# TREATMENT RECOVERY 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. Which negative effect may occur as a result of cannabinoid use?**

A. Increased cognitive function

B. Reduced lung capacity

C. Enhanced muscle strength

D. Boosted testosterone levels

**2. What is meant by validity in substance use screening?**

A. The extent to which a screen measures substance abuse

B. The reliability of the screening instrument

C. The speed of administering the screen

D. The range of substances assessed

**3. Which model discusses addiction as being influenced by both genetic and environmental factors?**

A. Developmental Model

B. Biological Models

C. Genetic Models

D. Culture Specific Models

**4. What are the three main motivations for internet gamers?**

A. Social, competitive, and entertainment

B. Achievement, social, and immersion

C. Achievement, competition, and social

D. Social, strategic, and creativity

**5. Which type of process addiction is supported by societal beliefs about self-esteem?**

A. Compulsive Gambling

B. Compulsive Buying

C. Internet Addiction

D. Food Addiction

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**6. 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

**7. What does polysubstance use describe?**

A. The use of multiple substances at different times

B. The use of multiple substances simultaneously

C. The transition from one substance to another

D. The dependence on a single substance

**8. Which of the following issues is commonly comorbid with gambling disorder?**

A. Attention deficit disorder

B. Substance use

C. Post-traumatic stress disorder

D. Obsessive-compulsive disorder

**9. What function does the Subtle Attributes Scale serve in screening?**

A. It is a direct measure of the severity of addiction

B. It provides a broader social perspective

C. It is an indirect indicator of substance abuse

D. It measures physical dependence on substances

**10. What credential is specific for addictions counselors?**

A. Licensed Professional Counselor (LPC)

B. Certified Substance Abuse Counselor (CSAC)

C. Master's Addictions Counselor (MAC)

D. Certified Addiction Specialist (CAS)

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# Answers

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

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# Explanations

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## 1. Which negative effect may occur as a result of cannabinoid use?

A. Increased cognitive function

B. Reduced lung capacity

C. Enhanced muscle strength

D. Boosted testosterone levels

*Cannabinoid use is associated with several negative health effects, one of which is reduced lung capacity. This effect is often linked to the method of consumption, particularly when cannabinoids are inhaled through smoking. Inhalation of smoke can introduce harmful substances into the lungs, leading to respiratory issues and potentially chronic bronchitis. This reduction in lung capacity can impair overall physical performance and well-being, making it important to consider the respiratory implications of cannabinoid use. The other options involving increased cognitive function, enhanced muscle strength, and boosted testosterone levels do not reflect the established negative consequences associated with cannabinoid use. In fact, cannabinoids may impair cognitive function rather than enhance it, and there is no significant evidence to suggest that they improve muscle strength or testosterone levels. Thus, the correct answer highlights a significant health risk connected to cannabinoid usage.*

## 2. What is meant by validity in substance use screening?

A. The extent to which a screen measures substance abuse

B. The reliability of the screening instrument

C. The speed of administering the screen

D. The range of substances assessed

*Validity in substance use screening refers to the extent to which a screening tool accurately measures what it is intended to measure, which in this case is substance abuse. It ensures that the results obtained from the screening truly reflect the presence or absence of substance use issues in an individual. Validity encompasses various aspects such as content validity, construct validity, and criterion-related validity, all of which are essential for ensuring that the screening instrument provides reliable and useful information for assessment and treatment decisions. When discussing reliability, that pertains to the consistency of the screening tool's results over time or across different populations. While the speed of administering the screen may be a practical consideration, it does not affect the validity of the findings obtained. Additionally, the range of substances assessed relates to the scope of the screening rather than its validity; a valid screen must not only cover the necessary substances but also do so in an accurate way. Thus, validity is crucial in ensuring that the outcomes of substance use screening lead to appropriate and effective interventions.*

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## 3. Which model discusses addiction as being influenced by both genetic and environmental factors?

A. Developmental Model

B. Biological Models

C. Genetic Models

D. Culture Specific Models

*The model that discusses addiction as being influenced by both genetic and environmental factors is rooted in the understanding that addiction is a complex interplay of biological predispositions and external influences. This perspective recognizes that individuals may have a genetic susceptibility to substance use disorders, meaning that their genetic makeup can predispose them to addictive behaviors. However, this genetic predisposition does not act in isolation; rather, environmental factors such as social influences, trauma, stress levels, and cultural context also play critical roles in the development and maintenance of addiction. By integrating both genetic and environmental components, this model provides a more comprehensive understanding of addiction, highlighting that prevention and treatment strategies may need to consider both sets of factors for effective support and recovery. This dual focus is essential for tailoring interventions that address not just the biological aspects of addiction, but also the social and environmental contexts shaping an individual's experiences with substance use.*

## 4. What are the three main motivations for internet gamers?

A. Social, competitive, and entertainment

B. Achievement, social, and immersion

C. Achievement, competition, and social

D. Social, strategic, and creativity

*The three main motivations for internet gamers include achievement, social interaction, and immersion. Achievement refers to the desire to reach specific goals, earn rewards, and progress within a game, which can enhance a player's sense of competence and success. Social motivation is driven by the need to connect with others, whether through cooperative gameplay, forming friendships, or engaging in community discussions. Immersion highlights the appeal of being absorbed in a virtual world, allowing players to escape reality and experience richly developed narratives. The combination of these motivations captures the diverse experiences that games provide and why players are drawn to them. In contrast, options with different sets of motivations do not comprehensively cover the primary reasons gamers engage with online gaming. For instance, while competition is a valid motivation, it is more accurately encompassed by the broader achievement category when discussing motivations. Similarly, terms like entertainment or creativity may resonate with gamer experiences but do not pinpoint the core motivational drivers as clearly as achievement, social interaction, and immersion do.*

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## 5. Which type of process addiction is supported by societal beliefs about self-esteem?

