

NHSA Module 8 Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. 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

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- 1. Which factor is described as increasing absorption of alcohol due to body composition?**
 - A. More fat leads to faster absorption**
 - B. Body composition has no effect**
 - C. More muscular individuals absorb more alcohol than those with higher fat**
 - D. Absorption rate is constant across body types**

- 2. What are some of the psychological effects drugs may have on a person?**
 - A. Mood swings, improved judgment, disorientation, increased social support**
 - B. Mood swings, disorientation, improved memory, enhanced motivation**
 - C. Relaxation without any cognitive impact**
 - D. Mood swings, poor judgment, disorientation, lack of social support, and depression**

- 3. Which statement is not supported by the material about gateway drugs?**
 - A. Alcohol is an example of a gateway drug.**
 - B. Easy access to alcohol increases experimentation among youths.**
 - C. There is no link between alcohol and gateway drug concepts.**
 - D. Gateway drugs can lead to trying other drugs.**

- 4. Which statement about rationalization is accurate?**
 - A. It is a good coping mechanism that helps make actions feel acceptable.**
 - B. It can be a helpful tool for problem solving.**
 - C. It is not a healthy coping mechanism and involves justification of actions.**
 - D. It has no impact on behavior.**

- 5. Synergism refers to the effect caused by combining two or more substances where the resulting effect is ___ the effect of each substance used alone.**
- A. less than**
 - B. equal to**
 - C. greater than**
 - D. unrelated to either substance**
- 6. A common side effect of pain killers is what?**
- A. Nausea**
 - B. Insomnia**
 - C. Drowsiness**
 - D. Increased Appetite**
- 7. Which statement about prescribed medications is accurate?**
- A. Only for the person it was prescribed.**
 - B. For anyone with the same symptoms.**
 - C. It is safe to share with others if they ask.**
 - D. It is safe to take if you feel unwell.**
- 8. One standard alcoholic drink contains approximately how many ounces of pure alcohol?**
- A. 0.6 ounces**
 - B. 0.5 ounces**
 - C. 1.0 ounce**
 - D. 0.3 ounces**
- 9. Which statement about the effect of alcohol on judgment is most accurate?**
- A. Alcohol use guarantees improved judgment.**
 - B. Alcohol use never affects decision-making.**
 - C. Alcohol use can cloud judgment and impair decision-making.**
 - D. Alcohol use always results in enhanced memory.**

10. The statement 'An alcoholic will persist in drinking despite damage to health or relationships' is:

- A. True**
- B. False**
- C. It depends on the individual.**
- D. Only in early stages.**

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Answers

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

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Explanations

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1. Which factor is described as increasing absorption of alcohol due to body composition?
 - A. More fat leads to faster absorption
 - B. Body composition has no effect
 - C. More muscular individuals absorb more alcohol than those with higher fat**
 - D. Absorption rate is constant across body types

The key idea is that body composition affects how alcohol is absorbed and distributed in the body. Alcohol dissolves in water, so people with more total body water (typically those with more muscle) provide a larger volume for the alcohol to distribute into. With more distribution volume, alcohol can reach the bloodstream more readily, causing a quicker rise in blood levels compared to someone with higher fat content, who has less body water to dissolve the alcohol. So the statement that more muscular individuals absorb more alcohol than those with higher fat reflects how body composition can influence absorption rate. In contrast, saying body composition has no effect or that absorption is constant ignores the role of body water, and claiming that more fat leads to faster absorption contradicts the water-distribution mechanism.

2. What are some of the psychological effects drugs may have on a person?
 - A. Mood swings, improved judgment, disorientation, increased social support
 - B. Mood swings, disorientation, improved memory, enhanced motivation
 - C. Relaxation without any cognitive impact
 - D. Mood swings, poor judgment, disorientation, lack of social support, and depression**

Drugs commonly affect the brain in ways that alter mood, thinking, and behavior. The best answer reflects a realistic set of psychological effects you're likely to see: mood swings, poor judgment, disorientation, strain on social connections, and depressive symptoms. Mood swings come from fluctuating neurotransmitter activity; impaired judgment happens when drug use hits the brain's decision-making and control centers; disorientation occurs from altered perception and attention; relationships can suffer as use creates distance or conflict, cutting into social support; and depression can emerge during use or withdrawal, especially with heavier or prolonged use. The other options don't fit as well because they suggest effects that are less typical or only temporary. Some substances may seem to improve mood or motivation briefly, but overall cognitive control and social functioning tend to decline. Memory changes and sustained enhanced motivation aren't reliable universal effects, and many drugs do produce cognitive or perceptual changes rather than a pure, lingering relaxation with no cognitive impact.

3. Which statement is not supported by the material about gateway drugs?

- A. Alcohol is an example of a gateway drug.**
- B. Easy access to alcohol increases experimentation among youths.**
- C. There is no link between alcohol and gateway drug concepts.**
- D. Gateway drugs can lead to trying other drugs.**

Gateway drug concepts describe how early exposure to certain substances, like alcohol, can lead to trying more drugs later. The material treats alcohol as an example of a gateway drug, notes that easy access to alcohol increases experimentation among youths, and explains that gateway drugs can lead to trying other drugs. The statement claiming there is no link between alcohol and gateway drug concepts contradicts this view and isn't supported by the material.

