

# ICHWC National Board Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. Which of the following is NOT a core principle of self-compassion?**
  - A. Mindfulness**
  - B. Self-criticism**
  - C. Common humanity**
  - D. Self-kindness**
- 2. Which term describes a build-up of plaque in the arteries?**
  - A. Arteriosclerosis**
  - B. Atherosclerosis**
  - C. Angina**
  - D. Chronic kidney disease**
- 3. How does the Simultaneity principle contribute to effective communication?**
  - A. By promoting negative interactions**
  - B. By ensuring conversations are irrelevant**
  - C. By fostering positive questions**
  - D. By decreasing emotional engagement**
- 4. Which of the following foods is NOT anti-inflammatory?**
  - A. Olive oil**
  - B. Fruit (especially berries)**
  - C. Margarine**
  - D. Fatty fish**
- 5. Which factor is not typically associated with high blood pressure?**
  - A. Obesity**
  - B. Stress**
  - C. Regular exercise**
  - D. Unhealthy diet**

- 6. Which of the following best describes binge drinking?**
- A. Consuming alcohol responsibly**
  - B. Frequent low-level drinking**
  - C. Drinking heavily in a short time**
  - D. Only drinking during social events**
- 7. What is meant by the term Relapse in the TTM?**
- A. A return to previous behaviors**
  - B. Successful maintenance of a behavior change**
  - C. Preparation for future change**
  - D. A feeling of demand to succeed**
- 8. What are the types of reflections according to the provided concepts?**
- A. Simple, double-sided, amplified, shifted-focus**
  - B. Focused, detailed, compact, and expansive**
  - C. Personal, external, group, and analytical**
  - D. Quick, critical, emotional, and logical**
- 9. What is one of the primary consequences of opioid use?**
- A. Weight gain**
  - B. Breathing problems**
  - C. Increased alertness**
  - D. Improved social interaction**
- 10. Which substance's use has remained steady while overall drug use has declined?**
- A. Alcohol**
  - B. Tobacco**
  - C. Marijuana**
  - D. Opioids**

## **Answers**

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

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## **Explanations**

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**1. Which of the following is NOT a core principle of self-compassion?**

- A. Mindfulness**
- B. Self-criticism**
- C. Common humanity**
- D. Self-kindness**

Self-compassion is built upon three core principles: mindfulness, common humanity, and self-kindness. Mindfulness involves recognizing and accepting one's thoughts and feelings without judgment, allowing individuals to maintain a balanced perspective on their experiences. Common humanity emphasizes the understanding that suffering and personal inadequacy are part of the shared experience of being human, fostering a sense of connection rather than isolation. Self-kindness encourages treating oneself with care and compassion, especially during times of failure or suffering. Self-criticism, however, stands apart from these principles. It represents a harsh and unkind inner dialogue, often leading to negative self-perception and exacerbated feelings of inadequacy rather than promoting self-acceptance and understanding. Therefore, identifying self-criticism as not being a core principle of self-compassion aligns with the fundamental understanding of self-compassion as a practice intended to nurture and support oneself in the face of challenges.

**2. Which term describes a build-up of plaque in the arteries?**

- A. Arteriosclerosis**
- B. Atherosclerosis**
- C. Angina**
- D. Chronic kidney disease**

The term that describes a build-up of plaque in the arteries is atherosclerosis. This condition specifically refers to the accumulation of fats, cholesterol, and other substances that form plaques in the arterial walls. Over time, these plaques can restrict blood flow, leading to various cardiovascular issues. Atherosclerosis is a major contributor to heart disease, stroke, and other serious health problems because it can harden and narrow the arteries, reducing their elasticity and effectiveness. In contrast, arteriosclerosis is a broader term that refers to the thickening and stiffening of arterial walls, which can occur due to age or other factors, not solely due to plaque build-up. Angina is related to chest pain that occurs when the heart muscle does not receive enough blood, often due to atherosclerosis but not directly describing the plaque itself. Chronic kidney disease is unrelated to plaque build-up in the arteries; it refers to gradual loss of kidney function. Understanding these distinctions reinforces why atherosclerosis is the correct term for the build-up of plaque in the arteries.

### 3. How does the Simultaneity principle contribute to effective communication?

- A. By promoting negative interactions
- B. By ensuring conversations are irrelevant
- C. By fostering positive questions**
- D. By decreasing emotional engagement

The Simultaneity principle in communication emphasizes that communication is a dynamic and co-created process, where meaning is negotiated through interactions between individuals. This principle contributes significantly to effective communication by fostering positive inquiries and dialogue that enhance understanding and connection. When positive questions are encouraged, they drive the conversation in a constructive direction, allowing all participants to express their thoughts, feelings, and perspectives openly. This openness facilitates a richer exchange of ideas and promotes a collaborative atmosphere, essential for effective communication. In turn, this enhances empathy and the overall relational dynamic among participants, leading to deeper engagement and more fruitful discussions. The other choices don't align with the intent of the Simultaneity principle. Promoting negative interactions or ensuring conversations are irrelevant would hinder effective communication. Similarly, decreasing emotional engagement contradicts the principle's focus on building understanding and connection through shared experiences and emotional resonance.

### 4. Which of the following foods is NOT anti-inflammatory?

- A. Olive oil
- B. Fruit (especially berries)
- C. Margarine**
- D. Fatty fish

Margarine is identified as the food that is not anti-inflammatory due to its composition, which often includes trans fats and highly processed vegetable oils. These substances can promote inflammation in the body, contrary to the qualities of the other food options. In contrast, olive oil is renowned for its anti-inflammatory properties, primarily attributed to its high content of oleic acid and antioxidants. These compounds can help reduce inflammation and oxidative stress in the body. Similarly, fruits—especially berries—are rich in vitamins, minerals, and antioxidants, such as flavonoids and polyphenols, which are known to have strong anti-inflammatory effects. Fatty fish, like salmon and mackerel, contain high levels of omega-3 fatty acids, which are effective at combating inflammation and have been linked to a lower risk of chronic diseases associated with inflammation. By understanding the different effects that these foods have on the body, it becomes clearer why margarine does not fit in the category of anti-inflammatory foods.

