ADDICTION MEDICINE BOARDS PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://addictionmedicineboard.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What does the American Academy of Pediatrics (AAP) recommend regarding observation for NOWS?

A. Watch for 2-5 days

B. Watch for 4-7 days

C. Watch for 7-10 days

D. Watch for 1-3 days

2. How long does methadone remain detectable in a urine immunoassay?

A. 1 day

B. 2-3 days

C. 5 days

D. 1 week

3. What is the most common personality disorder found in individuals with Substance Use Disorders?

A. Avoidant Personality Disorder

B. Antisocial Personality Disorder

C. Narcissistic Personality Disorder

D. Borderline Personality Disorder

4. What schedule classification do Z-drugs fall under?

A. Schedule 1

B. Schedule 4

C. Schedule 5

D. Schedule 3

5. What strength of nicotine gum should a patient use if they smoke their first cigarette within 30 minutes of waking?

A. 2 mg

B. 4 mg

C. 6 mg

D. 8 mg

SAMPLE

6. What is the alcohol blood level (BAL) at which neuro impairment begins?

A. 0.05%

B. 0.1%

C. 0.2%

D. 0.3%

7. Which medication has been shown to help with cannabis use disorder in adolescents?

A. Buspirone

B. Gabapentin

C. N-acetylcysteine

D. Varenicline

8. What are the names of two endogenous cannabinoids?

A. THC and CBD

B. AEA and 2-AG

C. Semi-AG and Palmitoylethanolamide

D. GABA and Glutamate

9. What does the National Survey on Drug Use and Health (NSDUH) assess?

A. Drug pricing in the United States

B. Trends in mental health services availability

C. Prevalence of drug use and mental health

D. Compliance rates in drug treatment programs

10. What has largely contributed to the upward trend in drug use reported?

A. Prescription opioids

B. Marijuana use

C. Cocaine use

D. Alcohol consumption

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What does the American Academy of Pediatrics (AAP) recommend regarding observation for NOWS?

A. Watch for 2-5 days

B. Watch for 4-7 days

C. Watch for 7-10 days

D. Watch for 1-3 days

The American Academy of Pediatrics (AAP) recommends observing newborns withdrawing from opioids, known as Neonatal Opioid Withdrawal Syndrome (NOWS), for 4-7 days following delivery. This timeframe is crucial because the signs of withdrawal may not appear immediately after birth. Opioid withdrawal can take several days to manifest, typically starting within 24 to 72 hours after exposure, but it can also be delayed depending on several factors, such as the specific opioid used and maternal factors. Monitoring during this period allows healthcare providers to identify and manage any withdrawal symptoms adequately. If a newborn is not closely monitored for this duration, there is a risk of missing critical signs that would require intervention, thereby ensuring the well-being of the infant. The AAP's guidelines emphasize the importance of an appropriate observation period to ensure safety and effective management for infants experiencing NOWS.

2. How long does methadone remain detectable in a urine immunoassay?

A. 1 day

B. 2-3 days

C. 5 days

D. 1 week

Methadone can typically be detected in a urine immunoassay for 2-3 days after administration. This timeframe is influenced by several factors, including the dose of methadone, the individual's metabolism, frequency of use, and overall health status. Methadone is a long-acting opioid, and while its primary effects may wear off within 24 hours, it can persist in urine longer due to how the body metabolizes and excretes the drug. Over time, the metabolites of methadone can accumulate, leading to detection in urine even after the acute effects of the drug have subsided. This characteristic makes it particularly important for clinicians to consider when monitoring patients in treatment programs. The given range of 2-3 days aligns with clinical data on urine testing for methadone, providing a reliable window for detection following use.

