

DRUGS AND SOCIETY 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. Which term best describes substances that have the capacity to alter mood, perception, or behavior?**
 - A. Psychoactive substances
 - B. Stimulants
 - C. Hallucinogens
 - D. Depressants

- 2. Which of the following is NOT listed as a risk factor for developing substance use disorders?**
 - A. Regular exercise
 - B. Genetics/family history
 - C. Early initiation
 - D. Trauma/ACEs

- 3. Which factor would you identify as a family-related risk?**
 - A. Misperception of peer norms
 - B. Loss of positive body image
 - C. Loss of parents
 - D. All of the above

- 4. Which modality emphasizes exploring and enhancing a client's motivation to change?**
 - A. Cognitive-behavioral therapy
 - B. Motivational interviewing
 - C. Contingency management
 - D. Medication-assisted treatment

- 5. What is decriminalization of possession for personal use?**
 - A. It makes possession fully legal for sale.
 - B. It increases penalties for possession.
 - C. It removes criminal penalties for possession for personal use and often routes to treatment.
 - D. It imposes more jail time for users.

- 6. Which example best illustrates a synthetic opioid drug used in overdose contexts?**
- A. Heroin
 - B. Cocaine
 - C. Cannabis
 - D. Fentanyl analogs
- 7. Explanations of addiction in terms of genetics, brain dysfunction, and biochemical patterns are termed _____.**
- A. Genetic and biophysiological theories
 - B. Dysfunctional central nervous system theories
 - C. Psychoactive theories
 - D. Biological theories
- 8. Which act is associated with the decline of patent medicines?**
- A. Anti-Drug Abuse Act of 1988
 - B. Harrison Act of 1914
 - C. Narcotics Control Act of 1956
 - D. Pure Food and Drug Act of 1906
- 9. The drug used to increase muscle mass but whose side effects include heart disease, liver cancer, high blood pressure, septic shock, impotence, genital atrophy, and mood swings is:**
- A. Demerol
 - B. Creatine
 - C. Anabolic steroids
 - D. Diatonic steroids
- 10. Which prevention strategies are most effective for reducing youth substance use?**
- A. Strict punitive policing with curfews alone.
 - B. Comprehensive, evidence-based programs that combine school, family, and community approaches; universal and targeted interventions show effectiveness.
 - C. Media campaigns only.
 - D. Pharmacological prevention.

Answers

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

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Explanations

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1. Which term best describes substances that have the capacity to alter mood, perception, or behavior?

A. Psychoactive substances

B. Stimulants

C. Hallucinogens

D. Depressants

Psychoactive substances are chemicals that act on the brain to change mood, perception, or behavior. They cover a wide range of drugs, including stimulants, hallucinogens, and depressants, which are all kinds that produce these effects. But the term that best describes any substance with the capacity to alter mood, perception, or behavior is psychoactive substances because it encompasses all such drugs, not just a single class. Examples include caffeine (a stimulant), LSD (a hallucinogen), and alcohol (a depressant).

2. Which of the following is NOT listed as a risk factor for developing substance use disorders?

A. Regular exercise

B. Genetics/family history

C. Early initiation

D. Trauma/ACEs

A key idea here is that most known risk factors for substance use disorders involve vulnerabilities or exposures that increase the likelihood of turning to substances, while some factors are protective. Regular exercise is not a risk factor; it tends to be protective, helping mood, reducing stress, and improving coping and self-regulation, which lowers the chance of developing substance problems. In contrast, genetics or family history reflect inherited vulnerability, early initiation increases cumulative exposure and can affect brain development related to reward, and trauma or ACEs are strongly linked to using substances as a coping mechanism and to altered stress responses. So the option about regular exercise stands out as not being a risk factor.

3. Which factor would you identify as a family-related risk?

A. Misperception of peer norms

B. Loss of positive body image

C. Loss of parents

D. All of the above

Identifying risk factors by where they originate helps explain how influences shape behavior. Misperception of peer norms comes from the social environment outside the family and reflects peer influence, not family structure. Loss of positive body image is an internal, personal risk tied to self-perception and media messages, not an update to family dynamics. Loss of parents, however, directly disrupts the family system—reducing supervision, stability, and emotional and financial support. That family disruption creates conditions in which risk behaviors, such as substance use, are more likely to emerge. Because only the loss of parents is tied to family structure, it is the family-related risk. The option “All of the above” would be misleading since the other factors stem from peers and individual psychology, not family context.

4. Which modality emphasizes exploring and enhancing a client's motivation to change?

- A. Cognitive-behavioral therapy
- B. Motivational interviewing**
- C. Contingency management
- D. Medication-assisted treatment

This item focuses on recognizing which therapy centers on exploring and boosting a client's motivation to change. Motivational interviewing treats ambivalence as a natural part of the change process and works with the client in a collaborative, nonjudgmental way to surface their own reasons for changing. Its techniques—open-ended questions, reflective listening, affirmations, and summarizing—are all aimed at eliciting change talk and helping the client see the discrepancy between their current behavior and personal goals. The goal is to strengthen intrinsic motivation and the client's commitment to change, rather than imposing reasons to change or using external incentives. This stands in contrast to other approaches that focus on different mechanisms: cognitive-behavioral therapy mainly teaches skills and strategies to alter thoughts and behaviors; contingency management uses external rewards to reinforce desired behaviors; medication-assisted treatment relies on medications to support recovery. Motivational interviewing's emphasis on exploring, evoking, and reinforcing internal motivation makes it the best fit for fostering genuine readiness to change. It's also commonly used as a stepping stone to engage clients in further treatment once motivation has been enhanced.

