

National Association for Alcoholism and Drug Abuse Counselors (NAADAC) Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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

- 1. What are designer psychoactive substances designed to do?**
 - A. Enhance therapeutic effects**
 - B. Evade law enforcement detection**
 - C. Be safer alternatives**
 - D. Template drugs**
- 2. Name one key risk factor for substance use disorders.**
 - A. Age and gender**
 - B. Family history of substance use disorders**
 - C. Access to treatment**
 - D. Socioeconomic status**
- 3. Which of the following is true regarding children born to cocaine-abusing women?**
 - A. They are more likely to be delivered on time**
 - B. They are more likely to have respiratory difficulties**
 - C. They are more likely to have higher birth weights**
 - D. They are less likely to face SIDS risks**
- 4. What is the effect of cocaine on the central nervous system?**
 - A. It acts as a depressant**
 - B. It has no significant neurological effects**
 - C. It stimulates the central nervous system**
 - D. It only affects peripheral nervous function**
- 5. What is the significance of establishing treatment goals in addiction counseling?**
 - A. To make the client feel more comfortable**
 - B. To provide direction and measurable outcomes for the treatment process**
 - C. To create financial plans for the client**
 - D. To ensure the therapist gets paid**

- 6. Marinol® (synthetic delta-8-THC) is primarily approved for the treatment of what condition?**
- A. marijuana detoxification**
 - B. severe vomiting**
 - C. maintenance therapy for marijuana addicts**
 - D. attention deficit hyperactivity disorder (ADHD)**
- 7. What mental health effect can chronic use of barbiturates have?**
- A. Improvement of mood**
 - B. Cognitive enhancement**
 - C. Causes mental depression**
 - D. Prevention of anxiety disorders**
- 8. What is the primary focus of the NAADAC Code of Ethics?**
- A. To establish guidelines for professional conduct**
 - B. To provide ethical standards for addiction professionals in the treatment of clients**
 - C. To promote research in addiction treatment**
 - D. To define addiction as a mental health disorder**
- 9. What is the role of self-care for addiction counselors?**
- A. To enhance client counseling techniques**
 - B. To prevent burnout and maintain personal well-being**
 - C. To improve disciplinary measures against clients**
 - D. To increase caseload management**
- 10. What is the significance of the term "harm reduction"?**
- A. Strategies aimed at reducing negative consequences of substance use without requiring abstinence**
 - B. A focus solely on abstaining from substances**
 - C. An approach that avoids discussions about substance use**
 - D. A temporary measure to stabilize clients**

Answers

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

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Explanations

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1. What are designer psychoactive substances designed to do?

- A. Enhance therapeutic effects
- B. Evade law enforcement detection**
- C. Be safer alternatives
- D. Template drugs

Designer psychoactive substances are primarily developed to mimic the effects of existing illegal drugs while avoiding legal restrictions. The creators of these substances often modify their chemical structures slightly, allowing them to sidestep current drug laws and regulations. This evasion of law enforcement detection is a fundamental characteristic of designer drugs, as it enables their use and distribution without the same consequences faced by more well-known and regulated substances. The other options do not accurately capture the primary purpose of designer psychoactive substances. They are not typically designed to enhance therapeutic effects or be safer alternatives; rather, they are often untested and can pose significant health risks. Similarly, the notion of "template drugs" does not adequately address the intent behind the creation of these designer substances. In essence, the main goal is the circumvention of legal oversight while producing psychoactive effects similar to those of restricted drugs.

2. Name one key risk factor for substance use disorders.

- A. Age and gender
- B. Family history of substance use disorders**
- C. Access to treatment
- D. Socioeconomic status

Family history of substance use disorders is a significant risk factor because genetic predisposition plays a crucial role in an individual's likelihood of developing similar issues. Research suggests that individuals with a family history of substance use disorders are more likely to experience addiction themselves, indicating that both genetic and environmental influences contribute to this risk. The familial environment may also affect attitudes toward substance use and the availability of substances, further increasing the likelihood of developing a disorder. While age and gender, access to treatment, and socioeconomic status can influence substance use disorders, the genetic and environmental inheritance aspect of family history makes it a particularly strong predictor of risk. Understanding this connection helps professionals in the field assess and address risks associated with substance use more effectively.