A. Compulsive Gambling

B. Compulsive Buying

C. Internet Addiction

D. Food Addiction

*Compulsive buying is closely linked to societal beliefs about self-esteem because material possessions and consumer behavior are often viewed as indicators of success and worth in modern culture. Advertising and social media frequently reinforce the idea that purchasing certain products can enhance one's status, beauty, or desirability, which can lead individuals to compulsively shop in order to feel better about themselves. This phenomenon ties into the notion that self-esteem can be bolstered through external validation and material acquisition. In contrast, while compulsive gambling, internet addiction, and food addiction can also be influenced by personal and societal factors, they do not have the same direct correlation to societal beliefs about self-esteem as compulsive buying does. For example, while gambling can be connected to risk-taking behaviors and internet addiction may stem from social connection needs or escapism, these do not specifically hinge on the perception of self-worth tied to material possessions. Similarly, food addiction involves elements of emotional and physical dependency rather than the acquisition of goods as a means of enhancing self-esteem. Compulsive buying distinctly highlights how societal norms around consumption impact individuals' mental health and self-perception.*

## 6. 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.*

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## 7. What does polysubstance use describe?

A. The use of multiple substances at different times

B. The use of multiple substances simultaneously

C. The transition from one substance to another

D. The dependence on a single substance

*Polysubstance use specifically refers to the pattern of consuming more than one type of substance at the same time. This means that an individual might simultaneously use various drugs, such as alcohol, prescription medications, and illicit drugs, which can significantly increase the risks associated with substance use. The concurrent use of several substances can exacerbate side effects, lead to unpredictable responses, and enhance the potential for addiction or overdose. Understanding polysubstance use is crucial in treatment settings, as it informs the approach healthcare professionals take in assessing and managing the complexities of a patient's substance use behavior. Recognizing that multiple substances are being used at the same time helps in tailoring more effective treatment plans that address the specific challenges posed by this behavior. In contrast, the other choices reflect different patterns of substance use that do not align with the standard definition of polysubstance use. For instance, using multiple substances at different times describes a sequential pattern rather than simultaneous use. Transitioning from one substance to another indicates a change in focus rather than concurrent use. Dependence on a single substance describes addiction which is fundamentally different from polysubstance use.*

## 8. Which of the following issues is commonly comorbid with gambling disorder?

A. Attention deficit disorder

B. Substance use

C. Post-traumatic stress disorder

D. Obsessive-compulsive disorder

*Gambling disorder frequently co-exists with substance use disorders, which underscores the pervasive nature of addictive behaviors. When individuals engage in gambling, they may also struggle with or turn to substances like alcohol or drugs as a coping mechanism, leading to overlapping addictive cycles. The relationship between gambling and substance use can be attributed to similar underlying factors such as impulsivity, sensation-seeking behaviors, and the need for escapism. Substance use can exacerbate the negative consequences of gambling disorder, making treatment and recovery more complex. In contrast, while attention deficit disorder, post-traumatic stress disorder, and obsessive-compulsive disorder can also appear alongside gambling disorder, the prevalence and patterns of co-occurrence with substance use disorders present a more significant concern in the realm of treatment and recovery, necessitating integrated approaches for addressing both issues simultaneously.*

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## 9. What function does the Subtle Attributes Scale serve in screening?

A. It is a direct measure of the severity of addiction

B. It provides a broader social perspective

C. It is an indirect indicator of substance abuse

D. It measures physical dependence on substances

*The Subtle Attributes Scale serves as an indirect indicator of substance abuse by evaluating underlying traits and behavioral patterns that may suggest an individual's relationship with substances and their potential for addiction. This scale helps in identifying subtle behaviors, attitudes, and social factors that correlate with substance use, rather than offering a direct measurement of addiction severity or physical dependence. While other options mention direct measures or aspects related to addiction, the function of the Subtle Attributes Scale lies in its focus on nuanced social and psychological factors that may not be immediately evident, making it a valuable tool for understanding substance use in a broader context. This indirect approach allows for a more comprehensive screening of individuals who may not fit the traditional mold of substance abusers but still exhibit qualities that could indicate an underlying issue.*

## 10. What credential is specific for addictions counselors?

A. Licensed Professional Counselor (LPC)

B. Certified Substance Abuse Counselor (CSAC)

C. Master's Addictions Counselor (MAC)

D. Certified Addiction Specialist (CAS)

*The Master's Addictions Counselor (MAC) credential is specifically designed for professionals who specialize in the treatment of addiction. This credential indicates that the individual has attained a high level of expertise in the field of addiction counseling, particularly through advanced education and training. The MAC credential typically requires a master's degree in a related field, along with specific coursework and supervised experience that focuses on substance abuse and addiction issues. Furthermore, earning this credential usually involves passing a comprehensive examination that assesses knowledge and competency in addiction counseling practices. Professionals with the MAC certification are recognized for their ability to employ effective treatment strategies and to apply evidence-based practices in the recovery process. This credential distinguishes them from other mental health professionals who may not have specialized training in addiction. In contrast, the other credentials mentioned, such as the Licensed Professional Counselor (LPC) and Certified Substance Abuse Counselor (CSAC), while relevant to the field of counseling, do not have the specific focus on addictions that the MAC credential provides.*

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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://treatmentrecovery.examzify.com

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

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