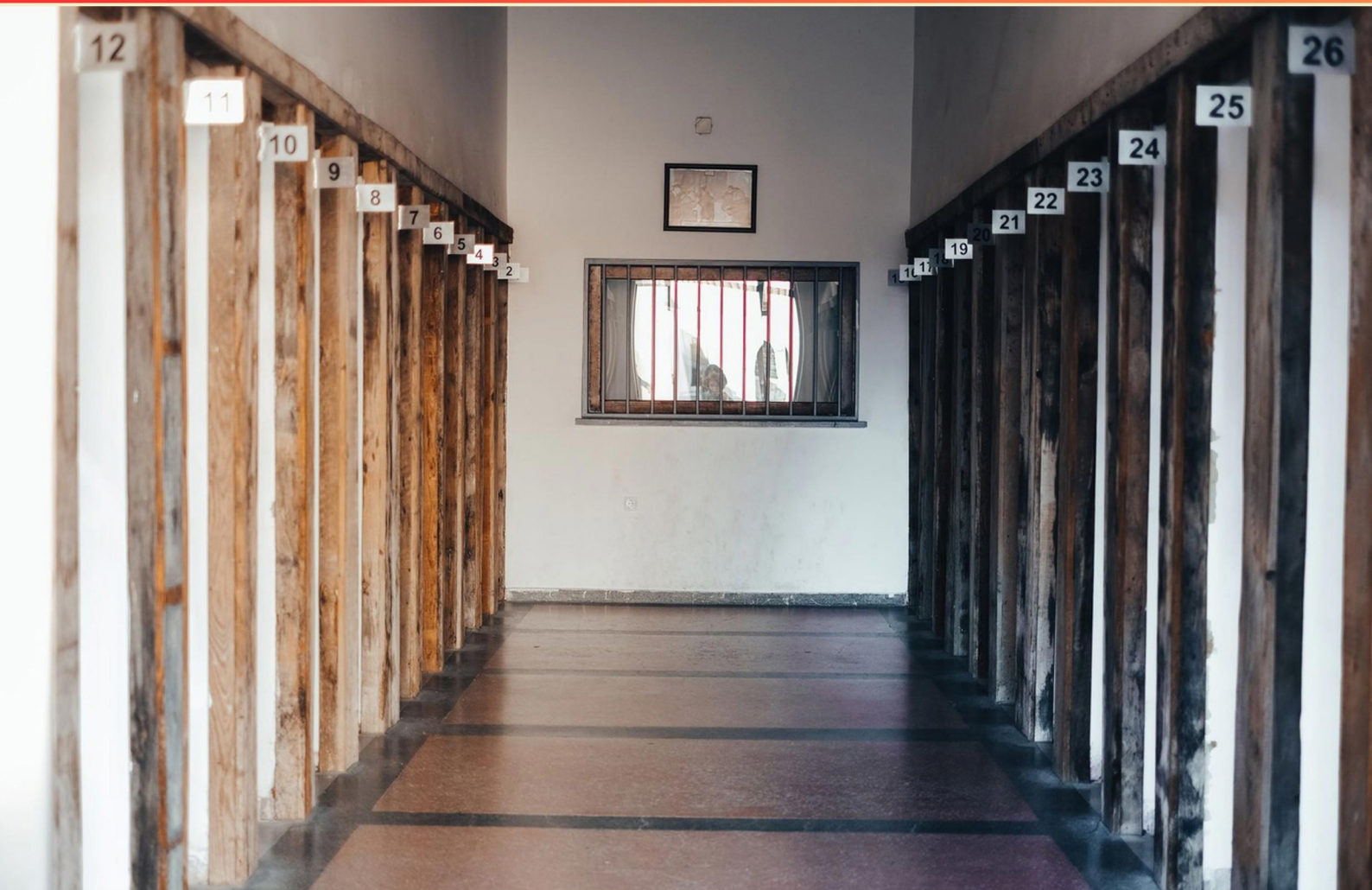


USAF MEDICAL SERVICE AFSC 4C0X1 – MENTAL HEALTH SERVICE SPECIALTY PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://afsc4c0x1.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 role is appointed to manage the ADAPT program?**
 - A. ADAPT Program Manager
 - B. Commanders
 - C. CADAC/CADC
 - D. Health Records Officer
- 2. Which term means sweating or perspiration?**
 - A. Anhidrosis
 - B. Diaphoresis
 - C. Perspiration
 - D. Hyperhidrosis
- 3. Which form is commonly referred to as the profile form?**
 - A. AF Form 422
 - B. AF Form 286
 - C. AF Form 286a
 - D. Standard Form 600
- 4. Which term means 'produces vomiting'?**
 - A. Emesis
 - B. Distended
 - C. Emetic
 - D. Hematuria
- 5. What device measures blood pressure?**
 - A. Sphygmomanometer
 - B. Stethoscope
 - C. Thermometer
 - D. Oximeter
- 6. Fire drills are conducted how often?**
 - A. Monthly
 - B. Quarterly
 - C. Annually
 - D. Biannually

- 7. Which role is described as being found in every function of the mental health flight?**
- A. Psychologist
 - B. Nurse
 - C. Social Worker
 - D. Superintendent
- 8. Which bone forms the pelvic girdle?**
- A. Coxal
 - B. Femur
 - C. Tibia
 - D. Fibula
- 9. Suspension from PRP immediately relieves member, does not exceed how many days?**
- A. 90 days
 - B. 270 days
 - C. 360 days
 - D. 180 days
- 10. What is the USAF specialty code for the Health Service Manager?**
- A. 4A
 - B. 4N0
 - C. 4C0
 - D. 3A

Answers

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

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Explanations

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1. Which role is appointed to manage the ADAPT program?

A. ADAPT Program Manager

B. Commanders

C. CADAC/CADC

D. Health Records Officer

The role that oversees and runs the ADAPT program is the ADAPT Program Manager. This position is appointed specifically to administer the program, coordinate referrals and training, ensure compliance with Air Force policies, monitor participation and outcomes, protect confidentiality, and serve as the liaison among leadership, medical staff, and patients. Commanders provide unit leadership and support but are not the appointed program manager. CADAC/CADC are clinicians who deliver counseling and treatment, not the program's overall management. A Health Records Officer handles medical records, not program administration. So, the ADAPT Program Manager is the correct designation for managing the program.

