

# Treatment Recovery Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Table of Contents

<b>Copyright</b> .....	<b>1</b>
<b>Table of Contents</b> .....	<b>2</b>
<b>Introduction</b> .....	<b>3</b>
<b>How to Use This Guide</b> .....	<b>4</b>
<b>Questions</b> .....	<b>5</b>
<b>Answers</b> .....	<b>8</b>
<b>Explanations</b> .....	<b>10</b>
<b>Next Steps</b> .....	<b>16</b>

SAMPLE

# 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 CAGE questions addresses a person's feelings of guilt?**
  - A. Attempts to cut down**
  - B. Being annoyed by others' criticisms**
  - C. Feeling bad or guilty about drinking**
  - D. Drinking in the morning**
  
- 2. What is a primary concern regarding minors in treatment?**
  - A. The need for parental consent for all treatments**
  - B. The ability to provide informed consent to treatment**
  - C. Their willingness to enter treatment**
  - D. Access to appropriate treatment facilities**
  
- 3. In gathering background information, which of the following is NOT a category used?**
  - A. Previously gathered assessment information**
  - B. Current presentation findings**
  - C. Personal opinions from the counselor**
  - D. Collateral information from family or school**
  
- 4. What does the moral model of addiction primarily rely on?**
  - A. Cognitive and behavioral motivators**
  - B. Biological factors**
  - C. Beliefs about right and wrong**
  - D. Environmental conditions**
  
- 5. When was the Pure Food and Drug Act passed by the US Congress?**
  - A. 1900**
  - B. 1906**
  - C. 1910**
  - D. 1914**

**6. What is the primary characteristic of structured assessment interviews?**

- A. They are adaptable to the client's mood**
- B. They limit assessor bias**
- C. They focus solely on mental health**
- D. They exclude the client's input**

**7. What does the Family Systems Model emphasize in the context of addiction?**

- A. Individual responsibility for addiction**
- B. The role of family dynamics in addiction**
- C. The biological sources of addiction**
- D. The impact of societal influences on addiction**

**8. What aspect of substance use trends does increased mortality during the pandemic highlight?**

- A. Efforts in harm reduction**
- B. The effectiveness of treatment programs**
- C. The need for public health interventions**
- D. The growth of addiction services**

**9. What is a primary focus of the behavioral model of addiction?**

- A. The role of genetics in addiction**
- B. Reinforcement of behaviors within the family**
- C. Cultural influences on substance use**
- D. Social stigma related to addiction**

**10. In which decade was sexual addiction first discussed in a clinical context?**

- A. 1970s**
- B. 1980s**
- C. 1990s**
- D. 2000s**

## **Answers**

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

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## **Explanations**

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**1. Which of the following CAGE questions addresses a person's feelings of guilt?**

- A. Attempts to cut down**
- B. Being annoyed by others' criticisms**
- C. Feeling bad or guilty about drinking**
- D. Drinking in the morning**

The correct choice effectively identifies one of the key emotional aspects associated with alcohol use in the CAGE questionnaire. The question "Feeling bad or guilty about drinking" directly addresses the emotional state of guilt, which is a common feeling for individuals struggling with alcohol use or dependency. It highlights self-reflection concerning one's drinking behaviors and the potential negative impact they may have on a person's life or relationships. This question is designed to assess whether the individual has concerns or feelings of remorse about their drinking habits, which can indicate a problematic relationship with alcohol. Recognizing and acknowledging feelings of guilt can be crucial for motivating a person to seek help or change their drinking behavior. The other options focus on different aspects of drinking behaviors. For instance, attempting to cut down reflects a recognition of the need to change but does not specifically address guilt. Being annoyed by criticisms relates to how one's drinking is perceived by others, and drinking in the morning signifies a potential severity of the issue. Each of these addresses different elements of alcohol use, but none specifically encapsulates the feeling of guilt as clearly as the correct answer.

