

NORTH CAROLINA CERTIFIED ALCOHOL AND DRUG COUNSELOR PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 of the following does NOT qualify as a criterion for psychoactive substance dependence according to the DSM IV-TR?**
 - A. Substance often taken in larger amounts than the person intended
 - B. Marked lack of initiative, interest or energy
 - C. Frequent intoxication when expected to fulfill major role obligations
 - D. One or more unsuccessful efforts to cut down substance use
- 2. The quality of counseling is directly related to the counselor's ability to:**
 - A. Formulate and carry out realistic personal and professional goals
 - B. Interpret the deeper meaning of problems
 - C. Analyze client problems
 - D. Convince clients to change
- 3. What should a case manager consider to enhance minority participation in substance abuse treatment?**
 - A. Enforcing mandatory participation in all programs
 - B. Recognizing cultural differences and seeking relevant recovery resources
 - C. Asking clients to ignore cultural tenets for compliance
 - D. Assuming all clients understand AA's principles
- 4. What is the term for the process of informing clients about the treatment they will receive and the potential risks?**
 - A. Self-disclosure
 - B. Releasing information
 - C. Protecting confidentiality
 - D. Obtaining informed consent to treatment
- 5. Which statement about a counselor's ethical code of conduct is true?**
 - A. It is merely a suggestion for behavior
 - B. It is an essential guideline for professional roles
 - C. It is only applicable during client interactions
 - D. It cannot be updated or changed

- 6. Which of the following modes of sexual transmission provides the LOWEST risk of HIV transmission?**
- A. Male to male
 - B. Male to female
 - C. Female to female
 - D. Female to male
- 7. In a dysfunctional family system, what is the traditional role of the spouse referred to as?**
- A. The Hero
 - B. The Scapegoat
 - C. The Primary Enabler
 - D. The Mascot
- 8. What pattern of drinking is associated with the term "alcoholism"?**
- A. A lack of tolerance for alcohol.
 - B. Frequent short periods of sobriety.
 - C. The inability to control the amount one drinks.
 - D. Light drinking EXCEPT on weekends.
- 9. What method is used to assess a client's motivation to change in the behavioral approach?**
- A. Taking a client history
 - B. Specification of problematic behavior
 - C. Evaluation of the client's motivation
 - D. Collection of baseline data
- 10. If a client is advised by their sponsor to stop taking antidepressants, what should the counselor do first?**
- A. Contact the sponsor without the client's input
 - B. Support the client in stopping medication
 - C. Encourage the client to ignore the sponsor
 - D. Obtain client authorization to discuss with the sponsor

Answers

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

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Explanations

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1. Which of the following does NOT qualify as a criterion for psychoactive substance dependence according to the DSM IV-TR?

- A. Substance often taken in larger amounts than the person intended
- B. Marked lack of initiative, interest or energy**
- C. Frequent intoxication when expected to fulfill major role obligations
- D. One or more unsuccessful efforts to cut down substance use

The criterion that does not qualify as a symptom of psychoactive substance dependence according to the DSM IV-TR is characterized by a marked lack of initiative, interest, or energy. This is more related to symptoms of psychological or mood disorders, such as depression, rather than being a direct indicator of substance dependence. In the context of substance dependence, the other criteria listed focus on specific behaviors associated with the misuse of substances. For instance, taking a substance in larger amounts than intended indicates a loss of control over usage, which is a core aspect of dependence. Frequent intoxication despite significant responsibilities emphasizes the negative impact of substance use on important areas of life. Lastly, making unsuccessful efforts to cut down on use reflects an awareness of the problem and a struggle with controlling substance intake, which directly ties to the concept of dependence. In summary, while a lack of initiative could be a result of substance abuse, it is not a defining criterion for dependence within the DSM IV-TR framework.

2. The quality of counseling is directly related to the counselor's ability to:

- A. Formulate and carry out realistic personal and professional goals**
- B. Interpret the deeper meaning of problems
- C. Analyze client problems
- D. Convince clients to change

The ability to formulate and carry out realistic personal and professional goals is fundamental to the quality of counseling. This skill demonstrates a counselor's understanding of the therapeutic process and their commitment to personal and professional development. By setting realistic goals, counselors not only model effective goal-setting for clients but also create a structured framework within which they can measure progress and success. Moreover, achieving these goals often involves developing a strong therapeutic alliance with clients. A counselor who is focused on their own goals exemplifies a commitment to growth, which can inspire clients and instill confidence. This dynamic can facilitate a more productive counseling environment where clients feel motivated to set and pursue their own objectives. The other choices, while they do hold importance in the counseling process, do not directly correlate to the overall quality of counseling in the same defining way as the ability to set and pursue goals. Understanding and interpreting problems are essential, but they are often secondary to the foundation of goal-oriented practice. The ability to analyze client problems and persuade them to change also plays a role but does not encompass the wider impact that establishing personal and professional goals can have throughout therapy.