3. Which of the following is true regarding children born to cocaine-abusing women?

- A. They are more likely to be delivered on time**
- B. They are more likely to have respiratory difficulties**
- C. They are more likely to have higher birth weights**
- D. They are less likely to face SIDS risks**

Children born to women who abuse cocaine during pregnancy are indeed more likely to have respiratory difficulties. Cocaine use can lead to various complications during prenatal development and birth. The drug affects the mother's cardiovascular health and can result in reduced blood flow to the fetus. This reduced circulation can lead to developmental issues in organs, including the lungs. Infants exposed to cocaine may experience complications such as underdeveloped lungs or impaired respiratory function, making them more susceptible to respiratory distress and other breathing difficulties at birth. Understanding this risk is crucial for health professionals when caring for infants born to mothers who have a history of substance abuse. The other options are inaccurate because cocaine exposure is linked to premature delivery and often results in lower birth weights due to its impact on maternal health and fetal development. Furthermore, cocaine exposure does not decrease the risk of Sudden Infant Death Syndrome (SIDS); in fact, it can increase risks associated with SIDS because of potential neurodevelopmental issues and complications related to the infant's ability to regulate breathing.

4. What is the effect of cocaine on the central nervous system?

- A. It acts as a depressant**
- B. It has no significant neurological effects**
- C. It stimulates the central nervous system**
- D. It only affects peripheral nervous function**

Cocaine is a powerful stimulant that significantly affects the central nervous system (CNS). Its primary action involves increasing the levels of dopamine, a neurotransmitter associated with pleasure and reward, by blocking its reuptake in the brain. This leads to heightened levels of alertness, increased energy, and an elevated mood. Users often experience a sense of euphoria and decreased fatigue, which are characteristic effects of CNS stimulants. Stimulants like cocaine can enhance various physiological functions, including heart rate and blood pressure, by activating the body's sympathetic nervous system. This stimulation can lead to both short-term effects, such as increased focus and energy, and potential long-term neurological consequences, including addiction and cognitive impairments. In contrast, other options fail to correctly represent cocaine's impact. For instance, labeling it as a depressant contradicts its known stimulating properties, while claiming it has no significant neurological effects overlooks the profound behavioral and physiological changes it induces. Additionally, restricting its effects to only the peripheral nervous system ignores the substantial influence cocaine has on central nervous system function, which is where the most critical effects occur.

5. What is the significance of establishing treatment goals in addiction counseling?

A. To make the client feel more comfortable

B. To provide direction and measurable outcomes for the treatment process

C. To create financial plans for the client

D. To ensure the therapist gets paid

Establishing treatment goals in addiction counseling is crucial because it provides direction and measurable outcomes for the treatment process. Clear goals help both the counselor and the client understand the desired outcomes of the therapy, which can enhance motivation and accountability. By having specific, measurable objectives, clients can track their progress and celebrate milestones, which is vital in maintaining momentum in recovery. Furthermore, well-defined goals allow the counselor to tailor interventions and strategies to meet the individual needs of the client, facilitating a more personalized and effective recovery journey. This structured approach increases the likelihood of successful treatment outcomes by keeping both the client and the counselor focused on the desired progress. Other options do not encompass the primary purpose of treatment goals effectively. For instance, while making the client comfortable is important, it does not address the critical framework for recovery. Financial planning and ensuring therapist compensation, while relevant in different contexts of counseling, are not inherent reasons for setting treatment goals in the therapeutic process itself.

6. Marinol® (synthetic delta-8-THC) is primarily approved for the treatment of what condition?

A. marijuana detoxification

B. severe vomiting

C. maintenance therapy for marijuana addicts

D. attention deficit hyperactivity disorder (ADHD)

Marinol® (synthetic delta-8-THC) is primarily approved for the treatment of severe vomiting, particularly in the context of chemotherapy-induced nausea and vomiting. This medication mimics the effects of natural tetrahydrocannabinol (THC), the psychoactive component of cannabis, and works on the central nervous system to alleviate severe nausea and vomiting that can occur in patients undergoing cancer treatment. When examining the other options, it is clear that they do not reflect the approved uses of Marinol®. While marijuana detoxification and maintenance therapy for marijuana addicts focus on addiction treatment, Marinol® is not designed for these purposes. Additionally, although THC has been investigated for its potential effects on ADHD, Marinol® has not been officially approved for treating this condition. Thus, the focus on severe vomiting directly aligns with Marinol®'s intended therapeutic application.

