

National Certified Addiction Counselor, Level 2 (NCAC II) Practice Exam 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 psychological effect can result from stimulant use?

- A. Increased alertness**
- B. Severe lethargy**
- C. Sudden amnesia**
- D. Confusion**

2. Under which condition can a client waive privilege regarding confidential information?

- A. When the counselor refuses to keep the information confidential**
- B. When a third person has been made privy to the information**
- C. When the counselor chooses to disclose the information without consent**
- D. When the client is uninformed about their rights**

3. Buprenorphine is used primarily for treating which condition?

- A. Alcohol use disorder**
- B. Opiate addiction**
- C. Tobacco withdrawal**
- D. Chronic insomnia**

4. What is one withdrawal symptom of barbiturates?

- A. Increased appetite**
- B. Hallucinations**
- C. Improved mood**
- D. Increased energy levels**

5. Which describes the condition often resulting from the use of neuroleptics, with specific patterns of movement?

- A. Tardive Dystonia**
- B. Delirium Tremens**
- C. Neuroleptic Malignant Syndrome**
- D. Restless Leg Syndrome**

6. What is the role of anticoagulants?

- A. To manage chronic pain**
- B. To suppress seizures**
- C. To prevent blood clots**
- D. To reduce anxiety**

7. What is the primary function of drugs of abuse on the brain reward pathway?

- A. Decrease serotonin levels**
- B. Inhibit dopamine production**
- C. Increase dopamine neurotransmitter levels**
- D. Block GABA transmission**

8. What is the term for a persistent unilateral neck spasm that causes the head to rotate?

- A. Spasmodic torticollis**
- B. Myasthenia gravis**
- C. Cervical dystonia**
- D. Trigeminal neuralgia**

9. Which disease could be treated in part with pharmacological interventions?

- A. Anxiety disorders**
- B. Skin infections**
- C. Broken bones**
- D. Vision impairments**

10. What is a key aim of Continuous Quality Improvement (CQI)?

- A. To reduce customer interaction**
- B. To maintain current operational processes without changes**
- C. To meet or exceed customer expectations consistently**
- D. To isolate departments from one another**

Answers

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

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Explanations

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1. What psychological effect can result from stimulant use?

- A. Increased alertness**
- B. Severe lethargy**
- C. Sudden amnesia**
- D. Confusion**

Stimulant use typically leads to increased alertness as a primary psychological effect. Stimulants, such as caffeine, nicotine, and various prescription medications, work by enhancing the levels of certain neurotransmitters in the brain, particularly dopamine and norepinephrine. This increase promotes heightened wakefulness, improved focus, and elevated energy levels, which can make individuals feel more alert and attentive. In contrast, severe lethargy, sudden amnesia, and confusion are more commonly associated with depressant substances or can occur due to negative aftereffects of stimulant use, such as withdrawal or overdose. Therefore, the positive psychological effect of increased alertness clearly reflects the desired outcome of stimulant consumption.

2. Under which condition can a client waive privilege regarding confidential information?

- A. When the counselor refuses to keep the information confidential**
- B. When a third person has been made privy to the information**
- C. When the counselor chooses to disclose the information without consent**
- D. When the client is uninformed about their rights**

The correct choice highlights a key principle of confidentiality in the counseling relationship. A client can waive their privilege regarding confidential information when a third party has been made privy to that information. This means that if confidential information is shared with someone outside the counselor-client relationship, it may no longer be considered confidential or protected under privilege. This principle is grounded in the understanding that confidentiality relies, in part, on the exclusivity of the information shared. If a third party is aware of the information, it can be inferred that the client has implicitly waived their right to keep that information confidential, at least in relation to that specific disclosure. This underscores the importance of counselors ensuring that clients understand the boundaries of confidentiality and the implications of sharing their information with others. The other options present scenarios where privilege is not waived appropriately. For instance, a counselor refusing to keep information confidential does not in itself allow a client to waive privilege, as the counselor's duty to confidentiality still applies until disclosure is required by law or consent is given. Similarly, if a counselor chooses to disclose information without consent or if the client is unaware of their rights, these circumstances do not constitute a valid waiver of confidentiality. Understanding the nuances of how privilege can be waived is crucial in maintaining ethical standards.

