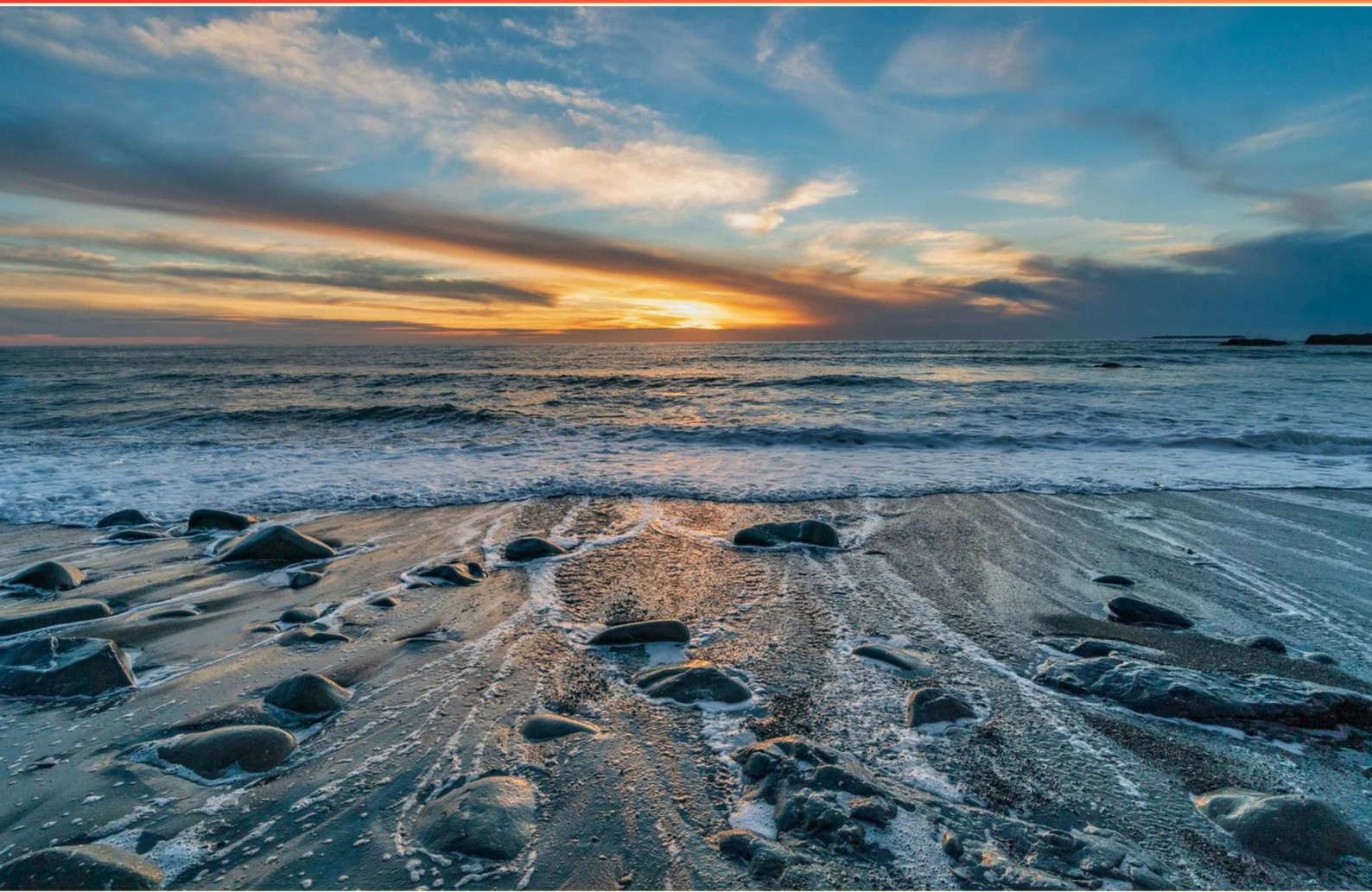


RHODE ISLAND CERTIFIED PREVENTION SPECIALIST (CPS) PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://rhodeislandcps.examzify.com>