7. What mental health effect can chronic use of barbiturates have?

- A. Improvement of mood**
- B. Cognitive enhancement**
- C. Causes mental depression**
- D. Prevention of anxiety disorders**

Chronic use of barbiturates is closely associated with the onset of mental depression. These substances are central nervous system depressants, which, while they may initially produce feelings of euphoria or calmness, ultimately lead to mood disorders in the long term. This includes feelings of sadness, hopelessness, and a general decrease in emotional well-being. The impact of barbiturates on neurotransmitter systems, particularly those related to mood regulation, contributes significantly to depressive symptoms. Over time, the body may also develop a tolerance to the drug, requiring higher doses to achieve the same effects, which can exacerbate the cycle of depression and further impair mental health. In contrast, improvement of mood, cognitive enhancement, and the prevention of anxiety disorders are inconsistent with the established effects of long-term barbiturate use. Instead of enhancing cognitive function, chronic use can impair memory and cognitive abilities. Therefore, recognizing the harmful mental health effects of barbiturate dependence, especially regarding depression, is crucial for understanding the risks associated with their misuse.

8. What is the primary focus of the NAADAC Code of Ethics?

- A. To establish guidelines for professional conduct**
- B. To provide ethical standards for addiction professionals in the treatment of clients**
- C. To promote research in addiction treatment**
- D. To define addiction as a mental health disorder**

The primary focus of the NAADAC Code of Ethics is to provide ethical standards for addiction professionals in the treatment of clients. This framework establishes the principles and guidelines that addiction counselors should follow to ensure they conduct their practice with integrity, respect, and responsibility. It emphasizes the importance of client welfare, confidentiality, and professional boundaries, thereby guiding practitioners in delivering care that is ethical and effective. By outlining these ethical standards, the Code helps to safeguard the interests of clients, ensuring they receive quality treatment while promoting trust in the counselor-client relationship. This focus on ethical practice is crucial in the field of addiction, where clients are often vulnerable and in need of support that is both professional and compassionate. The other choices, while related to the field of addiction counseling, do not reflect the primary purpose of the NAADAC Code of Ethics. For example, establishing guidelines for professional conduct is part of providing ethical standards but is not the sole focus. Promoting research and defining addiction encompass broader aspects of the field that are not specifically addressed by the ethical standards intended for immediate application in professional practice.

9. What is the role of self-care for addiction counselors?

- A. To enhance client counseling techniques
- B. To prevent burnout and maintain personal well-being**
- C. To improve disciplinary measures against clients
- D. To increase caseload management

The role of self-care for addiction counselors is fundamentally centered around preventing burnout and maintaining personal well-being. Counselors are often exposed to the emotional and psychological challenges of working with individuals facing addiction, which can take a toll on their mental health if not managed properly. Prioritizing self-care allows counselors to recharge, manage stress, and remain effective in their profession. Engaging in self-care practices helps ensure that counselors can provide the best support to their clients. When counselors are in a positive mental and emotional state, they are better equipped to handle the complexities of their clients' situations, offer empathy, and maintain professional boundaries. This, in turn, contributes to more effective counseling and improved client outcomes, as counselors who care for their own well-being are typically more engaged and present in their work.

10. What is the significance of the term "harm reduction"?

- A. Strategies aimed at reducing negative consequences of substance use without requiring abstinence**
- B. A focus solely on abstaining from substances
- C. An approach that avoids discussions about substance use
- D. A temporary measure to stabilize clients

The significance of the term "harm reduction" lies in its emphasis on strategies designed to minimize the adverse outcomes associated with substance use, rather than insisting on complete abstinence as a prerequisite for receiving support or intervention. It is a pragmatic approach that recognizes that while cessation may be the ultimate goal for some individuals, it may not be realistic or achievable for everyone at any given time. Harm reduction involves a variety of practices, including safe consumption sites, needle exchange programs, medication-assisted treatment, and education about safer use practices. These initiatives can significantly reduce health risks such as the spread of infectious diseases, overdoses, and other negative health consequences linked to drug use. This approach is grounded in a non-judgmental philosophy that respects the autonomy of individuals, recognizing that they may be at different stages in their journey towards recovery. By focusing on reducing harm rather than enforcing abstinence, this model aims to enhance the overall quality of life and promote safety for individuals who may not be ready or willing to fully stop using substances. In contrast, options that emphasize strict abstinence or avoidance of discussions about substance use do not align with the harm reduction philosophy, as they may not adequately address the real-world complexities of substance use and the needs of individuals.

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://nationalassociationforalcoholismaddrugabusecounselors.examzify.com>

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