

# Licensed Alcohol and Drug Counselor (LADC) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. What is the primary characteristic of buccal administration?**
  - A. Drugs are injected**
  - B. Drugs are absorbed through the mucous membranes in the mouth**
  - C. Drugs are inhaled**
  - D. Drugs are absorbed through the intestinal lining**
- 2. Which of the following is a hallmark sign of substance use disorder?**
  - A. Increased social engagement**
  - B. Ability to manage daily responsibilities**
  - C. Inability to control or reduce substance use despite negative consequences**
  - D. Enjoyment of recreational activities**
- 3. What are the stages of change in the Transtheoretical Model?**
  - A. Preparation, Evaluation, Intervention, Maintenance**
  - B. Precontemplation, Contemplation, Preparation, Action, Maintenance**
  - C. Awareness, Action, Reflection, Maintenance**
  - D. Contemplation, Exercise, Preparation, Termination**
- 4. Which category includes drugs with a high level of abuse and no accepted medical use?**
  - A. Schedule I**
  - B. Schedule II**
  - C. Schedule III**
  - D. Schedule IV**
- 5. What aspect of a treatment plan is crucial for measuring client progress?**
  - A. Assessment of client financial status**
  - B. Setting specific and measurable goals for treatment**
  - C. Implementing strict timelines without flexibility**
  - D. Exclusively focusing on physical health outcomes**

**6. What is the goal of a substance use assessment?**

- A. To gain a comprehensive understanding of the client's substance use history and current issues**
- B. To provide a quick evaluation for insurance purposes**
- C. To determine the best medication for detoxification**
- D. To identify family members involved in the client's substance use**

**7. Which neurotransmitter is known to enhance communication in the nervous system?**

- A. GABA**
- B. Dopamine**
- C. Serotonin**
- D. Norepinephrine**

**8. What is a common withdrawal symptom associated with alcohol cessation?**

- A. Hallucinations**
- B. Tremors**
- C. Headaches**
- D. Severe anxiety**

**9. What does behavioral tolerance mean?**

- A. A decrease in withdrawal symptoms**
- B. Modification of behavior to hide intoxication**
- C. Physical adaptation to multiple drugs**
- D. Inability to control drug intake**

**10. What is a common barrier to treatment for individuals with addiction?**

- A. Support from family and friends**
- B. Availability of treatment options**
- C. Stigma surrounding substance use disorders**
- D. Improved awareness of addiction**

## **Answers**

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

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## **Explanations**

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## 1. What is the primary characteristic of buccal administration?

- A. Drugs are injected
- B. Drugs are absorbed through the mucous membranes in the mouth**
- C. Drugs are inhaled
- D. Drugs are absorbed through the intestinal lining

Buccal administration is characterized by the absorption of drugs through the mucous membranes located in the mouth, specifically between the gums and the inner lining of the cheek. This route allows medications to bypass the gastrointestinal tract and enter the bloodstream more directly, facilitating a quick onset of action. The mucosal membranes are highly vascularized, promoting effective absorption without the degradation that some drugs may encounter when transported through the digestive system. Other methods of drug administration, such as injections, inhalation, and oral intake, operate via different physiological pathways. Injected drugs are delivered directly into the bloodstream or tissues, bypassing the absorption phase involved in buccal administration. Inhalation involves the respiratory system and delivers drugs for systemic or local effect via the lungs. On the other hand, drugs absorbed through the intestinal lining necessitate consumption via the oral route, where they must undergo digestion and metabolism before entering systemic circulation. Thus, the distinctive aspect of buccal administration is clearly its function through the mucous membranes of the mouth.

## 2. Which of the following is a hallmark sign of substance use disorder?

- A. Increased social engagement
- B. Ability to manage daily responsibilities
- C. Inability to control or reduce substance use despite negative consequences**
- D. Enjoyment of recreational activities

The hallmark sign of substance use disorder is an inability to control or reduce substance use despite experiencing negative consequences. This characteristic reflects the core issue of addiction, where individuals may continue to use substances even when they are aware that doing so is causing harm to themselves or their relationships. It indicates a loss of control over their use patterns, which is a fundamental aspect of substance use disorders. Recognizing this sign is crucial for diagnosing and understanding the severity of the disorder. Individuals often find themselves caught in a cycle of use and negative outcomes, which can include health issues, legal problems, or strained relationships. The compulsive nature of substance use in the face of adversity is what distinguishes substance use disorder from occasional use or experimentation with drugs or alcohol. This understanding aligns with criteria established by diagnostic manuals, which highlight the importance of recognizing such behaviors as key factors in identifying substance use disorders, facilitating timely and appropriate intervention.