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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 strategy is used to affect community change?**
 - A. Providing entertainment events
 - B. Enhancing skills among community members
 - C. Ignoring cultural differences
 - D. Reducing community services
- 2. Which principle of ethics is primarily concerned with the responsible conduct of professionals?**
 - A. Integrity
 - B. Nondiscrimination
 - C. Confidentiality
 - D. Ethical obligations for community and society
- 3. How does involving community resources enhance prevention initiatives?**
 - A. It creates competition among service providers
 - B. It strengthens the overall support network for individuals
 - C. It deters participation from essential stakeholders
 - D. It prolongs the time needed to implement programs
- 4. Which of the following best defines 'contemplation' in the stage of change model?**
 - A. The individual has no intention to change
 - B. The individual actively weighs the need to change
 - C. The individual has successfully changed their behavior
 - D. The individual is preparing for action
- 5. How can resilience be effectively integrated into prevention programs?**
 - A. By implementing strict disciplinary measures
 - B. By teaching coping skills and building support networks
 - C. By focusing solely on academic performance
 - D. By isolating individuals who are at risk

- 6. What does the term 'Nature of Service' imply for professionals?**
- A. Services may harm recipients if necessary
 - B. Services provided should be respectful and non-exploitive
 - C. Service delivery can vary regardless of context
 - D. Professional services can be prioritized over client needs
- 7. How is the concept of fidelity defined in evidence-based prevention?**
- A. The degree to which a program is financially supported
 - B. The extent to which a program is implemented as intended
 - C. The level of community involvement in a program
 - D. The adaptability of a program to local needs
- 8. What does the term 'Norms' refer to in a community context?**
- A. New policies adopted by the government
 - B. Patterns of belief or behavior accepted as normal
 - C. The total number of community resources available
 - D. The legal standards for behavior in a community
- 9. In which stage of the Community Readiness Model is there clear recognition and pre-planning among community leaders?**
- A. Stage 4: Preplanning
 - B. Stage 5: Preparation
 - C. Stage 6: Initiation
 - D. Stage 7: Institutional/Stabilization
- 10. Which of the following best defines "substance use disorders"?**
- A. Conditions leading to social benefits from substance use
 - B. Inability to control substance use despite negative consequences
 - C. Temporary disruptions in social connectivity
 - D. Occasional reliance on substances for stress relief

Answers

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

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Explanations

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1. Which strategy is used to affect community change?

- A. Providing entertainment events
- B. Enhancing skills among community members**
- C. Ignoring cultural differences
- D. Reducing community services

Enhancing skills among community members is a fundamental strategy for achieving community change because it empowers individuals and groups to take an active role in addressing challenges within their community. By building skills such as leadership, communication, and problem-solving, community members become more capable of identifying issues, mobilizing resources, and implementing effective solutions. This grassroots approach fosters collaboration and strengthens social networks, which are essential for sustaining positive changes over time. In contrast, providing entertainment events may serve as a temporary distraction or engagement tool but does not inherently lead to meaningful or lasting change. Ignoring cultural differences can alienate certain community members and create barriers to participation, undermining efforts at community engagement. Reducing community services can exacerbate existing problems rather than address them, leading to further decline in community health and well-being. Enhancing skills, therefore, directly aligns with principles of community development and fosters a sense of ownership and accountability among residents.

2. Which principle of ethics is primarily concerned with the responsible conduct of professionals?

- A. Integrity**
- B. Nondiscrimination
- C. Confidentiality
- D. Ethical obligations for community and society

Integrity is the principle of ethics that emphasizes the responsible conduct of professionals. It involves adherence to moral and ethical standards, fostering trust and credibility in professional relationships. Professionals exhibiting integrity are expected to be honest, transparent, and accountable for their actions, which are fundamental to maintaining the public's confidence in their expertise and services. While the other options represent important ethical principles, they focus on different aspects of professional conduct. Nondiscrimination addresses fair treatment and equality among individuals, while confidentiality pertains to the protection of personal information and the respect for privacy. Ethical obligations for community and society highlight a broader responsibility towards societal welfare beyond individual interactions. Each of these principles plays a crucial role in the ethical landscape, but integrity specifically centers on the individual's moral compass and accountability within professional practice.

