

# National Certified Addiction Counselor, Level 2 (NCAC II) Practice Exam Exam (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

- 1. Withdrawal symptoms for tobacco can include which of the following?**
  - A. Increased energy levels**
  - B. Operating on high motivation**
  - C. The Smoking Urge**
  - D. Enhanced cognitive performance**
- 2. Which of the following refers to substances that affect the brain's function?**
  - A. Non-psychoactive drugs**
  - B. Psychoactive drugs**
  - C. Therapeutic drugs**
  - D. Pharmaceutical drugs**
- 3. What psychological effect can occur as a direct result of alcohol intoxication?**
  - A. Enhanced problem-solving skills**
  - B. Increased motivation**
  - C. Impaired judgment**
  - D. Heightened self-discipline**
- 4. What best describes the impact of drug use on a person's behavior or mood?**
  - A. The overall change in emotions**
  - B. The magnitude of a drug's effect**
  - C. The duration of the drug's effectiveness**
  - D. The physical symptoms experienced**
- 5. What term refers to high blood pressure?**
  - A. Hypotension**
  - B. Hypertension**
  - C. Hyperuria**
  - D. Gynecomastia**

- 6. What does the concept of 'lifestyle' entail in Alderian therapy?**
- A. The client's unique set of coping mechanisms**
  - B. The client's preferred hobbies and interests**
  - C. The strategies a person uses in navigating life**
  - D. The daily routines the client follows**
- 7. What does pharmacoepidemiology study?**
- A. The interaction of drugs in the body**
  - B. The use and effects of drugs in populations**
  - C. The history of drug development**
  - D. Drug regulations and policies**
- 8. Which of the following best describes endogenous opioids?**
- A. Compounds that induce sleep**
  - B. Natural peptides that help manage pain and stress**
  - C. Drugs that activate the central nervous system**
  - D. Vitamins essential for brain health**
- 9. Which term refers to the building blocks of the nervous system that receive information?**
- A. Neuron**
  - B. Metabolites**
  - C. Dendrite**
  - D. Axon**
- 10. What withdrawal symptoms are associated with benzodiazepines?**
- A. Elevated pulse and temperature**
  - B. Visual disturbances**
  - C. Confusion**
  - D. All of the above**

## **Answers**

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

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## **Explanations**

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**1. Withdrawal symptoms for tobacco can include which of the following?**

- A. Increased energy levels**
- B. Operating on high motivation**
- C. The Smoking Urge**
- D. Enhanced cognitive performance**

The presence of withdrawal symptoms from tobacco usage is a critical aspect of nicotine dependence and addiction. One of the hallmark symptoms experienced by individuals attempting to quit tobacco is the feeling of a smoking urge, which is characterized by strong cravings for nicotine. This intense desire to smoke is often triggered by factors such as stress, environmental cues associated with smoking, or even just the routine of having a cigarette at certain times. When a person stops using tobacco, their body reacts to the absence of nicotine, resulting in various physiological and psychological changes. The smoking urge reflects the body's craving for nicotine, leading to discomfort and, at times, anxiety or irritability. Understanding this symptom is crucial for addiction counselors, as it helps in designing effective interventions and support mechanisms for individuals experiencing withdrawal. In contrast, increased energy levels, high motivation, and enhanced cognitive performance are typically not associated with tobacco withdrawal. Instead, individuals may experience decreased energy, low motivation, and cognitive difficulties during this period as the body readjusts to functioning without nicotine. Recognizing the significance of the smoking urge as a withdrawal symptom is essential for effective treatment strategies in nicotine addiction recovery.

**2. Which of the following refers to substances that affect the brain's function?**

- A. Non-psychoactive drugs**
- B. Psychoactive drugs**
- C. Therapeutic drugs**
- D. Pharmaceutical drugs**

Psychoactive drugs are substances that have a significant effect on the brain's function by altering mood, perception, consciousness, or behavior. These drugs influence neurotransmitter systems in the brain, which can lead to various psychological or physiological effects that impact how individuals think, feel, or behave. In contrast, non-psychoactive drugs do not significantly alter mental state or brain function; therapeutic drugs are typically aimed at treating specific medical conditions without necessarily affecting mood or consciousness; pharmaceutical drugs encompasses a broader category that includes therapeutic drugs but does not specifically imply changes in mind or mood. The distinct characteristic of psychoactive drugs is their ability to create changes in mental processes, making them central to discussions around substance use and addiction in clinical contexts. This understanding is essential for addiction counselors when addressing substance-related issues with clients.

