

# Counseling and Social Work NCAC

National Certified Addiction Counselor Level I and Level II

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# Latest Version: 6.0

## Question: 1

Which of the following is the BEST description of a drug?

- A. a substance taken for a desired effect (other than food, water, or air) Correct
- B. any substance taken for effect
- C. a substance used to produce a high
- D. a substance that can have both positive and negative effects

**Answer: A**

Explanation:

There are many types of drugs. Some drugs are taken for reasons that are beneficial to the user. Some are addictive, and others are not. Drugs that alter behavior and/or mood are referred to as psychoactive drugs. Whatever the type of drug, the term drug does not alone imply a substance that is illegal or harmful.

## Question: 2

Psychoactive drugs are drugs that...

- A. alters behavior or mood.
- B. alter only mood.
- C. alter only behavior.
- D. have little or no effect on mood or behavior.

**Answer: B**

Explanation:

Many drugs have an effect upon the physiology of the user (such as birth control pills), but do not alter behavior or mood-those types of drugs would not be termed psychoactive.

## Question: 3

Which of the following is a psychoactive drug?

- A. aspirin
- B. birth control pills
- C. opium Correct
- D. malathion

**Answer: C**

Explanation:

Opium is a psychoactive drug because it has an effect upon the behavior and mood of the user. Aspirin and birth control pills have only a physiological impact upon the individual, and malathion is an insecticide.

### Question: 4

The magnitude of a drug's effect is...

- A. the dosage of the drug.
- B. the rate of absorption of the drug into the user's system.
- C. how intensely the user feels the drug's effects. Correct
- D. the level of quality of the drug.

**Answer: C**

Explanation:

The intensity of the drug, or how much the user feels its effects, depends upon several factors. Generally, however, the greater the dosage, the greater the intensity of the response. The peak effect is the highest intensity level at a given dosage of the drug.

### Question: 5

Which of the following is a common side effect of sniffing/snorting a drug?

- A. increased chance of infection
- B. elevated chance of overdose
- C. vein scarring
- D. damage to the nasal membrane lining

**Answer: D**

Explanation:

Snorting or sniffing a drug refers to ingesting the drug through the nose. This route of administration tends to lead to irritation of the nasal membrane, and long-term damage as well. The other three possible answers (infection, overdose, and scarring) are more common with administration of a drug through injection.

### Question: 6

What does metabolism do?

- A. maintains the composition of the drug

- B. alters the composition of the drug
- C. alters the drug so it cannot be eliminated from the body
- D. maintains the peak intensity of the drug

**Answer: B**

Explanation:

Metabolism is a process by which an ingested drug is changed into a form that can be removed from the user's body. The faster the drug moves through the user's system, the sooner the effects of the drug are diminished.

### Question: 7

How are drugs MOST often removed from the body?

- A. by vomiting
- B. through exhalation
- C. through the user's urine
- D. by pumping the stomach contents

**Answer: B**

Explanation:

Drugs most often leave the body after metabolization through the user's urine. Depending upon the level of efficiency, the liver and kidneys work together to break the drug down and excrete it out of the body through the user's urine.

### Question: 8

What is a route of administration?

- A. the directions to a drug supplier
- B. a way to process a drug user's recovery program
- C. the way a drug acts upon the user's body
- D. the manner in which a drug enters the user's body Correct

**Answer: D**

Explanation:

A route of administration is the means by which a drug is taken into the user's body. This ingestion can be accomplished in a number of ways. The most common ways to bring a drug into the bloodstream are oral, injection, and inhalation and nasal.

### Question: 9

When a drug is ingested orally, which of the following BEST describes how the drug enters the bloodstream?

- A. through the lungs
- B. directly via a blood vessel
- C. through the stomach or small intestines
- D. via nasal membranes

**Answer: C**

Explanation:

When a drug is taken orally, it is dissolved within the stomach and then passes through the stomach lining or small intestine to enter the bloodstream.

### Question: 10

Which of the following routes of administration achieves the longest-lasting results for the user?

- A. oral and nasal
- B. oral
- C. injection
- D. inhalation and nasal

**Answer: B**

Explanation:

Many users prefer the oral route of administration because the effects of the drug tend to be experienced for a lengthier period of time. The effects of the drug might be less intense with this route, but the duration of the effects (and ease of administration) overrides that concern for many users.

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