3. How does involving community resources enhance prevention initiatives?

- A. It creates competition among service providers
- B. It strengthens the overall support network for individuals**
- C. It deters participation from essential stakeholders
- D. It prolongs the time needed to implement programs

Involving community resources enhances prevention initiatives by strengthening the overall support network for individuals. When various community organizations and resources come together, they create a more comprehensive system of support that addresses multiple aspects of prevention. This collaboration can include schools, healthcare providers, non-profit organizations, and law enforcement, among others. By integrating these resources, prevention initiatives become more holistic and effective. A robust support network facilitates better communication, helps to identify gaps in services, and provides individuals with access to a wider range of support options. It can lead to increased participation and engagement from community members, creating a sense of shared responsibility and collective action towards prevention goals. This interconnected approach helps ensure that individuals at risk have multiple avenues for support, resources for education, and opportunities for positive social engagement, ultimately promoting improved outcomes in prevention efforts.

4. Which of the following best defines 'contemplation' in the stage of change model?

- A. The individual has no intention to change
- B. The individual actively weighs the need to change**
- C. The individual has successfully changed their behavior
- D. The individual is preparing for action

In the stage of change model, 'contemplation' is characterized by the individual actively weighing the pros and cons of changing their behavior. This stage is crucial because it represents a shift from total inaction to considering the possibility of change. Individuals in the contemplation stage are typically aware of the changes they need to make and are beginning to think about them seriously, but they have not yet committed to taking action. This reflection can involve recognizing the benefits of changing behaviors as well as acknowledging the challenges that come with it. The process of contemplation is significant as it often serves as a precursor to the next stage, which is preparation, where individuals start to plan how they will implement the change. Understanding this stage is essential for prevention specialists as it helps to tailor interventions that encourage individuals to move from contemplation to action.

5. How can resilience be effectively integrated into prevention programs?

- A. By implementing strict disciplinary measures
- B. By teaching coping skills and building support networks**
- C. By focusing solely on academic performance
- D. By isolating individuals who are at risk

Integrating resilience into prevention programs is best achieved through teaching coping skills and building support networks. This approach fosters an individual's ability to navigate challenges and recover from adversity, which is essential in prevention work. Coping skills equip individuals with the tools to manage stress, understand their emotions, and respond to difficult situations flexibly and effectively. When individuals learn how to handle challenges, they are less likely to engage in risky behaviors and more likely to thrive despite difficulties. Additionally, building support networks introduces a layer of social connectedness that enhances resilience. Relationships with peers, family, and community members provide emotional support, resources, and guidance that can help individuals cope with stressors in healthier ways. This holistic approach not only strengthens the individual's capacity for resilience but also creates an environment that fosters positive behavioral outcomes, making it an essential component of effective prevention programs.

6. What does the term 'Nature of Service' imply for professionals?

- A. Services may harm recipients if necessary
- B. Services provided should be respectful and non-exploitive**
- C. Service delivery can vary regardless of context
- D. Professional services can be prioritized over client needs

The term 'Nature of Service' emphasizes the ethical framework within which professionals operate, particularly in fields like prevention and health services. It signifies that services provided need to uphold a standard of respect and must avoid exploiting recipients. This is crucial because professionals are often in positions of power and influence over those they serve. Upholding respect ensures that the dignity of individuals is maintained and that their autonomy is recognized. Moreover, a non-exploitative approach fosters trust and encourages positive outcomes from the services rendered. This principle guides professionals to design interventions that honor the values and circumstances of their clients, creating an environment conducive to effective support and empowerment. The emphasis on respect and ethical service is fundamental to establishing a therapeutic alliance and achieving the desired results in any supportive relationship.

