# ARMY SUBSTANCE ABUSE PROGRAM PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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# 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!

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# Questions

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1. **What type of punishment may occur under UCMJ actions following a positive drug test?**

   A. Automatic commendation

   B. Nonjudicial punishment

   C. Transfer to another unit

   D. Removal from the ASAP program

2. **What list of drugs is tested according to the Department of Defense guidelines?**

   A. Drugs listed on DODI 1010.16

   B. Drugs approved by the FDA

   C. Illegal narcotics

   D. All prescription medications

3. **What does EAPC stand for?**

   A. Employee Assistance Program Coordinator

   B. Emergency Action Program Coordinator

   C. Educational Assistance Program Coordinator

   D. Emergency Assistance Program Coordinator

4. **What Army Regulation (AR) governs the Army Substance Abuse Program (ASAP)?**

   A. AR 500-15

   B. AR 600-85

   C. AR 700-20

   D. AR 750-1

5. **Which of the following modalities is considered unacceptable in ASAP rehab?**

   A. Outpatient counseling sessions

   B. Use of Disulfiram (Antabuse) will be mandatory

   C. Methadone maintenance as a treatment

   D. Holistic therapy options

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**6. What strategies does the Army employ to reduce stigma associated with seeking help for substance abuse?**

A. Ignoring the issue.

B. Promoting awareness and normalizing help-seeking behavior.

C. Limiting discussions on the subject.

D. Strict discipline for substance-related issues.

**7. Which of the following is a potential consequence of substance misuse in the Army?**

A. Increased promotions and career advancement

B. Decreased operational effectiveness and unit cohesion

C. Enhanced camaraderie among soldiers

D. Improved job performance under pressure

**8. What is a key role of the IPC?**

A. Manage drug rehabilitation programs

B. Promote ASAP services

C. Develop financial budgets for ASAP

D. Conduct forensic investigations

**9. What can be an indirect consequence of alcohol abuse for soldiers?**

A. Improved relationships in the unit

B. Decreased job performance and conflicts

C. Better health and fitness

D. Enhanced problem-solving skills

**10. What article of the Uniform Code of Military Justice (UCMJ) is violated for a missed ASAP session?**

A. Article 89

B. Article 92

C. Article 86

D. Article 15

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# Answers

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

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# Explanations

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## 1. What type of punishment may occur under UCMJ actions following a positive drug test?

A. Automatic commendation

B. Nonjudicial punishment

C. Transfer to another unit

D. Removal from the ASAP program

*The process following a positive drug test within the framework of the Uniform Code of Military Justice (UCMJ) includes the possibility of nonjudicial punishment, which serves as a disciplinary action for offenses such as drug use. Nonjudicial punishment, often referred to as Article 15 action, is designed to address minor infractions without resorting to court-martial proceedings, allowing for a more streamlined approach to discipline while still holding servicemembers accountable for their actions. This type of punishment can include a variety of measures such as extra duties, reduction in rank, or loss of pay, intended to educate and rehabilitate the individual while maintaining military discipline. The UCMJ emphasizes the importance of good order and discipline within the ranks, especially regarding substance use, which can impair operational effectiveness and readiness. The other options do not accurately represent the potential disciplinary actions resulting from a positive drug test. Automatic commendation is not a disciplinary action and does not occur in relation to drug infractions. Transfer to another unit may be a consequence of various administrative decisions but is not a direct punishment under UCMJ. Removal from the Army Substance Abuse Program (ASAP) would not serve as a punitive measure following a positive drug test; instead, individuals may be required*

## 2. What list of drugs is tested according to the Department of Defense guidelines?

A. Drugs listed on DODI 1010.16

B. Drugs approved by the FDA

C. Illegal narcotics

D. All prescription medications

*The correct choice reflects that the drugs tested according to the Department of Defense guidelines are specifically those listed in the Department of Defense Instruction 1010.16 (DODI 1010.16). This instruction outlines the substances that are prohibited for military personnel and provides a detailed list of drugs that are monitored during drug testing. This list is essential for maintaining the readiness and safety of the armed forces, ensuring that service members do not use substances that could impair their performance or violate military regulations. The distinction of DODI 1010.16 is key; it offers a comprehensive framework that includes not only illegal drugs but also substances such as certain prescription medications that may affect one's capability to perform military duties. While the other options might refer to relevant substances or important categories, they do not encompass the specific and detailed guidelines established by the DOD that govern drug testing for military personnel.*

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## 3. What does EAPC stand for?

