

North Carolina Certified Alcohol and Drug Counselor Practice Test (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

- 1. When assessing signs and symptoms of alcohol withdrawal, which symptom is NOT typically observed?**
 - A. Restlessness, irritability, anxiety, agitation.**
 - B. Tremor, elevated heart rate, increased blood pressure.**
 - C. Decreased sensitivity to sounds, oversensitivity to tactile sensations.**
 - D. Decreased appetite, nausea, and vomiting.**
- 2. What are the primary factors that made the client appropriate for this level of care?**
 - A. There were no physical complications and the client was motivated**
 - B. The client was court-ordered and had the ability to pay for services**
 - C. The client was intelligent and highly motivated**
 - D. The client lived close by and was gainfully employed**
- 3. What is the primary objective of an intake assessment in substance abuse counseling?**
 - A. To label the client with a definitive diagnosis**
 - B. To gather comprehensive background information**
 - C. To shape the treatment plan based on client preferences**
 - D. To assign the client to a specific group therapy**
- 4. When making a referral, which of the following actions should NOT be taken?**
 - A. Share what you know about the referral agency with your client.**
 - B. Follow through with the referral agency to ensure you get your referral fee.**
 - C. Offer to make the initial contact to ensure the client sees the right person.**
 - D. Have the client sign a release of confidentiality form before following through.**

- 5. What should a counselor do when a dually-diagnosed client wants to quit smoking?**
- A. Advise him to select a quit date within the next 2 weeks**
 - B. Encourage him to use the nicotine patch or gum**
 - C. Consult with his physician regarding nicotine/medication interaction**
 - D. Suggest he cut down the number of cigarettes daily for 2 weeks before quitting**
- 6. Which of the following statements about the effects of alcohol abuse on the body is NOT true?**
- A. Malnutrition can occur in drinkers who eat well-balanced diets.**
 - B. Stimulation of the brain's frontal lobe can occur.**
 - C. The second stage of liver deterioration can be reversed.**
 - D. A vitamin B6 deficiency can occur.**
- 7. Heroin is classified as which type of narcotic?**
- A. Natural narcotic.**
 - B. Semi-synthetic narcotic.**
 - C. Synthetic narcotic.**
 - D. Quasi-narcotic.**
- 8. Which vitamin deficiency might be a concern for someone abusing alcohol?**
- A. Vitamin A.**
 - B. Vitamin C.**
 - C. Vitamin B6.**
 - D. Vitamin D.**
- 9. If a client expresses feelings of hopelessness and life being "not worth living," what should the counselor do?**
- A. Assess the client's potential for suicide without directly asking about plans.**
 - B. Assess the client's potential for suicide by asking about intent and evaluating risk factors.**
 - C. Determine if the client has a weapon.**
 - D. Initiate involuntary hospitalization procedures.**

10. Which approach is least effective in building rapport with clients?

- A. Showing empathy and understanding.**
- B. Maintaining a strict professional demeanor.**
- C. Being open and transparent in communication.**
- D. Active listening and validation of feelings.**

Answers

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

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Explanations

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1. When assessing signs and symptoms of alcohol withdrawal, which symptom is NOT typically observed?

- A. Restlessness, irritability, anxiety, agitation.**
- B. Tremor, elevated heart rate, increased blood pressure.**
- C. Decreased sensitivity to sounds, oversensitivity to tactile sensations.**
- D. Decreased appetite, nausea, and vomiting.**

The symptom that is not typically observed in alcohol withdrawal is decreased sensitivity to sounds and oversensitivity to tactile sensations. In alcohol withdrawal, individuals often experience heightened sensitivity to sensory stimuli, including sounds and touch, which can lead to increased anxiety and agitation. This is part of the central nervous system's hyperactivity as it reacts to the absence of alcohol, a depressant that the body has become accustomed to. In contrast, the other symptoms listed—restlessness, irritability, anxiety, agitation; tremor, elevated heart rate, increased blood pressure; and decreased appetite, nausea, and vomiting—are all commonly observed during alcohol withdrawal. These symptoms reflect the physiological and psychological stress responses occurring as the body adjusts to the absence of alcohol. Understanding the typical signs and symptoms of alcohol withdrawal is crucial in identifying and managing the condition effectively. It's important for counselors to recognize the correct symptom patterns to provide appropriate care and interventions.

