This packet contains an example of possible test questions for the NAADAC Certification Examination for Addiction Counselors.
Multiple Choice Questions: Please choose the ONE response that best answers each question and record your answer on the Independent Study Course Examination Answer Sheet.

1. A disadvantage of benzodiazepines is the development of physical dependence after _____.
   a. nine months use
   b. one to two weeks use
   c. four months use
   d. thirty days use

2. "Huffing" is a method of administration most commonly used with _____.
   a. inhalants/solvents
   b. opiates
   c. crack cocaine
   d. hallucinogens

3. All of the following are currently approved for medical use in the United States except _____.
   a. opiates
   b. caffeine
   c. cocaine
   d. LSD

4. Marinol® (synthetic delta-8-THC) is approved for use in _____.
   a. marijuana detoxification
   b. severe vomiting
   c. maintenance therapy for marijuana addicts
   d. attention deficit hyperactivity disorder (ADHD)

5. Ernie is experiencing tremors, visual and auditory hallucinations, has an exaggerated startle response and is brushing nonexistent bugs off his back. He feels hot, his pulse is rapid and his blood pressure is elevated. Ernie is most likely experiencing _____.
   a. alcohol withdrawal, second phase
   b. schizophrenia
   c. malingering
   d. stress reaction to incarceration

6. The use of pharmacotherapies such as disulfiram, naltrexone, methadone and acamprosate to aid in addiction treatment _____.
   a. can be effective both in terms of efficacy and cost
   b. gives the wrong message to clients and should be avoided
   c. is only a temporary measure and should never be considered part of a long-term intervention
   d. is only occasionally effective and not really economically sound

7. Free-basing cocaine and smoking crack are methods of administration that result in _____.
   a. milder but longer-lasting effects
   b. higher blood levels but lower concentrations in the brain
   c. immediate and powerful psychoactive substance effects
   d. less desire to repeat the use of the drug
8. The population group most likely to use inhalants/solvents is _____.
   a. youth
   b. the elderly
   c. women
   d. upper-income white males

9. In narcotic withdrawal, the speed of onset and the duration of symptoms are most highly related to the _____.
   a. method of administration
   b. duration of the effect of the narcotic
   c. body fat content of the individual
   d. height/weight ratio of the individual

10. Physical dependence on benzodiazepines can occur with _____.
    a. low doses when mixed with alcohol
    b. chronic double dosing
    c. therapeutic doses
    d. none of the above

11. The high abuse potential of cocaine and the tendency for occasional users to quickly turn into psychoactive substance dependents is probably accounted for by its _____.
    a. social acceptability among people of high income and education
    b. easy availability and low price
    c. short duration of action, rapid onset of tolerance to euphoric effects and intense euphoria
    d. multiple possible methods of administration

12. A “designer” psychoactive substance that can cause symptoms of Parkinson’s disease is _____.
    a. LAAM
    b. PCP
    c. MDMA
    d. LSD

13. Withdrawal from stimulants _____.
    a. lasts 2-3 days, occasionally a week or more
    b. is marked by decreased appetite and decreased need for sleep
    c. is much more dangerous than withdrawal from sedatives
    d. is extremely uncommon unless the use is intravenous

14. The danger of adding one central nervous system depressant to another (such as mixing alcohol with barbiturates) is that the toxic effects are magnified by the process of _____.
    a. co-activity
    b. activation
    c. transamination
    d. potentiation

15. Short-term effects of inhalant/solvent use include _____.
    a. temporary euphoria and reduced inhibitions
    b. increased mental alertness and concentration
    c. improved motor performance and coordination
    d. profound relaxation and calmness
16. Ritalin is most commonly prescribed to treat ______.
   a. heroin overdose
   b. Schizophrenia
   c. nicotine dependence
   d. attention deficit hyperactivity disorder (ADHD)

17. Joe is a 42-year-old recovering narcotic dependent. He has been psychoactive substance-free for ten months and has noticed fatigue, weakness, anxiety, high sensitivity to pain and markedly decreased ability to tolerate stress or discomfort. This could most likely be accounted for by ______.
   a. protracted abstinence syndrome
   b. underlying Axis II characterological pathology
   c. failure to surrender completely to a 12-Step program
   d. unreported use of other mood changing agents.

18. What percentage of chronic anabolic steroid users experience withdrawal symptoms after discontinuing use?
   a. 25%
   b. 50%
   c. 75%
   d. 100%

19. What is the characteristic of a psychoactive substance that makes it easy to pass through the blood-brain barrier?
   a. It is water-soluble.
   b. It is large in molecular size.
   c. It is fat-soluble.
   d. It is easy to metabolize.