**3. What psychological effect can occur as a direct result of alcohol intoxication?**

- A. Enhanced problem-solving skills**
- B. Increased motivation**
- C. Impaired judgment**
- D. Heightened self-discipline**

Alcohol intoxication can significantly impact various cognitive and behavioral functions, with impaired judgment being one of the most notable effects. When a person consumes alcohol, it affects the brain regions responsible for decision-making, impulse control, and risk assessment. This impairment can lead to an inability to accurately assess situations, make sound decisions, or predict consequences of actions. As a result, individuals under the influence may engage in risky behaviors, overlook potential dangers, or misinterpret social cues. In contrast to the other options, which suggest improvements in cognitive abilities like problem-solving or motivation, or personal traits like self-discipline, alcohol typically does not enhance these areas. Instead, it tends to diminish cognitive function and self-regulation, reinforcing the idea that intoxication leads to decreased judgment capabilities. Understanding this effect is crucial for addiction counselors, as it plays a fundamental role in addressing the behaviors and thought processes associated with alcohol use and misuse.

**4. What best describes the impact of drug use on a person's behavior or mood?**

- A. The overall change in emotions**
- B. The magnitude of a drug's effect**
- C. The duration of the drug's effectiveness**
- D. The physical symptoms experienced**

The choice that best describes the impact of drug use on a person's behavior or mood is the magnitude of a drug's effect. This encompasses how significantly a drug alters an individual's emotional state, mental functioning, and behavioral responses. The magnitude of a drug's effect considers the intensity of changes a person might experience, which could range from mild alterations in mood to profound shifts that can lead to erratic or extreme behaviors. For instance, stimulants may lead to increased energy and heightened alertness, while depressants may result in decreased anxiety and enhanced relaxation. Understanding the magnitude allows professionals to predict and effectively address the various ways substances can influence a person's state of being. Other options, such as the overall change in emotions, do not encapsulate the scope of alterations brought on by drug use. While the change in emotions is an important aspect, it doesn't convey the comprehensive nature of drug effects that the term "magnitude" covers. The duration of a drug's effectiveness focuses more on how long an effect lasts, rather than the impact itself, and physical symptoms related to drug use, while significant in terms of health implications, do not directly correlate to mood and behavior alterations. They focus more on tangible bodily reactions rather than psychological or mood-related changes.

**5. What term refers to high blood pressure?**

- A. Hypotension**
- B. Hypertension**
- C. Hyperuria**
- D. Gynecomastia**

Hypertension is the medical term used to describe high blood pressure. It is a condition where the force of the blood against the artery walls is consistently too high, which can lead to various health issues, including heart disease and stroke. High blood pressure is often categorized into stages and can be influenced by numerous factors such as diet, lifestyle, and genetic predisposition. Understanding hypertension is crucial for addiction counselors, as many individuals struggling with substance use may also experience problems related to hypertension. Addressing the health concerns of clients includes recognizing and managing conditions like hypertension that could complicate recovery or treatment plans. In contrast, hypotension refers to low blood pressure, hyperuria pertains to excess urine production, and gynecomastia is the enlargement of breast tissue in males, none of which are associated with high blood pressure.

**6. What does the concept of 'lifestyle' entail in Adlerian therapy?**

- A. The client's unique set of coping mechanisms**
- B. The client's preferred hobbies and interests**
- C. The strategies a person uses in navigating life**
- D. The daily routines the client follows**

The concept of 'lifestyle' in Adlerian therapy refers to the strategies a person employs to navigate life. This includes how individuals perceive and approach challenges, their attitudes toward themselves and others, and the patterns of behavior they develop based on their unique experiences and social context. In Adlerian therapy, lifestyle is understood as a combination of beliefs, values, and coping mechanisms that shape how a person interacts with the world and responds to various situations. This focus on the individual's approach to life helps therapists uncover underlying motivations and behavior patterns that clients may not be fully aware of. By identifying and examining these strategies, therapists can assist clients in making positive changes in their lives, promoting healthier interactions and improved coping methods. While coping mechanisms, hobbies, and daily routines can be part of a person's lifestyle, they do not capture the comprehensive and dynamic nature of how individuals make sense of their experiences and tackle life's challenges. Thus, the central focus is on the strategies employed to navigate life effectively, making this answer the most accurate reflection of the concept in Adlerian therapy.