### 3. What are the stages of change in the Transtheoretical Model?

- A. Preparation, Evaluation, Intervention, Maintenance**
- B. Precontemplation, Contemplation, Preparation, Action, Maintenance**
- C. Awareness, Action, Reflection, Maintenance**
- D. Contemplation, Exercise, Preparation, Termination**

The Transtheoretical Model, also known as the Stages of Change model, outlines a process through which individuals progress when changing behavior, particularly in the context of addiction and recovery. The model includes five key stages: Precontemplation, Contemplation, Preparation, Action, and Maintenance. - In the Precontemplation stage, individuals may not recognize that they have a problem, or they might not be considering change at all. This stage is characterized by a lack of awareness about the need for change or denial of the problem. - During the Contemplation stage, individuals start to acknowledge the existence of a problem and consider the pros and cons of changing, but they haven't yet committed to taking action. - The Preparation stage involves the individual planning for change and taking steps toward behavioral interventions. They are ready to take action soon and may make small behavioral adjustments. - The Action stage is where individuals actively modify their behavior and implement their plans. This is often where significant changes take root. - Finally, the Maintenance stage focuses on sustaining the changes made and preventing relapse, emphasizing the importance of ongoing support and self-monitoring. This model is widely used in counseling, particularly when working with individuals with substance use issues, as it provides a

### 4. Which category includes drugs with a high level of abuse and no accepted medical use?

- A. Schedule I**
- B. Schedule II**
- C. Schedule III**
- D. Schedule IV**

The category that includes drugs with a high level of abuse potential and no accepted medical use is Schedule I. Schedule I substances are considered to have a high potential for addiction and are deemed unsafe to use even under medical supervision. This classification reflects the strict controls and legal restrictions placed on these substances, as they are viewed as having no therapeutic benefit. Drugs in this category often include substances like heroin, LSD, and marijuana (in many jurisdictions). Since they are associated with a significant risk of physical or psychological dependence, they are not available for prescription or medical use. Understanding the classification of substances is crucial for professionals in the field, as it guides treatment approaches, legal ramifications, and prevention efforts related to substance use disorders.

## 5. What aspect of a treatment plan is crucial for measuring client progress?

- A. Assessment of client financial status**
- B. Setting specific and measurable goals for treatment**
- C. Implementing strict timelines without flexibility**
- D. Exclusively focusing on physical health outcomes**

Setting specific and measurable goals for treatment is fundamental in a treatment plan because it provides a clear framework for both the counselor and the client to understand what success looks like. These goals allow for objective measurement of progress, which is essential for evaluating the effectiveness of the treatment. When goals are specific and measurable, they facilitate the tracking of changes in the client's behavior, mental health status, and overall well-being over time. This method allows for adjustments to be made as needed based on how well the client is meeting these goals. Measurable goals ensure that both parties can engage in meaningful discussions about progress during therapy sessions, enabling the counselor to provide support tailored to the client's evolving needs. This approach is integral as it encourages accountability and can enhance motivation for the client, fostering a stronger commitment to the treatment process. In contrast, focusing solely on financial status or implementing rigid timelines may overlook the individualized nature of treatment that depends on the client's unique needs and circumstances. Likewise, concentrating only on physical health outcomes can limit the understanding of the client's overall recovery journey, which encompasses mental, emotional, and social dimensions as well. Hence, setting specific and measurable goals is an essential component for effectively tracking and facilitating client progress in a treatment plan.

## 6. What is the goal of a substance use assessment?

- A. To gain a comprehensive understanding of the client's substance use history and current issues**
- B. To provide a quick evaluation for insurance purposes**
- C. To determine the best medication for detoxification**
- D. To identify family members involved in the client's substance use**

The goal of a substance use assessment is to gain a comprehensive understanding of the client's substance use history and current issues. This process involves collecting detailed information about the client's patterns of substance use, past treatments, physical and mental health status, social circumstances, and any co-occurring conditions. By doing this, the counselor can form a well-rounded picture that informs the development of an appropriate treatment plan tailored to the individual's unique needs. Gathering a thorough assessment is essential for identifying not just the specific substances used but also the context surrounding the use, including triggers and associated behaviors. This multi-faceted understanding is critical for effective intervention and support, ultimately guiding the counseling process toward optimal outcomes for the client.