2. What are the primary factors that made the client appropriate for this level of care?

- A. There were no physical complications and the client was motivated**
- B. The client was court-ordered and had the ability to pay for services**
- C. The client was intelligent and highly motivated**
- D. The client lived close by and was gainfully employed**

The primary factors that indicate the client is appropriate for this level of care are the absence of physical complications paired with the client's motivation. When a client has no physical complications related to their substance use, it suggests that their needs may be adequately met at this level of care, which often focuses on addressing psychological, emotional, and behavioral aspects rather than acute medical issues. Motivation is a critical component in the treatment process, as clients who are motivated are typically more engaged in their recovery journey. Their willingness to participate actively in treatment can lead to better outcomes and increased chances for long-term recovery. Thus, a combination of no significant physical health issues and a high level of motivation are strong indicators that the client is ready for this particular mental health or substance use treatment program. In contrast, other factors, such as being court-ordered or having financial resources, while they may facilitate treatment engagement, do not necessarily reflect the client's readiness or suitability for a specific level of care. Similarly, living nearby or having a job plays a role in logistics and stability but does not address the essential therapeutic needs that motivate clinical placements.

3. What is the primary objective of an intake assessment in substance abuse counseling?

- A. To label the client with a definitive diagnosis**
- B. To gather comprehensive background information**
- C. To shape the treatment plan based on client preferences**
- D. To assign the client to a specific group therapy**

The primary objective of an intake assessment in substance abuse counseling is to gather comprehensive background information. During the intake process, counselors collect essential data about the client's history, including details about their substance use, mental health status, social environment, and any prior treatment experiences. This thorough understanding is crucial as it helps the counselor form a complete picture of the client's situation, which is vital for effective treatment planning. This comprehensive information allows counselors to identify the unique needs, strengths, and challenges of each client, which is foundational in developing a tailored treatment strategy. By thoroughly assessing the client's background, counselors ensure that the treatment can be personalized and responsive, ultimately promoting a better likelihood of recovery.

4. When making a referral, which of the following actions should NOT be taken?

- A. Share what you know about the referral agency with your client.**
- B. Follow through with the referral agency to ensure you get your referral fee.**
- C. Offer to make the initial contact to ensure the client sees the right person.**
- D. Have the client sign a release of confidentiality form before following through.**

When making a referral, it is important to prioritize the client's needs and the integrity of the counseling relationship. The action of seeking a referral fee from the referral agency is generally inappropriate for a counselor, as it can create a conflict of interest and compromise the trust between the counselor and the client. Counselors are ethically bound to act in the best interest of their clients, and the focus should remain on providing the best support and resources available to assist the client. On the other hand, sharing knowledge about the referral agency can help build the client's confidence and make the transition smoother. Offering to make the initial contact can facilitate engagement and ensure the client receives appropriate care. Additionally, having the client sign a release of confidentiality is a crucial step in maintaining legal and ethical standards, safeguarding the client's privacy while allowing for necessary communication. Therefore, the focus of the referral process should always be on the client's welfare and appropriate professional conduct, rather than personal financial incentives.

5. What should a counselor do when a dually-diagnosed client wants to quit smoking?

- A. Advise him to select a quit date within the next 2 weeks**
- B. Encourage him to use the nicotine patch or gum**
- C. Consult with his physician regarding nicotine/medication interaction**
- D. Suggest he cut down the number of cigarettes daily for 2 weeks before quitting**

The most appropriate course of action for a counselor when working with a dually-diagnosed client who wants to quit smoking is to consult with the client's physician regarding potential nicotine and medication interactions. This step is crucial because clients with co-occurring mental health and substance use disorders often take various medications that may interact negatively with nicotine replacement therapies or smoking cessation medications. By consulting with a physician, the counselor ensures that the client is supported in a safe manner that takes into account all aspects of their health. This approach not only prioritizes the client's well-being but also underscores the importance of collaboration in treatment. Successful smoking cessation in such clients may require a coordinated effort that combines psychological support with medical guidance, making it essential for counselors to be aware of the medications their clients are using and how they might affect or be affected by smoking cessation efforts. In contrast, other options may not fully address the complexities of a dually-diagnosed individual. For example, arbitrarily advising a quit date does not consider the client's unique treatment plan or readiness to quit, while encouraging nicotine replacement without medical consultation might overlook potential interactions. Additionally, suggesting a gradual reduction in cigarettes may not provide the immediate support that the client needs to address both smoking and their other diagnoses adequately.