## 7. What does pharmacoepidemiology study?

- A. The interaction of drugs in the body
- B. The use and effects of drugs in populations**
- C. The history of drug development
- D. Drug regulations and policies

Pharmacoepidemiology is a specialized field that examines the use and effects of medications within populations. It combines principles of pharmacology and epidemiology to analyze how drugs affect large groups of people, providing insights into their benefits and risks in real-world settings. This discipline studies both the patterns of drug usage and the health outcomes associated with drug exposure across different demographics and conditions. Understanding this field is critical for assessing the safety and effectiveness of medications over time, guiding public health policies, and informing healthcare providers and patients about potential outcomes. The focus on population-level data distinguishes pharmacoepidemiology from other disciplines that may look at individual drug interactions or regulations, emphasizing its role in shaping evidence-based practices and public health initiatives.

## 8. Which of the following best describes endogenous opioids?

- A. Compounds that induce sleep
- B. Natural peptides that help manage pain and stress**
- C. Drugs that activate the central nervous system
- D. Vitamins essential for brain health

Endogenous opioids are natural peptides produced by the body, such as endorphins, enkephalins, and dynorphins, which play a crucial role in modulating pain and stress responses. These compounds bind to opioid receptors in the brain, leading to analgesic effects and contributing to the regulation of mood, stress, and emotional responses. They are part of the body's innate system for pain relief and help in coping with stressful situations, promoting a sense of wellbeing. This choice captures the essence of what endogenous opioids are and their function, distinguishing them from external drugs that may mimic their effects. While compounds that induce sleep, such as certain medications or hormones, may exert a calming influence, they do not directly relate to the specific biochemical processes involving endogenous opioids. Similarly, drugs that activate the central nervous system are contrary to the calming effects of endogenous opioids. Lastly, while vitamins are indeed important for overall brain health, they do not fit the definition of endogenous opioids, which are peptides involved in pain and stress management.

**9. Which term refers to the building blocks of the nervous system that receive information?**

- A. Neuron**
- B. Metabolites**
- C. Dendrite**
- D. Axon**

The term that refers to the building blocks of the nervous system that receive information is "neuron." Neurons are specialized cells that transmit nerve impulses and are fundamental to the functioning of the nervous system. Each neuron has distinct components, including dendrites, which are primarily responsible for receiving signals from other neurons or sensory receptors. While the correct answer is neuron, it's important to note that dendrites, although they receive information, are a part of the neuron itself and not the entire building block. Metabolites are substances formed during metabolism and are not directly involved in receiving information within the nervous system. Axons are the extensions of neurons that transmit signals away from the cell body to other neurons or muscles, which also does not align with the focus on receiving information. Thus, the most accurate term to describe the fundamental cell type that encompasses the structure involved in receiving information is neuron.

**10. What withdrawal symptoms are associated with benzodiazepines?**

- A. Elevated pulse and temperature**
- B. Visual disturbances**
- C. Confusion**
- D. All of the above**

Benzodiazepine withdrawal can present a range of symptoms, and the correct choice encompasses the full spectrum of these possible effects. When an individual who has been using benzodiazepines suddenly reduces or stops their intake, the nervous system, which has adapted to the presence of the drug, can react adversely. Elevated pulse and temperature are physiological responses that may occur due to the autonomic nervous system becoming hyperactive during withdrawal. The body is essentially going through a form of distress as it tries to regain a state of balance without the sedative effects of benzodiazepines. Visual disturbances, such as blurred vision or persistent visual hallucinations, can also develop as the brain struggles to recalibrate itself. This highlights how the sensory processing can be altered due to the abrupt change in drug intake. Confusion is a cognitive symptom that reflects the individual's impaired ability to think clearly or function normally. This mental confusion can manifest as disorientation or difficulty concentrating, which is understandable when considering the role benzodiazepines play in modulating brain activity and anxiety levels. Since each of these symptoms—elevated pulse and temperature, visual disturbances, and confusion—are documented withdrawal effects linked to the cessation of benzodiazepines, selecting the option that includes