3. What should a case manager consider to enhance minority participation in substance abuse treatment?

- A. Enforcing mandatory participation in all programs
- B. Recognizing cultural differences and seeking relevant recovery resources**
- C. Asking clients to ignore cultural tenets for compliance
- D. Assuming all clients understand AA's principles

Enhancing minority participation in substance abuse treatment requires a nuanced understanding of the cultural dynamics at play. Recognizing cultural differences is crucial because individuals from diverse backgrounds may have distinct perspectives on addiction, recovery, and treatment. By acknowledging these differences, a case manager can tailor their approach to be more inclusive and relevant to the needs of minority populations. Seeking relevant recovery resources that resonate with the cultural values and experiences of minority groups can help build trust and rapport. This might involve integrating community-specific support systems or culturally informed practices into the treatment process. Such an approach not only fosters a sense of belonging but also improves the likelihood of successful engagement in recovery programs. When treatment is culturally sensitive, it enhances the effectiveness of the programs and contributes to more equitable health outcomes. By focusing on cultural competence, case managers can create a more inviting environment that encourages participation from diverse communities.

4. What is the term for the process of informing clients about the treatment they will receive and the potential risks?

- A. Self-disclosure
- B. Releasing information
- C. Protecting confidentiality
- D. Obtaining informed consent to treatment**

The term for the process of informing clients about the treatment they will receive and the potential risks is obtaining informed consent to treatment. This process is a fundamental ethical and legal requirement in counseling and healthcare. It ensures that clients fully understand what the treatment involves, any potential benefits and risks, and their right to make decisions about their treatment. Informed consent is critical because it empowers clients to play an active role in their treatment plan and promotes autonomy in their healthcare decisions. It also helps to build trust in the therapeutic relationship, as clients feel respected and informed about the processes they are engaging in. By obtaining informed consent, counselors fulfill their professional obligations and support the ethical principle of respecting client autonomy. Other options, such as self-disclosure, relate to the therapist sharing their personal experiences or feelings, which can create deeper connections but does not cover the idea of informing clients about treatment risks and processes. Releasing information primarily concerns privacy and confidentiality rather than understanding treatment, while protecting confidentiality focuses more on safeguarding client information rather than making clients aware of the treatment process.

5. Which statement about a counselor's ethical code of conduct is true?

- A. It is merely a suggestion for behavior
- B. It is an essential guideline for professional roles**
- C. It is only applicable during client interactions
- D. It cannot be updated or changed

A counselor's ethical code of conduct serves as an essential guideline for professional roles, establishing a framework of best practices and principles that guide the behavior of counselors in various situations. This code is designed to ensure the welfare of clients and uphold the integrity of the counseling profession. It outlines the expectations for professional behavior, emphasizing the importance of client confidentiality, informed consent, and the obligation to practice competently. The ethical code is not simply a set of suggestions but rather a foundational aspect of a counselor's practice. It helps maintain professional standards and provides a basis for accountability, ensuring that counselors act in the best interest of their clients and the public. Additionally, the ethical guidelines are not limited to client interactions but extend to all professional conduct, influencing how counselors collaborate with colleagues and engage with the wider community. While ethical codes can evolve over time to reflect changing societal standards and new insights, they remain a critical component of a counselor's professional identity and responsibilities. This adaptability ensures that the guidelines stay relevant and effective in addressing contemporary ethical dilemmas.

6. Which of the following modes of sexual transmission provides the LOWEST risk of HIV transmission?

- A. Male to male
- B. Male to female
- C. Female to female**
- D. Female to male

The mode of sexual transmission that provides the lowest risk of HIV transmission is female to female relationships. There are a few key factors that contribute to this assessment. Firstly, in sexual activity between females, the primary forms of intimate contact are often non-penetrative, such as mutual masturbation, oral sex, or other activities that do not involve vaginal or anal intercourse where bodily fluids are exchanged directly. The risk of HIV transmission is significantly reduced with these types of activities compared to penetrative sex. Additionally, the biological aspects of female bodies indicate that women generally do not have the same physiological risks that come with anal or vaginal intercourse. Penetrative sex (either male-to-female or female-to-male) typically carries a higher risk of exposure due to the presence of bodily fluids such as vaginal secretions or semen, which can contain the virus if one partner is HIV-positive. The incidence of HIV transmission through female-to-female sexual contact is comparatively rare, and studies suggest that while there is a theoretical risk, it is much lower than that associated with sexual activities involving male partners. This understanding highlights the importance of recognizing the various factors contributing to the risk of HIV transmission and underscores the need for safe practices across all types of sexual interactions.