4. Which statement about rationalization is accurate?

- A. It is a good coping mechanism that helps make actions feel acceptable.**
- B. It can be a helpful tool for problem solving.**
- C. It is not a healthy coping mechanism and involves justification of actions.**
- D. It has no impact on behavior.**

Rationalization is a defense mechanism where you explain or justify your behavior after the fact with seemingly logical reasons, often to protect your self-image and reduce guilt or discomfort. It focuses on making an action look acceptable rather than addressing the real motive or its consequences. Because it reframes actions as reasonable, it tends to keep people from changing or taking responsibility. That's why the statement that it is not a healthy coping mechanism and involves justification of actions is the most accurate. While it may feel briefly comforting, it doesn't actually resolve the underlying issue and can hinder learning from mistakes. It isn't a true problem-solving tool, since it sidesteps the real problem instead of working through it. And it does impact behavior, because those excuses can become mental scripts that guide future choices and reduce accountability.

5. Synergism refers to the effect caused by combining two or more substances where the resulting effect is ___ the effect of each substance used alone.

A. less than

B. equal to

C. greater than

D. unrelated to either substance

Synergism is when two or more substances interact to produce a combined effect that is greater than the effect of each substance used alone. This means the substances boost each other's action rather than simply adding up. If the combined effect were less than the effect of one substance, that would be antagonism. If the effect were exactly the same as one substance's effect (or the sum of the individual effects), that would be additive or non-interactive. If there were no interaction, there would be no change from the individual effects. So the correct concept is that the combined effect is greater than the effect of each substance used alone.

6. A common side effect of pain killers is what?

A. Nausea

B. Insomnia

C. Drowsiness

D. Increased Appetite

Pain-relief medicines can affect the brain, and many commonly used ones produce a sleepy feeling as a side effect. This drowsiness comes from the gentle slowing of central nervous system activity that helps reduce pain but also reduces alertness and reaction speed, especially with opioid-type medications. Because of this, you should avoid driving, operating machinery, or drinking alcohol until you know how the medicine affects you. Some pain relievers can also cause nausea, but drowsiness is typically the more noticeable, everyday side effect for many people. If drowsiness is severe or persistent, talk to your healthcare provider about adjusting the dose or trying a different medicine.

7. Which statement about prescribed medications is accurate?

A. Only for the person it was prescribed.

B. For anyone with the same symptoms.

C. It is safe to share with others if they ask.

D. It is safe to take if you feel unwell.

Prescribed medications are made for a specific person and situation, with the exact dose, duration, and safety considerations chosen by a clinician based on that individual's health history. This is why the statement that medication is only for the person it was prescribed for is the accurate one. Medicines can cause side effects, interact with other drugs, or be unsafe for someone with different allergies or conditions. Sharing meds or taking a medication because you feel unwell without medical advice can be dangerous because the dose or drug may not be appropriate for you. If you're unwell, seek guidance from a healthcare professional and use only medications that have been prescribed or approved for you, following the directions closely.

8. One standard alcoholic drink contains approximately how many ounces of pure alcohol?

- A. 0.6 ounces**
- B. 0.5 ounces**
- C. 1.0 ounce**
- D. 0.3 ounces**

A standard drink is defined by the amount of pure alcohol, not the beverage's volume. In the United States, that amount is about 14 grams of ethanol, which is roughly 0.6 fluid ounces. This means different beverages deliver about the same amount of alcohol: a 12-ounce beer at about 5% ABV, a 5-ounce glass of wine at about 12% ABV, and a 1.5-ounce shot of 80-proof liquor at about 40% ABV each provide roughly 0.6 ounces of pure alcohol. So the value most people use for a standard drink is about 0.6 ounces. Choices like 0.5, 1.0, or 0.3 ounces are simply different approximations or multiples, but 0.6 ounces is the standard reference.

9. Which statement about the effect of alcohol on judgment is most accurate?

- A. Alcohol use guarantees improved judgment.**
- B. Alcohol use never affects decision-making.**
- C. Alcohol use can cloud judgment and impair decision-making.**
- D. Alcohol use always results in enhanced memory.**

The effect of alcohol on judgment is that it tends to cloud thinking and make decision-making less careful. Alcohol depresses parts of the brain responsible for evaluating risks, controlling impulses, and planning ahead. With those functions dampened, people are more likely to misjudge situations, overestimate their abilities, and choose options they wouldn't normally pick. That's why the statement that alcohol use can cloud judgment and impair decision-making is the most accurate description of what usually happens. The other ideas don't fit because alcohol does not reliably improve judgment, and it certainly doesn't never affect decision-making. Saying it always enhances memory isn't correct either—memory can be impaired, with possible blackouts or fragmented recall, rather than improved.

10. The statement 'An alcoholic will persist in drinking despite damage to health or relationships' is:

- A. True**
- B. False**
- C. It depends on the individual.**
- D. Only in early stages.**

The idea being tested is that addictive behavior and persistence in drinking despite harm vary from person to person. In alcoholism, some individuals will keep drinking even when health and relationships are damaged because of strong dependence and cravings, while others may recognize the consequences, seek help, and change their pattern. Because of these differences, a blanket statement isn't accurate, so saying it depends on the individual is the most appropriate answer. Other options frame the behavior as universal, always true, or limited to a specific stage, which doesn't account for individual differences in how people experience dependence, motivation, and access to support or treatment.

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://nhsamodule8.examzify.com>

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

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