3. Buprenorphine is used primarily for treating which condition?

- A. Alcohol use disorder**
- B. Opiate addiction**
- C. Tobacco withdrawal**
- D. Chronic insomnia**

Buprenorphine is primarily used for treating opiate addiction due to its unique pharmacological properties. It is a partial opioid agonist, meaning it activates the same receptors in the brain as other opioids but to a lesser extent. This characteristic makes it effective for reducing cravings and withdrawal symptoms in individuals addicted to stronger opioids, such as heroin or prescription pain medications, without producing the same intense high or risk of overdose that full agonists can. In contrast, the other options involve different treatments and substances. Alcohol use disorder is typically treated with medications like disulfiram or naltrexone, which target alcohol consumption and dependency. Tobacco withdrawal is commonly managed through nicotine replacement therapies or medications such as varenicline. Chronic insomnia usually requires non-addictive sleep aids or cognitive-behavioral interventions. Thus, buprenorphine's specific action on opioid receptors makes it especially effective for addressing opiate addiction.

4. What is one withdrawal symptom of barbiturates?

- A. Increased appetite**
- B. Hallucinations**
- C. Improved mood**
- D. Increased energy levels**

Barbiturate withdrawal can lead to a variety of symptoms, and one of the hallmark symptoms is the occurrence of hallucinations. This can manifest as visual, auditory, or tactile experiences that are not based in reality. Hallucinations are serious and can indicate a heightened state of anxiety and agitation that occurs when a person who is dependent on barbiturates suddenly reduces or stops their intake. Hallucinations during withdrawal are particularly concerning because they can contribute to a dangerous cycle of distress and can lead to further substance use as individuals may attempt to alleviate their discomfort through continued use. It's critical for individuals experiencing this symptom to seek medical assistance, as barbiturate withdrawal can be dangerous and, in some cases, life-threatening. The other options—such as increased appetite, improved mood, and increased energy levels—are not typical withdrawal symptoms associated with barbiturates. In fact, withdrawal is more likely to result in decreased appetite, mood disturbances, and lower energy levels due to the effects of barbiturate dependency and withdrawal affecting the central nervous system.

5. Which describes the condition often resulting from the use of neuroleptics, with specific patterns of movement?

- A. Tardive Dystonia**
- B. Delirium Tremens**
- C. Neuroleptic Malignant Syndrome**
- D. Restless Leg Syndrome**

The condition that is often the result of extended use of neuroleptics and characterized by specific patterns of movement is known as Tardive Dystonia. This condition involves sustained muscle contractions, abnormal postures, and, in many cases, repetitive movements. It typically develops after long-term treatment with dopamine receptor antagonists, which are commonly used as neuroleptic medications to treat various psychiatric disorders. The underlying mechanism involves changes in the neural pathways that control movement due to prolonged blockade of dopamine receptors, leading to the motor symptoms characteristic of dystonia. These symptoms may not appear immediately, often emerging after several months or even years of treatment, and they can cause significant distress and impairment in daily functioning for affected individuals. In contrast, the other options refer to different conditions: Delirium Tremens is a severe form of alcohol withdrawal characterized by confusion, hallucinations, and autonomic instability; Neuroleptic Malignant Syndrome is a potentially life-threatening condition that can occur after starting or increasing doses of neuroleptics, marked by muscle rigidity and high fever; and Restless Leg Syndrome involves an uncontrollable urge to move the legs, primarily experienced during periods of rest. Each of these conditions has distinct causes and symptoms that separate them from Tardive

6. What is the role of anticoagulants?

- A. To manage chronic pain**
- B. To suppress seizures**
- C. To prevent blood clots**
- D. To reduce anxiety**

Anticoagulants are medications specifically designed to prevent the formation of blood clots within the blood vessels. Their primary role is to reduce the risk of clotting, which could lead to conditions such as thrombosis or embolism. By inhibiting the clotting factors in the blood, anticoagulants help maintain smooth blood flow and reduce the chances of blockages that can result in serious medical events like strokes or heart attacks. The other options represent functions of different types of medications: managing chronic pain typically involves analgesics or anti-inflammatory drugs, medications for seizure suppression are antiepileptic drugs, and anxiety reduction is addressed through anxiolytics or certain antidepressants. Hence, the distinctive role of anticoagulants clearly aligns with the prevention of blood clots.