**2. What is a primary concern regarding minors in treatment?**

- A. The need for parental consent for all treatments**
- B. The ability to provide informed consent to treatment**
- C. Their willingness to enter treatment**
- D. Access to appropriate treatment facilities**

The primary concern regarding minors in treatment centers around their ability to provide informed consent to treatment. Informed consent is a crucial aspect of healthcare and involves patients understanding the nature of the treatment, including its potential risks and benefits, and making a voluntary decision to proceed. Minors may not have the cognitive or emotional maturity required to fully comprehend the complexities of treatment options, which raises ethical considerations about their capacity to consent. In many jurisdictions, there are laws and guidelines that dictate when minors can give consent independently and when parental or guardian consent is necessary. These legal frameworks recognize that minors may need additional support and guidance to navigate the treatment landscape effectively. Although parental consent is important, it is the minor's ability to understand the treatment process that presents a significant concern within therapeutic environments. While willingness to enter treatment and access to appropriate treatment facilities are also important issues, they don't directly pertain to the fundamental ethical question of informed consent which is vital for ensuring that the treatment delivered respects the autonomy and rights of the minor involved.

**3. In gathering background information, which of the following is NOT a category used?**

- A. Previously gathered assessment information**
- B. Current presentation findings**
- C. Personal opinions from the counselor**
- D. Collateral information from family or school**

In the context of gathering background information for treatment recovery, it is essential to rely on objective data rather than subjective viewpoints. The inclusion of personal opinions from the counselor does not serve as a reliable category for background information. This is because personal opinions can be biased and may not accurately reflect the client's situation. On the other hand, previously gathered assessment information, current presentation findings, and collateral information from family or school are all critical categories utilized to build a comprehensive understanding of a client's background. These elements provide factual, concrete insights that inform treatment planning and interventions. They ensure that the context, environment, and previous assessments contribute to a holistic view, which is pivotal in effective treatment recovery practices.

**4. What does the moral model of addiction primarily rely on?**

- A. Cognitive and behavioral motivators**
- B. Biological factors**
- C. Beliefs about right and wrong**
- D. Environmental conditions**

The moral model of addiction primarily relies on beliefs about right and wrong. This model posits that addiction results from a lack of self-control, moral failing, or poor choices made by the individual. It views substance use as a voluntary behavior that can be attributed to a moral weakness or flawed character rather than external factors or biological predispositions. This perspective emphasizes personal responsibility and accountability, implying that individuals have the power to choose to engage in or abstain from substance use. As such, treatment approaches that stem from the moral model often focus on changing attitudes, beliefs, and moral reasoning, aiming to instill a sense of responsibility and to encourage an ethical understanding of one's actions. In contrast, other models, such as the biological model or the environmental model, focus on different areas like genetic predispositions or social influences on behavior, respectively, which do not align with the moral framework. Therefore, when considering the foundations of the moral model, it is clear that it fundamentally rests on the notions of right and wrong.

## 5. When was the Pure Food and Drug Act passed by the US Congress?

- A. 1900
- B. 1906**
- C. 1910
- D. 1914

The Pure Food and Drug Act was passed by the US Congress in 1906. This landmark legislation marked a significant turning point in U.S. food and drug regulation, aiming to protect consumers from adulterated or misbranded products. Prior to this act, there was minimal federal oversight, which allowed companies to sell unsafe or ineffective products without accountability. The act required that companies accurately label their products and prohibited the sale of drugs that were deemed unsafe or contained harmful ingredients. The establishment of this regulatory framework laid the groundwork for the eventual creation of the Food and Drug Administration (FDA) and was crucial in shaping modern consumer protection laws in the United States.

## 6. What is the primary characteristic of structured assessment interviews?

- A. They are adaptable to the client's mood
- B. They limit assessor bias**
- C. They focus solely on mental health
- D. They exclude the client's input

The primary characteristic of structured assessment interviews is that they limit assessor bias. This is achieved because structured interviews follow a predetermined set of questions and a specific format, ensuring that each client is assessed in a consistent manner. By utilizing the same questions and guidelines for every interview, there is a reduced risk of the assessor's personal biases influencing the outcome. This approach allows for more objective data collection, facilitating reliable comparisons across different clients and situations. In contrast, adaptable interviews might allow for some flexibility based on the client's mood, which could lead to variability in the information collected. Focusing solely on mental health would disregard other important aspects of a client's life that could affect treatment. Excluding the client's input would not only undermine the collaborative nature of assessment but also limit the depth of understanding regarding the individual's unique experiences and needs. Thus, limiting assessor bias stands out as the key characteristic of structured assessment interviews, promoting fairness and consistency in evaluation.