7. In a dysfunctional family system, what is the traditional role of the spouse referred to as?

- A. The Hero
- B. The Scapegoat
- C. The Primary Enabler**
- D. The Mascot

In a dysfunctional family system, the traditional role of the spouse referred to as the primary enabler involves supporting or facilitating the dysfunction within the family. This enabler often shields the individual with the substance use disorder from the consequences of their behavior, allowing the cycle of addiction and dysfunction to continue. They may take on responsibilities that relieve the person from facing the repercussions of their actions, thereby perpetuating the unhealthy dynamics within the family. The role of the primary enabler is critical because it can create an environment where the individual with the addiction feels less compelled to change, as they are not held accountable for their behavior. This dynamic plays a significant part in maintaining the status quo of the family system's dysfunction. Understanding this role is essential for recognizing patterns within familial relationships and for guiding effective interventions in therapy settings.

8. What pattern of drinking is associated with the term "alcoholism"?

- A. A lack of tolerance for alcohol.
- B. Frequent short periods of sobriety.
- C. The inability to control the amount one drinks.**
- D. Light drinking EXCEPT on weekends.

The term "alcoholism" is commonly associated with a pattern of drinking characterized by the inability to control the amount one consumes. This condition, also referred to as "alcohol use disorder," manifests in individuals who find it challenging to limit their drinking, often leading to negative consequences in various aspects of their lives, including personal relationships, work, and health. Individuals who struggle with this issue may experience cravings for alcohol and a tendency to drink more than intended or for longer periods. This uncontrolled drinking is a central aspect that distinguishes alcoholism from other patterns of alcohol consumption. It is important to understand that this inability to regulate drinking can escalate over time, making intervention and help essential. The other options describe different aspects of drinking behaviors but do not encapsulate the core characteristic of alcoholism itself. For instance, a lack of tolerance for alcohol refers to a physiological response rather than the behavioral control associated with alcoholism. Frequent short periods of sobriety might suggest a cycle of binge drinking or attempts at moderation, while light drinking on weekends conveys a more controlled drinking habit, which is not indicative of the challenges associated with alcoholism.

9. What method is used to assess a client's motivation to change in the behavioral approach?

- A. Taking a client history
- B. Specification of problematic behavior
- C. Evaluation of the client's motivation**
- D. Collection of baseline data

The method of evaluating the client's motivation is essential within the behavioral approach because it directly determines how prepared and willing the client is to engage in the process of change. Understanding a client's motivation helps counselors tailor their interventions and strategies to align with where the client is in their readiness to change. It allows for identification of ambivalence and the specific barriers the client might be facing, which can be addressed to enhance motivation. This assessment usually involves discussing the client's feelings about their current behaviors, their desires for change, and the importance they place on making that change, all of which are critical to facilitating a commitment to behavioral modification strategies. Enhanced motivation can lead to increased engagement in the treatment process and more significant positive outcomes. Other methods, such as taking a client history, specifying problematic behavior, and collecting baseline data, are important components of the overall assessment process but do not specifically focus on the client's level of motivation, which is the core concern in this context. Those approaches are supportive and complementary but do not capture the essence of motivation to change as directly as evaluating the client's motivation does.

10. If a client is advised by their sponsor to stop taking antidepressants, what should the counselor do first?

- A. Contact the sponsor without the client's input
- B. Support the client in stopping medication
- C. Encourage the client to ignore the sponsor
- D. Obtain client authorization to discuss with the sponsor**

When a client is advised by their sponsor to stop taking antidepressants, the most appropriate first step for the counselor is to obtain client authorization to discuss the matter with the sponsor. This approach aligns with ethical counseling practices regarding confidentiality and client autonomy. It recognizes the importance of involving the client in decisions regarding their treatment and ensures that the counselor has a clear understanding of the context behind the sponsor's advice. By seeking the client's permission to communicate with the sponsor, the counselor reinforces the therapeutic relationship and prioritizes the client's rights and preferences. Additionally, this step allows the counselor to gather more information, understand the rationale behind the sponsor's recommendation, and support the client in making informed decisions about their mental health, with an emphasis on safety and well-being. This approach is crucial since the client's mental health treatment, particularly the use of medications like antidepressants, should not be interrupted without proper medical guidance. Engaging with both the client and sponsor collaboratively ensures that any changes in treatment are handled safely and responsibly.

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!

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