7. What is the primary function of drugs of abuse on the brain reward pathway?

- A. Decrease serotonin levels**
- B. Inhibit dopamine production**
- C. Increase dopamine neurotransmitter levels**
- D. Block GABA transmission**

The primary function of drugs of abuse on the brain reward pathway involves increasing dopamine neurotransmitter levels. When an individual consumes a drug that is considered to be addictive, these substances lead to heightened activity in the brain's reward system, particularly in areas such as the nucleus accumbens. Dopamine is a crucial neurotransmitter that plays a significant role in feelings of pleasure, reward, and reinforcement. Most drugs of abuse act to enhance the release of dopamine or to prevent its reuptake, resulting in an accumulation of dopamine in the synaptic cleft. This excess dopamine contributes to the intense feelings of euphoria associated with drug use and reinforces the behavior, making it more likely for the individual to repeat the experience. Understanding this mechanism is critical for addiction treatment and prevention strategies, as it highlights the biological basis for addiction and the importance of addressing these changes in neurotransmitter levels when helping individuals recover from substance use disorders.

8. What is the term for a persistent unilateral neck spasm that causes the head to rotate?

- A. Spasmodic torticollis**
- B. Myasthenia gravis**
- C. Cervical dystonia**
- D. Trigeminal neuralgia**

The term for a persistent unilateral neck spasm that causes the head to rotate is spasmodic torticollis, also known as cervical dystonia. This condition results in involuntary contractions of the neck muscles, leading to abnormal postures and movements, often including the rotation of the head to one side. Individuals with spasmodic torticollis may experience discomfort, pain, and difficulties with daily activities due to the persistent nature of the muscle spasms. While cervical dystonia is closely related to spasmodic torticollis and is often used interchangeably, spasmodic torticollis specifically describes the type of dystonia that causes head rotation. The other terms listed refer to different conditions: myasthenia gravis is an autoimmune disorder affecting nerve signaling to muscles, trigeminal neuralgia involves severe facial pain due to irritation of the trigeminal nerve, and neither of these involves the type of unilateral neck spasms associated with spasmodic torticollis.

9. Which disease could be treated in part with pharmacological interventions?

- A. Anxiety disorders**
- B. Skin infections**
- C. Broken bones**
- D. Vision impairments**

Anxiety disorders are indeed conditions that can be effectively treated with pharmacological interventions, making this the correct choice. Medications such as antidepressants, benzodiazepines, and beta-blockers are commonly prescribed to help manage symptoms of anxiety. These medications work by altering brain chemistry to reduce feelings of anxiety and help improve the patient's overall quality of life. In contrast, several other options listed do not typically involve pharmacological treatment as a primary intervention. Skin infections are generally addressed with antibiotics or topical treatments, which are technically pharmacological but not in the same context as primarily managing a psychological condition. Broken bones usually require physical interventions like immobilization or surgery rather than drug treatment. Similarly, vision impairments are often corrected through glasses, surgery, or other non-pharmacological methods rather than medication alone. Thus, the context around anxiety disorders being primarily managed through targeted pharmacological approaches distinguishes the correct answer.

10. What is a key aim of Continuous Quality Improvement (CQI)?

- A. To reduce customer interaction**
- B. To maintain current operational processes without changes**
- C. To meet or exceed customer expectations consistently**
- D. To isolate departments from one another**

A key aim of Continuous Quality Improvement (CQI) is to meet or exceed customer expectations consistently. This approach focuses on systematically evaluating and enhancing practices, processes, and outcomes within an organization to ensure that the products or services provided align with the needs and desires of the customers. By prioritizing quality improvement, organizations can foster higher levels of satisfaction, loyalty, and trust, which are critical for long-term success. CQI emphasizes a proactive and collaborative approach, encouraging input from all levels of the organization and embracing feedback as a vital component for improvement. This culture of continuous enhancement not only helps organizations respond better to customer needs but also drives innovation and efficiency within processes, ultimately leading to superior service delivery. In contrast, options that suggest reducing customer interaction or maintaining operational processes without changes contradict the fundamental principles of CQI, as they would limit opportunities for improvement and adaptation, which are essential in a dynamic environment. Additionally, isolating departments from one another would hinder collaboration and communication - both vital for implementing effective quality improvements.

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:

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

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