2. Which term means sweating or perspiration?

A. Anhidrosis

B. Diaphoresis

C. Perspiration

D. Hyperhidrosis

Diaphoresis is the medical term for sweating, especially the kind of noticeable or profuse perspiration seen in illness or stress. It's used in clinical descriptions to indicate sweat production as a sign or symptom. While perspiration is the everyday word for sweat, diaphoresis is the formal term clinicians use, which is why it's the best fit here. Anhidrosis means absence of sweating, and hyperhidrosis means excessive sweating, while perspiration is the general term for sweat itself.

3. Which form is commonly referred to as the profile form?

A. AF Form 422

B. AF Form 286

C. AF Form 286a

D. Standard Form 600

The main idea being tested is how Air Force medical readiness documents a service member's duty restrictions. The form used to capture a medical condition and the recommended limitations that affect what duties a person can perform is AF Form 422, which clinicians refer to as the profile form. This document communicates to the supervisor and commander what activities are permissible, what duties should be avoided, and for how long the restrictions are expected to last, guiding assignments, deployments, and safety decisions. Other forms listed serve different administrative purposes and are not the standard way to record a member's duty limitations as a profile.

4. Which term means 'produces vomiting'?

- A. Emesis
- B. Distended
- C. Emetic**
- D. Hematuria

In medical terminology, a substance that induces vomiting is described as an emetic. Emesis refers to the act of vomiting, while distended means swollen, and hematuria means blood in the urine. So the word that means "produces vomiting" is emetic, used to label agents that cause vomiting. Emetics were historically used for poisoning cases, though today antiemetics are more common to prevent vomiting.