20. What amount of caffeine does an individual have to consume to experience caffeinism?
   a. 50-200 mg
   b. 250-400 mg
   c. 550-700 mg
   d. 800-950 mg

21. Which of the following psychoactive substances does not produce withdrawal symptoms?
   a. alcohol
   b. LSD
   c. heroin
   d. caffeine

22. Which of the following factors does NOT contribute to an individual's blood alcohol concentration (BAC)?
   a. body size
   b. gender
   c. amount of food in digestive system
   d. time of day the alcohol was consumed

23. Which opioid replacement therapy has both an agonist and antagonist effect?
   a. naloxone
   b. buprenorphine
   c. naltrexone
   d. methadone
24. Which hallucinogen has stimulant, depressant, analgesic and anesthetic properties?
   a. LSD
   b. PCP
   c. psilocybin
   d. MDMA

25. If very potent cannabis is consumed, how long can it take to completely eliminate a single dose of cannabis from an individual’s body?
   a. 5 days
   b. 30 days
   c. 17 days
   d. 51 days

26. Which of the following types of antidepressants have the fewest side effects?
   a. tricyclic antidepressants
   b. selective serotonin reuptake inhibitors
   c. monoamine oxidase inhibitors
   d. selective norepinephrine/serotonin reuptake inhibitors

27. Which of the following over-the-counter (OTC) medications can potentially trigger a relapse?
   a. acetaminophen
   b. phenylephrine
   c. diphenhydramine
   d. phenylpropanolamine

28. Which of the following is a short-term physiological effect of anabolic steroids?
   a. decrease in cholesterol
   b. baldness in both sexes
   c. deepening of voice for males
   d. increased urination

29. ____________ are possible signs and symptoms exhibited by an individual’s perceptions and senses shortly after a psychoactive substance is consumed.
   a. Short-term psychological effects
   b. Short-term physiological effects
   c. Long-term psychological effects
   d. Long-term physiological effects

30. ____________ occurs when an individual repeatedly consumes a psychoactive substance to obtain a subjective experience that is often described as satisfying a “hunger” or “need.”
   a. Physical dependence
   b. Recreational use
   c. Psychological dependence
   d. Withdrawal

31. Which of the following classifications of psychoactive substances has a high potential for abuse and has no accepted medical uses?
   a. Schedule I
   b. Schedule II
   c. Schedule IV
   d. Schedule V
32. Which of the following classifications of psychoactive substances has a high potential for abuse and has some medical uses with severe restrictions?
   a. Schedule I
   b. Schedule II
   c. Schedule III
   d. Schedule IV

33. The most intense, rapid and efficient method of administration is ________.
   a. sublingually
   b. nasally
   c. intramuscularly
   d. intravenously

34. The brain and the spinal cord comprise which nervous system?
   a. peripheral nervous system
   b. autonomic nervous system
   c. parasympathetic nervous system
   d. central nervous system

35. Which of the following is an excitatory neurotransmitter?
   a. GABA
   b. serotonin
   c. glutamate
   d. dopamine

36. Which of the following is NOT a central nervous system depressant?
   a. alcohol
   b. benzodiazepines
   c. barbiturates
   d. cocaine

37. Lethal alcohol toxicity, also known as alcohol poisoning, can occur when an individual’s blood alcohol concentration (BAC) is ________ or higher.
   a. 0.10
   b. 0.20
   c. 0.30
   d. 0.40

38. Withdrawal from ________ is potentially life threatening.
   a. opioids
   b. LSD
   c. alcohol
   d. cocaine

39. Psychoactive substances that reduce anxiety are called ________.
   a. anticonvulsants
   b. anxiolytics
   c. anesthetics
   d. analgesics
40. ________ is a central nervous system depressant that is often referred to as the "date rape drug."
   a. Gamma hydroxybutrate (GHB)
   b. Ethyl alcohol
   c. Amobarbital
   d. Diazepam

41. Which of the following is NOT a central nervous system stimulant?
   a. amphetamine
   b. caffeine
   c. cocaine
   d. heroin

42. Which of the following is a short-term physiological effect of amphetamine use?
   a. constricted pupils
   b. increased appetite
   c. increased blood pressure
   d. increased salivation

43. Stereotypy is defined by ________________.
   a. an inability to move the legs
   b. repeating the same behavior over and over again
   c. increased ability to hear
   d. hallucinations

44. The least potent and effective way to consume cocaine is to administer it
   a. orally by chewing on a coca leaf
   b. intravenously
   c. intramuscularly
   d. nasally

45. Which part of the brain is responsible for reinforcing the rewarding effects of cocaine?
   a. nucleus accumbens
   b. hypothalamus
   c. hippocampus
   d. cerebral cortex

46. Which of the following is NOT part of the xanthine family of psychoactive substances?
   a. caffeine
   b. amphetamine
   c. theobromine
   d. theophylline