**5. Which factor is not typically associated with high blood pressure?**

- A. Obesity**
- B. Stress**
- C. Regular exercise**
- D. Unhealthy diet**

Regular exercise is widely recognized for its positive impact on cardiovascular health, including its role in managing blood pressure. Engaging in regular physical activity helps to strengthen the heart, improve circulation, and maintain a healthy weight, all of which contribute to lower blood pressure levels. In contrast, the other factors listed—obesity, stress, and unhealthy diet—are commonly linked to an increased risk of developing high blood pressure. Obesity adds excess weight that the heart must work harder to pump blood through, while stress can cause temporary spikes in blood pressure and may lead to unhealthy coping mechanisms like poor eating habits. An unhealthy diet, particularly one high in sodium and low in essential nutrients, is directly correlated with elevated blood pressure levels. Therefore, regular exercise stands out as a beneficial practice that helps to mitigate the risk of hypertension, making it the factor that is not typically associated with high blood pressure.

**6. Which of the following best describes binge drinking?**

- A. Consuming alcohol responsibly**
- B. Frequent low-level drinking**
- C. Drinking heavily in a short time**
- D. Only drinking during social events**

Binge drinking is best described as consuming a large amount of alcohol in a brief period, often leading to intoxication and potential negative health consequences. It typically involves drinking a substantial number of alcoholic beverages within a single session, which can impair judgment and coordination, increase the risk of accidents, and lead to various health issues. This definition is crucial as it highlights not just the quantity, but also the rapidity with which the alcohol is consumed. The focus is on the intensity of the drinking experience, which differentiates it from responsible drinking behaviors, habitual low-level drinking, or drinking only in social contexts. Understanding these nuances clarifies the serious implications of binge drinking, including the risks associated with alcohol poisoning and long-term health effects.

**7. What is meant by the term Relapse in the TTM?**

- A. A return to previous behaviors**
- B. Successful maintenance of a behavior change**
- C. Preparation for future change**
- D. A feeling of demand to succeed**

The term "Relapse" in the Transtheoretical Model (TTM) refers to a return to previous behaviors after an attempt to change. This concept recognizes that behavior change is often not a linear process; instead, individuals may find themselves reverting to old habits due to various triggers or challenges encountered in their efforts to maintain new behaviors. Understanding relapse is crucial for both individuals and coaches, as it helps frame setbacks as a natural part of the change journey rather than as failures. Recognizing this allows for the development of strategies and support systems to help navigate relapses and to reinforce commitment to long-term behavior changes.

**8. What are the types of reflections according to the provided concepts?**

**A. Simple, double-sided, amplified, shifted-focus**

**B. Focused, detailed, compact, and expansive**

**C. Personal, external, group, and analytical**

**D. Quick, critical, emotional, and logical**

The correct choice highlights types of reflections that align with concepts in coaching practices. Simple reflections involve restating or paraphrasing a client's thoughts or feelings to validate their experience. Double-sided reflections introduce an alternative perspective while acknowledging the client's viewpoint, helping to facilitate deeper understanding. Amplified reflections exaggerate the client's expressed emotions or ideas, prompting them to clarify their stance. Shifted-focus reflections direct attention away from a potentially overwhelming issue, allowing clients to explore related but different topics more comfortably. These types of reflections are integral in coaching and conversational settings, aiding in building rapport, fostering insight, and guiding clients through their thought processes. Each type serves a specific purpose, enhancing the interaction quality and deepening the coaching relationship.

**9. What is one of the primary consequences of opioid use?**

**A. Weight gain**

**B. Breathing problems**

**C. Increased alertness**

**D. Improved social interaction**

One of the primary consequences of opioid use is breathing problems. Opioids are central nervous system depressants, which means they slow down brain activity and can significantly decrease respiratory function. When opioids bind to their receptors in the brain, they can impair the brain's ability to regulate breathing, leading to potentially life-threatening conditions, such as respiratory depression. This effect is particularly dangerous when opioids are misused or taken in higher doses than prescribed. The other options typically do not align with the effects of opioid use. Weight gain is not a primary consequence associated with opioids, as they often lead to decreased appetite and energy levels. Increased alertness is contrary to the tranquilizing effects opioids produce. Likewise, improved social interaction is not typically a result of opioid use; in fact, opioid usage can lead to social withdrawal and impaired cognitive function. Understanding these effects highlights the serious risks associated with opioid use and the importance of monitoring their impact on respiratory health.

**10. Which substance's use has remained steady while overall drug use has declined?**

**A. Alcohol**

**B. Tobacco**

**C. Marijuana**

**D. Opioids**

The use of marijuana has shown a trend of remaining steady even as the overall drug use has experienced a downturn. This is particularly significant in the context of changing societal attitudes and evolving legal frameworks regarding marijuana use. In many areas, legalization for both medical and recreational purposes has contributed to a stable or growing acceptance among users, ensuring that its usage rates have not declined in parallel with other substances, such as tobacco or opioids, which have experienced more negative public health views and regulations. In contrast, alcohol and tobacco have been witnessing varied trends with public health campaigns and shifts in perception affecting their usage. Opioid use has notably faced a crisis, prompting a decline due to heightened awareness of addiction and stricter regulations. Hence, the distinct pattern of marijuana's stable use underscores its resilience in a changing landscape of substance consumption.