A. Employee Assistance Program Coordinator

B. Emergency Action Program Coordinator

C. Educational Assistance Program Coordinator

D. Emergency Assistance Program Coordinator

*The term EAPC stands for Employee Assistance Program Coordinator. This role is essential within various organizations, including the military, as it focuses on delivering support to employees and their families who may be experiencing personal issues that affect their work performance. The Employee Assistance Program is designed to provide confidential resources and counseling services to address various challenges such as stress, mental health concerns, substance abuse, and family problems. By understanding the importance of this role, one can appreciate the broader mission of promoting employee well-being and maintaining a healthy work environment, which ultimately supports organizational effectiveness and personnel readiness. The other options, though plausible in different contexts, do not specifically relate to the role that directly assists individuals in managing personal difficulty in the workplace.*

## 4. What Army Regulation (AR) governs the Army Substance Abuse Program (ASAP)?

A. AR 500-15

B. AR 600-85

C. AR 700-20

D. AR 750-1

*The Army Substance Abuse Program (ASAP) is governed by Army Regulation 600-85. This regulation specifically outlines the policies and procedures related to substance abuse within the Army, including prevention, education, and treatment programs for soldiers. It is critical for maintaining readiness and ensuring the overall health and well-being of Army personnel. AR 600-85 encompasses a wide range of topics related to alcohol and drug abuse, emphasizing the importance of prevention programs and the role of leadership in combating substance abuse issues. By adhering to this regulation, the Army aims to foster an environment that promotes responsible behavior and minimizes the risks associated with substance abuse. Focusing on the other options, while they are relevant to various aspects of Army operations, they do not specifically address the regulations governing substance abuse programs. For instance, AR 500-15 deals with Army plans and relief efforts during disasters, AR 700-20 focuses on the logistical areas and management of supplies, and AR 750-1 concerns the Army maintenance management system. Thus, these do not pertain to the specific regulations surrounding the Army Substance Abuse Program.*

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## 5. Which of the following modalities is considered unacceptable in ASAP rehab?

A. Outpatient counseling sessions

B. Use of Disulfiram (Antabuse) will be mandatory

C. Methadone maintenance as a treatment

D. Holistic therapy options

*Methadone maintenance as a treatment is considered unacceptable in the Army Substance Abuse Program (ASAP) rehabilitation modalities due to the specific focus and requirements of the program. ASAP is designed to ensure that Soldiers receive effective intervention and education regarding substance abuse, with a strong emphasis on abstinence from illicit drugs and alcohol. Methadone is often used in the treatment of opioid addiction, but it can be seen as enabling continued substance use rather than promoting complete recovery. This can contradict the goals of the Army's rehabilitation efforts, which aim to rehabilitate Soldiers in a way that fosters personal responsibility and accountability. In contrast, outpatient counseling sessions, the use of medications like Disulfiram for specific alcohol use disorder cases, and holistic therapy options support recovery in various ways, focusing on reducing dependency and encouraging healthy coping mechanisms. By prioritizing complete cessation of substance use and facilitating recovery, the ASAP framework ensures that Soldiers can regain stability and readiness for duty.*

## 6. What strategies does the Army employ to reduce stigma associated with seeking help for substance abuse?

A. Ignoring the issue.

B. Promoting awareness and normalizing help-seeking behavior.

C. Limiting discussions on the subject.

D. Strict discipline for substance-related issues.

*Promoting awareness and normalizing help-seeking behavior is a key strategy the Army employs to reduce stigma associated with substance abuse. By fostering an environment where individuals feel supported and encouraged to seek help, the Army aims to create a culture that emphasizes the importance of mental health and well-being. This approach includes education around substance use issues, highlighting the benefits of seeking assistance, and sharing stories of recovery to show that seeking help is a sign of strength rather than weakness. Such initiatives can involve training for leaders, outreach programs, and campaigns that communicate that substance abuse is a common issue that can affect anyone. By normalizing these conversations, the Army helps change perceptions, making it easier for service members to seek the help they need without fear of judgment or negative consequences, effectively combatting stigma and fostering a healthier environment.*

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## 7. Which of the following is a potential consequence of substance misuse in the Army?