## 7. What does the Family Systems Model emphasize in the context of addiction?

- A. Individual responsibility for addiction**
- B. The role of family dynamics in addiction**
- C. The biological sources of addiction**
- D. The impact of societal influences on addiction**

The Family Systems Model emphasizes the interconnectedness of family relationships and their influence on each family member's behavior, including issues related to addiction. This model posits that addiction is not just an individual problem, but a family issue deeply embedded in the dynamics and interactions among family members. According to this approach, addiction can affect the entire family unit, creating patterns of behavior that can perpetuate or mitigate substance use. For example, family roles, communication styles, and the presence of enabling behaviors can heavily impact an individual's struggle with addiction. The model suggests that by addressing these family dynamics, therapeutic interventions can promote healthier family functioning and support recovery. Understanding addiction through the lens of family systems allows for a more holistic approach to treatment, recognizing that recovery may require addressing not only the individual's behavior but also the relational patterns that contribute to the addiction. This makes the Family Systems Model particularly relevant in developing effective treatment strategies that involve the family in the recovery process.

## 8. What aspect of substance use trends does increased mortality during the pandemic highlight?

- A. Efforts in harm reduction**
- B. The effectiveness of treatment programs**
- C. The need for public health interventions**
- D. The growth of addiction services**

The increased mortality during the pandemic underscores a significant need for public health interventions. The surge in substance-related deaths indicates that many individuals likely faced heightened vulnerabilities due to factors such as social isolation, loss of support systems, and increased stress or anxiety. These conditions can exacerbate substance use issues and lead to higher overdose rates. Public health interventions are crucial in addressing such crises as they encompass strategies to prevent substance use disorders, provide education on the dangers of substance use, and inform communities about the available resources for treatment and support. The pandemic presented unprecedented challenges that required responsive and adaptable approaches to minimize harm and save lives, thereby reinforcing the necessity for robust public health initiatives aimed at mitigating the impacts of substance use trends during such critical times.

## 9. What is a primary focus of the behavioral model of addiction?

- A. The role of genetics in addiction
- B. Reinforcement of behaviors within the family**
- C. Cultural influences on substance use
- D. Social stigma related to addiction

The behavioral model of addiction primarily focuses on how behaviors associated with substance use are reinforced through environmental interactions and consequences. In this context, reinforcement can take various forms, such as positive reinforcement, where engaging in substance use leads to pleasurable experiences or relief from discomfort, thereby encouraging the continuation of the behavior. When individuals are part of a social unit or family, their behaviors, including those related to substance use, are often influenced by the dynamics within that unit. For instance, if family members reinforce substance use through acceptance or enabling behaviors, this can contribute to the development or maintenance of addictive behaviors. Thus, the behavioral model emphasizes the interactions between individuals and their surroundings, particularly within familial and social contexts, as a crucial factor in understanding addiction. Other options reflect different dimensions of addiction. While genetics influence an individual's susceptibility, and cultural influences shape societal norms and attitudes toward substance use, they are not the central focus of the behavioral model. Similarly, social stigma is important in understanding the societal implications of addiction but does not directly address the reinforcement mechanisms that the behavioral model focuses on.

## 10. In which decade was sexual addiction first discussed in a clinical context?

- A. 1970s
- B. 1980s**
- C. 1990s
- D. 2000s

Sexual addiction began to be discussed in a clinical context during the 1980s when professionals in the field of mental health started to recognize the compulsive nature of sexual behaviors that resulted in personal and relational distress. The concept gained traction as various therapists and researchers began to outline characteristics of sexual addiction, drawing parallels to other behavioral addictions. This was also the period when the term "sexual addiction" started appearing in clinical literature, paving the way for more in-depth study and treatment approaches. The recognition of sexual addiction during this decade marked a significant shift in understanding and addressing compulsive sexual behavior within therapeutic frameworks.

# 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://treatmentrecovery.examzify.com>**

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

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