SAMPLE

3. What is the most common personality disorder found in individuals with Substance Use Disorders?

A. Avoidant Personality Disorder

B. Antisocial Personality Disorder

C. Narcissistic Personality Disorder

D. Borderline Personality Disorder

Antisocial Personality Disorder is commonly associated with substance use disorders, particularly due to the characteristic behaviors that are prevalent in individuals with this disorder. People with antisocial personality disorder often exhibit a pattern of disregard for the rights of others, impulsivity, and a lack of empathy, which can correlate strongly with substance misuse. This correlation can be attributed to multiple factors. Firstly, individuals with antisocial traits may engage in risk-taking behaviors, including the experimentation with and use of substances, often leading to abuse. Secondly, the impulsivity seen in antisocial personality disorder can make individuals more likely to engage in substance use without considering the consequences, increasing the risk for developing a substance use disorder. Moreover, the lower levels of remorse or guilt associated with antisocial traits can contribute to ongoing substance use despite negative consequences, as these individuals may not perceive the harmful effects on their lives or the lives of others in the same way a person without the disorder might. Therefore, the prevalence of antisocial personality disorder in individuals with substance use disorders is significant and supports the connection between personality traits and addiction, making it the most common personality disorder found in this population.

4. What schedule classification do Z-drugs fall under?

A. Schedule 1

B. Schedule 4

C. Schedule 5

D. Schedule 3

Z-drugs, which include medications such as zolpidem, zaleplon, and eszopiclone, are classified under Schedule IV of the Controlled Substances Act. This classification is due to their potential for abuse relative to other substances, as they exhibit sedative effects and are primarily used in the management of insomnia. Schedule IV substances are characterized by a lower potential for abuse compared to schedules I through III and typically have accepted medical uses. The classification emphasizes that while there is some risk associated with these medications, particularly with misuse leading to dependence or withdrawal symptoms, they are considered safer than higher-scheduled drugs. The confusion with the provided answer stems from misunderstanding the specific scheduling of Z-drugs, which is indeed Schedule IV, rather than Schedule V. Schedule V drugs have an even lower potential for abuse and include medications like certain cough preparations containing less than 200 mg of codeine per 100 mL. It is important for practitioners and healthcare providers to be aware of the appropriate scheduling in order to prescribe these medications responsibly and to manage their use effectively.

SAMPLE

5. What strength of nicotine gum should a patient use if they smoke their first cigarette within 30 minutes of waking?

A. 2 mg

B. 4 mg

C. 6 mg

D. 8 mg

For individuals who smoke their first cigarette within 30 minutes of waking, it is recommended to use a higher strength of nicotine replacement therapy, specifically 4 mg of nicotine gum. This recommendation is based on the concept of nicotine dependence, which is often assessed by the time to first cigarette after waking. Those who smoke within the first half hour are typically more dependent on nicotine and may require a higher dose to effectively manage withdrawal symptoms and cravings. Using a lower strength, such as 2 mg, might not suffice for these individuals, as it may not provide adequate nicotine to alleviate cravings and withdrawal symptoms linked to their higher level of dependence. The 4 mg option is designed to address these needs and help facilitate a more successful quit attempt by providing sufficient nicotine while minimizing side effects associated with excessive dosing. Hence, patients who are more reliant on nicotine due to their early morning smoking habits are advised to start with the 4 mg gum to increase their chances of quitting successfully.

6. What is the alcohol blood level (BAL) at which neuro impairment begins?

A. 0.05%

B. 0.1%

C. 0.2%

D. 0.3%

Neuro impairment typically begins to manifest at a blood alcohol level (BAL) of 0.1%. At this level, significant effects on cognitive and motor functions are observed, including reduced coordination, impaired judgment, and difficulties with attention and concentration. These impairments can have serious implications for activities such as driving, leading to an increased risk of accidents and injuries. While lower levels of alcohol may produce mild effects, such as a slight relaxation or decreased inhibition at a BAL of 0.05%, it is at 0.1% that more substantial neuropsychological changes become evident. This level is where many individuals would begin to experience considerable functional impairments, impacting their ability to perform tasks that require attention and psychomotor skill. Higher levels, such as 0.2% and above, lead to more profound effects and risks, including loss of consciousness and potentially life-threatening conditions. Understanding this threshold is crucial for informing individuals about the risks associated with alcohol consumption and for setting legal limits regarding impaired driving.

