaviors are considered acceptable, taboo, or normal, and they guide expectations about when and with whom drug use is appropriate. This is why the category that directly includes cultural norms and beliefs is the cultural factor. Pharmacological factors deal with the drug's properties and effects, not people's beliefs. Social factors involve relationships and social influences like peers or family, but not the broader cultural meanings attached to drugs. Contextual factors focus on the environment and situational aspects like availability or settings. So cultural best captures the influence of norms and beliefs on drug use.

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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://drugsandsociety.examzify.com>

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

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