**7. Which neurotransmitter is known to enhance communication in the nervous system?**

- A. GABA**
- B. Dopamine**
- C. Serotonin**
- D. Norepinephrine**

Dopamine is known to enhance communication in the nervous system, as it plays a crucial role in transmitting signals within the brain related to reward, motivation, and pleasure. It is classified as a neurotransmitter and is involved in many functions, including regulating mood and movement. Dopamine pathways are also directly associated with the brain's reward system, reinforcing behaviors that are vital for survival and overall well-being. While other neurotransmitters like serotonin, GABA, and norepinephrine also play essential roles in the nervous system, they have different specific functions. For example, serotonin primarily regulates mood, sleep, and appetite, whereas GABA functions mainly as an inhibitory neurotransmitter, reducing neuronal excitability and helping to control anxiety. Norepinephrine is involved in the body's response to stress and is associated with attention and responding actions. Each neurotransmitter is vital, but dopamine's specific role in enhancing communication and reinforcing behaviors makes it significant in the context of this question.

**8. What is a common withdrawal symptom associated with alcohol cessation?**

- A. Hallucinations**
- B. Tremors**
- C. Headaches**
- D. Severe anxiety**

Tremors are indeed a common withdrawal symptom associated with alcohol cessation. This physiological response occurs as the body adjusts to the absence of alcohol, which it has become dependent on, resulting in a range of symptoms. The tremors usually develop within hours of stopping alcohol intake and can be part of a broader set of withdrawal symptoms known as alcohol withdrawal syndrome. Tremors may manifest as shaking, particularly in the hands, and are generally a result of the body's nervous system transitioning back to functioning without alcohol's depressant effects. The severity of tremors can vary depending on the individual's level of alcohol dependence and the duration of their use. Other withdrawal symptoms, while relevant, are either less typical or represent different aspects of the withdrawal experience. Hallucinations, while they can occur, are not as common as tremors and are more associated with severe cases of alcohol withdrawal. Headaches can be a symptom of withdrawal for some individuals but are not as universally recognized as tremors. Severe anxiety is also a common symptom, but it often occurs alongside tremors rather than being a primary withdrawal symptom itself.

## 9. What does behavioral tolerance mean?

- A. A decrease in withdrawal symptoms
- B. Modification of behavior to hide intoxication**
- C. Physical adaptation to multiple drugs
- D. Inability to control drug intake

Behavioral tolerance refers to an individual's adaptation to the effects of a substance, leading to changes in behavior that help conceal or counteract the intoxication effects. This often includes learned responses that enable a person to function normally despite the presence of the drug in their system. For instance, someone may develop skills that allow them to appear sober, even while under the influence, by adjusting their movements or speech patterns. The other options describe different phenomena related to substance use but do not accurately capture the essence of behavioral tolerance. A decrease in withdrawal symptoms pertains more to physical dependence and its management. Physical adaptation to multiple drugs highlights cross-tolerance or the body's physiological adjustments, while the inability to control drug intake pertains to addiction. Each of these reflects various aspects of substance use disorders but does not denote the specific behavioral adaptations that constitute behavioral tolerance.

## 10. What is a common barrier to treatment for individuals with addiction?

- A. Support from family and friends
- B. Availability of treatment options
- C. Stigma surrounding substance use disorders**
- D. Improved awareness of addiction

Stigma surrounding substance use disorders is indeed a significant barrier to treatment for individuals grappling with addiction. Many people face negative perceptions and attitudes from society, which can lead to feelings of shame, embarrassment, and isolation. This stigma often discourages individuals from seeking help due to fear of judgment or discrimination. They might worry about how others will perceive their struggle with addiction and, as a result, could avoid accessing necessary treatment services. For those experiencing addiction, overcoming emotional and psychological hurdles instigated by societal stigma is crucial for fostering a willingness to pursue treatment. Reducing stigma can contribute to a more supportive environment, facilitating recovery and encouraging individuals to seek the help they need. In contrast to stigma, support from family and friends, the availability of treatment options, and improved awareness of addiction typically enhance the likelihood of individuals engaging in treatment, rather than hindering it.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://licensedalcoholanddrugcounselor.examzify.com>**

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

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