SAMPLE

7. Which medication has been shown to help with cannabis use disorder in adolescents?

A. Buspirone

B. Gabapentin

C. N-acetylcysteine

D. Varenicline

N-acetylcysteine (NAC) has shown promise in helping with cannabis use disorder, particularly in adolescents. Research indicates that NAC may help modulate the glutamatergic system, which can be disrupted by cannabis use. By restoring this balance, NAC can potentially reduce cravings and withdrawal symptoms associated with cannabis use. Several studies have demonstrated that NAC is particularly effective in decreasing cannabis use and improving psychosocial functioning in adolescents. Its safety profile and low potential for abuse make it a suitable option for younger individuals dealing with substance use issues. Other options may have their own therapeutic roles in various disorders, but they do not have the same level of clinical evidence supporting their use specifically for cannabis use disorder in adolescents. This makes N-acetylcysteine a unique and valuable treatment option in this context.

8. What are the names of two endogenous cannabinoids?

A. THC and CBD

B. AEA and 2-AG

C. Semi-AG and Palmitoylethanolamide

D. GABA and Glutamate

Endogenous cannabinoids, also known as endocannabinoids, are naturally occurring compounds in the body that bind to cannabinoid receptors and play key roles in various physiological processes. The correct answer highlights AEA (anandamide) and 2-AG (2-arachidonoylglycerol) as the two primary endocannabinoids. AEA is synthesized from the membrane lipid precursors and is well-known for its role in modulating pain, mood, appetite, and memory. It shares structural similarities with THC, a psychoactive compound found in cannabis, but AEA does not come from the plant. On the other hand, 2-AG is another important endocannabinoid that plays a significant role in neuroprotection, immune response, and modulating neurotransmitter release. Both AEA and 2-AG are synthesized in a post-synaptic manner and released in response to neuronal activity, affecting the presynaptic neuron when they bind to cannabinoid receptors. The other options mentioned either include cannabinoids derived from the cannabis plant (like THC and CBD) or are not classified as cannabinoids at all (such as GABA and glutamate, which are neurotransmitters). Therefore, the recognition of AEA and 2-AG as endogenous cannabinoids

SAMPLE

9. What does the National Survey on Drug Use and Health (NSDUH) assess?

A. Drug pricing in the United States

B. Trends in mental health services availability

C. Prevalence of drug use and mental health

D. Compliance rates in drug treatment programs

The National Survey on Drug Use and Health (NSDUH) primarily assesses the prevalence of drug use and mental health in the United States. This extensive survey collects data on the use of illicit drugs, alcohol, and tobacco, as well as various mental health issues, including the incidence of mental disorders. By utilizing a representative sample of the population, the NSDUH provides critical insights into patterns of substance use and the overall mental health landscape, aiding policymakers, researchers, and healthcare providers in understanding and addressing these public health concerns. The survey does not concentrate on drug pricing, the availability of mental health services, or compliance rates in drug treatment programs, making it a vital tool specifically for evaluating substance use and mental health trends rather than broader economic or treatment compliance issues.

10. What has largely contributed to the upward trend in drug use reported?

A. Prescription opioids

B. Marijuana use

C. Cocaine use

D. Alcohol consumption

The upward trend in drug use reported in recent years can largely be attributed to marijuana use, particularly due to changing legal statuses and societal perceptions surrounding the drug. In many regions, marijuana has been legalized for both medicinal and recreational purposes, leading to increased availability and acceptance. This shift not only encourages higher rates of use among individuals but also influences younger populations who may view cannabis as a less harmful substance compared to other drugs. Additionally, as legalization has progressed, there have been significant marketing efforts and the proliferation of cannabis products, ranging from edibles to concentrates, which can appeal to a broader audience and enhance consumption rates. This trend reflects a change in cultural attitudes towards marijuana, making it more socially acceptable and widely used. While prescription opioids have played a significant role in the overall drug crisis, particularly related to addiction and overdose, the consensus around marijuana's increasing use stands out in the context of reported drug trends as a primary factor shaping current patterns.

SAMPLE

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://addictionmedicineboard.examzify.com

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

SAMPLE