5. What is decriminalization of possession for personal use?

- A. It makes possession fully legal for sale.
- B. It increases penalties for possession.
- C. It removes criminal penalties for possession for personal use and often routes to treatment.**
- D. It imposes more jail time for users.

Decriminalization of possession for personal use means that having a small amount of a drug for yourself is no longer punished as a crime. Instead, the issue is handled through civil penalties, warnings, or public health approaches, such as referral to treatment or counseling, rather than criminal punishment. The goal is to reduce harm and stigma and to link individuals to support services rather than incarcerate them. This is why the best description is that it removes criminal penalties for possession for personal use and often routes to treatment. It does not authorize selling the drug, it does not increase penalties, and it does not entail harsher jail penalties.

6. Which example best illustrates a synthetic opioid drug used in overdose contexts?

- A. Heroin
- B. Cocaine
- C. Cannabis
- D. Fentanyl analogs**

This item centers on synthetic opioid drugs and their role in overdose contexts. Fentanyl analogs are fully synthetic opioids known for their extreme potency, so even tiny amounts can cause fatal respiratory depression. In overdose situations, these analogs have become a major concern because they're often found in counterfeit pills or mixed with other drugs, escalating the risk of overdose. While heroin is also an opioid and overdoses are common, heroin is semi-synthetic (derived from morphine) rather than fully synthetic. Cocaine is a stimulant, not an opioid, and cannabis is not an opioid either. So the example that best illustrates a synthetic opioid used in overdose contexts is fentanyl analogs.

7. Explanations of addiction in terms of genetics, brain dysfunction, and biochemical patterns are termed _____.

- A. Genetic and biophysiological theories
- B. Dysfunctional central nervous system theories
- C. Psychoactive theories
- D. Biological theories

Addiction can be explained through biological factors that shape vulnerability and brain chemistry. When explanations focus on genetics, brain dysfunction, and biochemical patterns, they are describing genetic and biophysiological theories. This label directly signals both inherited factors and physiological processes—neurotransmitter systems, receptor changes, and neural circuits involved in reward and reinforcement—that underlie substance use disorders, making it the best fit for the description. Biological theories is a broader umbrella, but the prompt's emphasis on genetics and biophysiology points to the more specific genetic and biophysiological term. The other options don't fit as well because they either zero in on a narrower aspect (dysfunctional central nervous system theories), reference the drugs rather than explanations of addiction (psychoactive theories), or use a broad category without explicitly highlighting the genetic and physiological focus (biological theories).

8. Which act is associated with the decline of patent medicines?

- A. Anti-Drug Abuse Act of 1988
- B. Harrison Act of 1914
- C. Narcotics Control Act of 1956
- D. Pure Food and Drug Act of 1906

Regulation of medicines through truthful labeling and protection against adulteration is what reduced the prevalence of patent medicines. Before 1906, patent medicines were sold widely with flashy claims and little verification of ingredients. The Pure Food and Drug Act of 1906 required accurate labeling and barred adulteration and misbranding, so companies had to disclose what was in their products and could not make unsubstantiated cure claims. This shift pushed patent medicines out of the market or forced reformulation, paving the way for formal federal drug oversight. Other acts mentioned targeted narcotics or later drug-control issues rather than broad labeling standards that directly curtailed unregulated patent medicines.

9. The drug used to increase muscle mass but whose side effects include heart disease, liver cancer, high blood pressure, septic shock, impotence, genital atrophy, and mood swings is:

- A. Demerol
- B. Creatine
- C. Anabolic steroids**
- D. Diatonic steroids

Anabolic steroids are synthetic forms of testosterone used to boost muscle growth by increasing protein synthesis in muscle tissue. They're effective at increasing muscle mass and strength, which is why they're sometimes misused by athletes. But this comes with a heavy price tag: long-term or high-dose use can strain the heart and raise blood pressure, cause liver damage including liver cancer, and disrupt the endocrine system in ways that lead to impotence and genital atrophy. Mood swings and aggression are also commonly reported due to hormonal imbalances. The mention of septic shock reflects the broader risk of severe infections that can accompany immune system suppression with steroid misuse. Creatine is a common dietary supplement with relatively mild risks at recommended doses, not the same suite of serious systemic side effects. Demerol is an opioid, unrelated to muscle-building, and diatonic steroids isn't a standard term in this context. Thus, the drug described is anabolic steroids.

10. Which prevention strategies are most effective for reducing youth substance use?

- A. Strict punitive policing with curfews alone.
- B. Comprehensive, evidence-based programs that combine school, family, and community approaches; universal and targeted interventions show effectiveness.**
- C. Media campaigns only.
- D. Pharmacological prevention.

Prevention works best when it targets the whole environment that influences youth, building skills, changing norms, and providing ongoing support. A comprehensive, evidence-based approach combines school programs, family involvement, and community efforts, and uses both universal strategies (for all youths) and targeted interventions (for those at higher risk). This multi-component plan addresses a range of risk factors—like peer pressure, lack of skills to say no, and poor family communication—while boosting protective factors such as social competence, parental monitoring, and positive peer networks. When these elements are aligned, they reinforce each other, leading to meaningful and lasting reductions in initiation and use across substances. Relying on punitive policing with curfews alone misses these underlying factors and can erode trust without changing youths' decision-making skills or the environment that enables use. Media campaigns by themselves can raise awareness but often don't produce sustained behavior change unless paired with skill-building and environmental supports. Pharmacological prevention isn't a practical or established approach for preventing youth substance use at the population level.

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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