47. ____________ is a pharmacotherapy used for nicotine dependence that works by blocking the pleasurable effects experienced by smoking.
   a. Varencline
   b. Bupropion
   c. Naltrexone
   d. Disulfiram
48. Which of the following is NOT a narcotic?
   a. heroin
   b. MDMA
   c. oxycodone
   d. morphine

49. Consuming __________ causes an individual to have constricted, pinpoint pupils.
   a. LSD
   b. PCP
   c. cocaine
   d. heroin

50. "Skin popping" is referred to as __________.
   a. intravenously administering cocaine
   b. topically applying a nicotine patch
   c. subcutaneously administering heroin
   d. sublingually administering LSD

51. "Speedballing" is a mixture of which two psychoactive substances?
   a. cocaine and heroin
   b. nicotine and caffeine
   c. methamphetamine and cocaine
   d. heroin and nicotine

True or False Questions: Please select whether the ENTIRE statement is true or false and record your answer on the Independent Study Course Examination Answer Sheet.

52. Withdrawal symptoms experienced when therapeutic doses of benzodiazepines are discontinued are a reliable indicator of abuse or addiction.
   a. True
   b. False

53. Premature delivery, low birth weight, respiratory difficulties and an increased risk of sudden infant death syndrome (SIDS) are more common in children of cocaine-abusing women.
   a. True
   b. False

54. "Amotivational Syndrome" is characterized by increased sexual energy.
   a. True
   b. False

55. Marijuana is similar to alcohol in that most who use it do so intermittently and in low doses, but a sub-group uses it regularly in high doses and develops significant problems as a result.
   a. True
   b. False
56. One advantage of using barbiturates instead of benzodiazepines is that they retain their ability to produce sleep even with chronic long-term use.
   a. True
   b. False

57. Beta blockers and the alpha blocker clonidine are sometimes used to treat some of the symptoms of alcohol withdrawal.
   a. True
   b. False

58. Chronic use of barbiturates can often cause mental depression in people who were previously free of depression prior to beginning use.
   a. True
   b. False

59. Chronic PCP use can lead to physical dependence.
   a. True
   b. False

60. Hashish, hashish oil and marijuana all have the same concentration of THC.
   a. True
   b. False

61. Methamphetamine is a Schedule III psychoactive substance and is FDA-approved to treat cocaine dependence.
   a. True
   b. False

62. Nicotine use causes both stimulant and depressant psychoactive effects.
   a. True
   b. False

63. An agonist binds to a neuron and prevents other neurotransmitters from binding to that neuron.
   a. True
   b. False

64. Detoxification is the process of eliminating one-half of all psychoactive substances from the individual’s body.
   a. True
   b. False

65. Designer psychoactive substances are invented by chemists with a different molecular chemical formula of a similar controlled substance to evade law enforcement.
   a. True
   b. False

66. Excessive consumption of alcohol can cause testicular shrinkage.
   a. True
   b. False
67. Benzodiazepines are able to reduce anxiety with fewer of the typical side effects of sedation and general central nervous system depression commonly caused by barbiturates.
   a. True
   b. False

68. Benzodiazepines are relatively safe to use with little to no risk of overdose when taken at high doses.
   a. True
   b. False

69. Tolerance to the anti-anxiety effects of benzodiazepines develops very quickly.
   a. True
   b. False

70. Amphetamines are metabolized in the liver.
   a. True
   b. False

71. Cocaine is used by ear, nose and throat (ENT) specialists as an anesthetic for minor surgical procedures.
   a. True
   b. False

72. There is no set dosage threshold that leads to death for cocaine, since overdose limits are unique to each individual.
   a. True
   b. False

73. Within a few days after the cessation of tobacco, it can be expected that an individual will cough less and have more energy.
   a. True
   b. False

74. Narcotic partial agonists delay the onset of withdrawal symptoms and block the effects of consuming other opioids.
   a. True
   b. False

75. Cocaine stimulates the central nervous system.
   a. True
   b. False
PRODUCT REVIEW SURVEY

Thank you for ordering and completing the Basics of Addiction Counseling: Desk Reference and Study Guide, Module I: Pharmacology of Psychoactive Substance Use, Abuse and Dependence Independent Study Course. NAADAC strives to provide quality education to the addiction profession and requests your feedback to determine if we are meeting our goals.

Please respond to each question below. Your answers will in NO way affect your score on this Independent Study Course Examination or your ability to receive a Certificate of Completion upon passing the examination. Thank you, in advance, for your thoughtful feedback.

1. This educational product met all of my goals and objectives.

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2. The content of this educational product offered new insight and knowledge.

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3. The content presented in this educational product was easy to read and aided in my learning.

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4. I will recommend this educational product to someone else.

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5. I will purchase another NAADAC-developed educational product.

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6. What other continuing education products would you recommend NAADAC develop?

   __________________________________________________________________________

7. Additional comments:

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