6. Which of the following statements about the effects of alcohol abuse on the body is NOT true?

- A. Malnutrition can occur in drinkers who eat well-balanced diets.**
- B. Stimulation of the brain's frontal lobe can occur.**
- C. The second stage of liver deterioration can be reversed.**
- D. A vitamin B6 deficiency can occur.**

The statement indicating that stimulation of the brain's frontal lobe can occur as a result of alcohol abuse is not true. In reality, alcohol tends to depress the central nervous system, leading to a decrease in the functioning of the frontal lobe rather than stimulation. The frontal lobe is responsible for high-level cognitive functions such as decision-making, impulse control, and emotional regulation. Alcohol abuse impairs these functions, causing issues such as poor judgment and lack of inhibition. Therefore, understanding the impact on the frontal lobe is crucial, as this area becomes less active with increasing alcohol levels, contributing to the negative cognitive and behavioral effects commonly associated with intoxication and chronic alcohol use.

7. Heroin is classified as which type of narcotic?

- A. Natural narcotic.
- B. Semi-synthetic narcotic.**
- C. Synthetic narcotic.
- D. Quasi-narcotic.

Heroin is classified as a semi-synthetic narcotic because it is derived from morphine, which is a natural substance obtained from the opium poppy plant. The process of converting morphine into heroin involves chemical modification, thus categorizing heroin as semi-synthetic. Semi-synthetic narcotics are created by chemically altering natural substances, and heroin is a prime example of this category because it retains some of the natural properties of morphine while also exhibiting distinct characteristics due to its chemical formulation. This classification is important for understanding the drug's effects, potential for addiction, and its legal status as a controlled substance.

8. Which vitamin deficiency might be a concern for someone abusing alcohol?

- A. Vitamin A.
- B. Vitamin C.
- C. Vitamin B6.**
- D. Vitamin D.

A deficiency in vitamin B6 is often a significant concern for individuals who abuse alcohol. Alcohol use can lead to poor dietary habits and impaired absorption of nutrients, including vitamins. Specifically, vitamin B6 plays a crucial role in numerous biochemical processes, including the metabolism of amino acids and the synthesis of neurotransmitters. Chronic alcohol consumption can affect the conversion of vitamin B6 to its active form, pyridoxal phosphate, thereby reducing its effectiveness in the body. Consequently, inadequate levels of this vitamin can lead to symptoms such as anemia, cognitive issues, and peripheral neuropathy. While the other vitamins mentioned are important for overall health and may also be impacted by alcohol abuse, vitamin B6 is particularly noteworthy due to its critical functions and the direct impact of alcohol on its metabolism. Thus, monitoring and addressing potential vitamin B6 deficiency is an essential part of treatment for individuals with alcohol use disorders.

9. If a client expresses feelings of hopelessness and life being "not worth living," what should the counselor do?

- A. Assess the client's potential for suicide without directly asking about plans.**
- B. Assess the client's potential for suicide by asking about intent and evaluating risk factors.**
- C. Determine if the client has a weapon.**
- D. Initiate involuntary hospitalization procedures.**

When a client expresses feelings of hopelessness and states that life is "not worth living," the counselor's primary responsibility is to ensure the safety and well-being of the client. This requires a thorough understanding of the client's mental state, particularly regarding suicidal thoughts or behaviors. By assessing the client's potential for suicide, including directly asking about their intent to harm themselves and evaluating relevant risk factors, the counselor gains critical information that can inform the next steps in the therapeutic process. Directly asking about suicidal intent is essential because it allows the counselor to understand the severity of the client's feelings and whether there is an imminent risk of self-harm. This candid approach can help establish trust and openness in the therapeutic relationship, making the client feel safe to express their thoughts and feelings. The evaluation of risk factors—such as previous suicide attempts, current mood disorders, substance use, and support systems—provides further context to the client's situation, helping the counselor determine appropriate interventions. While assessing the potential for suicide is crucial, merely considering the presence of a weapon or determining if hospitalization is required does not provide a comprehensive understanding of the client's mental health status. Initiating involuntary hospitalization is a significant step and typically follows a full risk assessment, making it essential to first determine the

10. Which approach is least effective in building rapport with clients?

- A. Showing empathy and understanding.**
- B. Maintaining a strict professional demeanor.**
- C. Being open and transparent in communication.**
- D. Active listening and validation of feelings.**

Maintaining a strict professional demeanor can hinder the development of rapport with clients. Rapport is built on trust, understanding, and a sense of connection between the counselor and the client. When a counselor presents a rigid, overly formal demeanor, it may create a barrier that prevents clients from feeling comfortable and open during their sessions. On the other hand, approaches that emphasize empathy, openness, and active listening foster a supportive environment that encourages clients to share their thoughts and feelings without fear of judgment. Building rapport often requires personal warmth and a genuine interest in the client's experiences, which a strict professional demeanor does not provide. Therefore, while professionalism is essential, it must be balanced with approaches that promote a more inviting and relational dynamic to effectively connect with clients.

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://ncalcoholanddrugcounselor.examzify.com>

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