A. Increased promotions and career advancement

B. Decreased operational effectiveness and unit cohesion

C. Enhanced camaraderie among soldiers

D. Improved job performance under pressure

*Substance misuse in the Army can lead to significant negative outcomes, one of which is decreased operational effectiveness and unit cohesion. When soldiers engage in substance misuse, it can impair their judgment, reaction times, and ability to perform essential tasks. This deterioration in individual performance can ripple through the unit, affecting the overall mission readiness and effectiveness of the team. Additionally, substance misuse can erode trust and morale within a unit, as it may lead to unreliable behavior, increased conflict among team members, and a breakdown of communication. Given that military operations often rely on tight coordination and mutual support, any factor that undermines this cohesion can have serious repercussions beyond individual consequences. Thus, the correct answer highlights a critical issue relevant to maintaining the integrity and function of Army units.*

## 8. What is a key role of the IPC?

A. Manage drug rehabilitation programs

B. Promote ASAP services

C. Develop financial budgets for ASAP

D. Conduct forensic investigations

*The key role of the IPC, or Installation Program Coordinator, is to promote the Army Substance Abuse Program (ASAP) services. This involves raising awareness about the available resources related to substance abuse prevention, education, and rehabilitation among soldiers and their families. By effectively communicating the benefits of these services, the IPC ensures that service members understand how to access support and resources, which is crucial for fostering a healthier environment and addressing issues related to substance abuse within the military community. Promoting ASAP services enables better participation in programs designed to prevent and tackle substance-related problems, ultimately enhancing the overall readiness and well-being of soldiers. This role is pivotal in encouraging soldiers to utilize the available resources, promoting a culture of support and openness regarding substance abuse issues.*

## 9. What can be an indirect consequence of alcohol abuse for soldiers?

A. Improved relationships in the unit

B. Decreased job performance and conflicts

C. Better health and fitness

D. Enhanced problem-solving skills

*Alcohol abuse can lead to a range of negative outcomes that impact soldiers both personally and professionally. One of the most significant indirect consequences is decreased job performance and conflicts with fellow service members. When a soldier misuses alcohol, their cognitive and physical abilities may decline, affecting their capacity to carry out tasks effectively, meet responsibilities, and maintain the high standards required in military environments. Additionally, alcohol abuse can erode relationships within the unit due to the potential for conflicts arising from impaired judgment and behavioral changes. Increased irritability or aggression, a common side effect of excessive alcohol consumption, can strain interactions with peers and superiors alike. Ultimately, these issues can disrupt team cohesion, which is vital for operational success in military settings. Thus, the connection between alcohol abuse and decreased job performance and interpersonal conflicts is a crucial consideration in assessing the overall impact of alcohol misuse on soldiers and military readiness.*

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**10. What article of the Uniform Code of Military Justice (UCMJ) is violated for a missed ASAP session?**

A. Article 89

B. Article 92

C. Article 86

D. Article 15

*The correct answer pertains to Article 86 of the Uniform Code of Military Justice (UCMJ), which specifically addresses a member's absence without leave (AWOL). Failing to attend a required session of the Army Substance Abuse Program (ASAP) can be considered a form of absenteeism, as it represents an unauthorized absence from a duty or scheduled obligation. Article 86 outlines the expectations for service members to be present for duty, and missing a mandated session without proper authorization reflects a failure to uphold these obligations. Such behavior can lead to disciplinary actions under the UCMJ, emphasizing the importance of accountability and participation in programs designed for the well-being of military personnel. In the context of ASAP, adherence to scheduled sessions is crucial for both individual recovery efforts and the overall mission readiness of the unit. The consequences of missing these sessions underscore the military's commitment to maintaining a disciplined and effective force.*

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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://armysubstanceabuseprog.examzify.com

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

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