7. How is the concept of fidelity defined in evidence-based prevention?

- A. The degree to which a program is financially supported
- B. The extent to which a program is implemented as intended**
- C. The level of community involvement in a program
- D. The adaptability of a program to local needs

In the context of evidence-based prevention, fidelity refers to the extent to which a program is implemented as intended. This means that when a program is designed based on research and evidence, maintaining fidelity ensures that the program's core elements, strategies, and activities are delivered according to the original protocols. This is critical for achieving the desired outcomes, as deviations from the intended implementation can affect the efficacy and effectiveness of the program. Staying true to the established model helps to ensure that the intended benefits are realized, supporting the idea that consistent and reliable delivery of interventions is necessary for it to produce the expected results. The other options, while related to aspects of program implementation or community involvement, do not capture this fundamental concept of fidelity as it specifically pertains to adherence to the program's design and intention.

8. What does the term 'Norms' refer to in a community context?

- A. New policies adopted by the government
- B. Patterns of belief or behavior accepted as normal**
- C. The total number of community resources available
- D. The legal standards for behavior in a community

In a community context, the term 'Norms' refers to the patterns of belief or behavior that are widely accepted as normal within that community. These norms influence how individuals interact with one another and guide expectations regarding appropriate behavior and attitudes. They can encompass various aspects of life, including cultural practices, social conventions, and shared values. Norms can significantly shape community dynamics by establishing standards of what is considered acceptable, thus playing a critical role in fostering social cohesion and a sense of belonging among community members. While new policies, available resources, and legal standards are important elements of community structure and functionality, they do not encapsulate the social and behavioral expectations that norms represent. In this sense, norms serve as a foundational aspect of community identity and social regulation, influencing both individual actions and broader societal trends.

9. In which stage of the Community Readiness Model is there clear recognition and pre-planning among community leaders?

- A. Stage 4: Preplanning**
- B. Stage 5: Preparation
- C. Stage 6: Initiation
- D. Stage 7: Institutional/Stabilization

The correct stage that indicates clear recognition and pre-planning among community leaders is indeed the Preplanning stage. At this point in the Community Readiness Model, community leaders are actively acknowledging the importance of addressing the issue at hand and are engaging in preliminary discussions to strategize and lay the groundwork for future steps. This stage is crucial as it sets the tone for how the community will mobilize resources and define their approach moving forward. In contrast, stages beyond Preplanning, such as Preparation, Initiation, and Institutional/Stabilization, advance the process further. During the Preparation stage, communities typically begin to develop concrete strategies and action plans based on the recognition achieved in the Preplanning stage. The Initiation stage moves into implementing the strategies, while Institutional/Stabilization reflects a time when the solutions become well-established and integrated into organizational practices. Understanding where each stage fits in the overall model helps clarify how community readiness evolves from initial awareness to sustained action.

10. Which of the following best defines "substance use disorders"?

- A. Conditions leading to social benefits from substance use
- B. Inability to control substance use despite negative consequences**
- C. Temporary disruptions in social connectivity
- D. Occasional reliance on substances for stress relief

The definition of "substance use disorders" emphasizes the difficulty an individual faces in controlling their consumption of substances, even when it leads to adverse outcomes in their life. This concept recognizes that a substance use disorder is characterized by a chronic pattern of behavior where individuals continue to engage in substance use despite acknowledging and experiencing negative impacts, such as health issues, relationship problems, or legal consequences. This understanding is grounded in the recognition that substance use disorders are not merely about usage frequency but involve a complex interplay of psychological, physical, and social factors that contribute to a person's inability to stop using substances, even when they are aware of the damage it causes. The other options do not adequately capture the essence of substance use disorders. For instance, conditions leading to social benefits, temporary disruptions in social connectivity, or occasional reliance on substances fail to address the critical aspect of loss of control and the continuum of negative consequences that define substance use disorders. These conditions might not reflect a diagnosable disorder and do not convey the severity or compulsive nature associated with such a disorder.

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://rhodeislandcps.examzify.com>

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

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