5. What device measures blood pressure?

- A. Sphygmomanometer**
- B. Stethoscope
- C. Thermometer
- D. Oximeter

Blood pressure is measured with a sphygmomanometer, a cuff-style instrument that can be manual or automated. In the manual method, you wrap the cuff around the upper arm, place a stethoscope over the brachial artery, and inflate the cuff to temporarily stop blood flow. As you slowly release the pressure, you listen for the Korotkoff sounds; the first sound indicates the systolic pressure, and the moment the sounds disappear marks the diastolic pressure. The reading is recorded in millimeters of mercury (mmHg). The stethoscope is used to hear the sounds, but the measuring device itself is the sphygmomanometer. Other tools like a thermometer or a pulse oximeter measure temperature or oxygen saturation, not blood pressure.

6. Fire drills are conducted how often?

- A. Monthly
- B. Quarterly**
- C. Annually
- D. Biannually

Regular, periodic fire drills keep people practiced in evacuations and ensure everyone knows routes, exits, and accountability procedures. Conducting them about every three months provides a good balance: it reinforces memory and quick response without becoming routine or overly disruptive. Monthly drills can lead to fatigue and reduced attentiveness, while annual or biannual drills don't provide enough refreshers to maintain fast, safe reactions. So, fire drills are typically conducted every three months.

7. Which role is described as being found in every function of the mental health flight?

- A. Psychologist
- B. Nurse
- C. Social Worker
- D. Superintendent**

The key idea is who provides leadership across all activities in the mental health flight. The superintendent is the role that sits above every function, overseeing the entire operation. This person ensures policies are followed, staffing and resources are managed, and coordination occurs among all clinical services and support tasks. Because the superintendent's duties span the entire flight, this role appears in every function of the unit. Clinicians like psychologists, nurses, and social workers are essential to specific clinical tasks, but they don't automatically supervise or oversee every function across the whole flight.

8. Which bone forms the pelvic girdle?

- A. Coxal**
- B. Femur
- C. Tibia
- D. Fibula

The pelvic girdle is formed by the coxal bones, the hip bones. Each hip bone is a fusion of the ilium, ischium, and pubis, and together they create the pelvic ring by attaching to the sacrum. The femur is the thigh bone that articulates with the hip, but it does not form the girdle itself, while the tibia and fibula are leg bones below the knee. So, the hip bone (coxal bone) is the structure that forms the pelvic girdle.

9. Suspension from PRP immediately relieves member, does not exceed how many days?

- A. 90 days
- B. 270 days
- C. 360 days
- D. 180 days**

The situation tests understanding of how long a PRP suspension can last. When a member is suspended from the Personnel Reliability Program, they're immediately relieved from PRP duties to protect sensitive operations while concerns are investigated. The standard maximum duration for that suspension is 180 days. This six-month ceiling gives time to assess the situation and determine whether to reinstate, remove from PRP, or pursue further action, without keeping the member indefinitely sidelined. The other durations exceed this established limit, which is why 180 days is the correct maximum. If an extension is needed beyond 180 days, it requires additional justification and approval, but the baseline limit remains 180 days.

10. What is the USAF specialty code for the Health Service Manager?

- A. 4A**
- B. 4N0
- C. 4C0
- D. 3A

The way the Air Force codes specialties shows which career field a job belongs to and the specific track within it. For Health Services Management, the code starts with the Medical/Health Services major group and then the Health Services career field letter. In short, 4 identifies the Medical/Health Services area, and A designates the Health Services field. The full, more detailed specialty is 4A0X1, but the common shorthand used to identify the Health Services Management track is 4A. The other options point to different career fields, so they don't designate the Health Services Management path.

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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://afsc4c0x1.examzify.com>

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

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