



# Alcohol and Drug Counselor (ADC) Exam

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## Practice Questions

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### 1. What is the primacy effect in the context of professional assessments?

- A. A symptom of social anxiety
- B. A result of emotional burnout
- C. A form of confirmation bias
- D. The tendency to be influenced by the first piece of information encountered

### 2. Where is the proper place to address serious ethical dilemmas encountered in clinical practice?

- A. Handling independently
- B. Consulting an ethics committee
- C. Discussing with a clinical supervisor
- D. Bringing up in peer supervision

### 3. Which of the following statements is TRUE about the ethical implications of dual relationships between counselors and clients?

- A. Illegal in all cases
- B. Unethical in most cases
- C. Illegal in most cases
- D. Unethical in all cases

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### 4. Which of the following scenarios BEST illustrates a conflict of interest?

- A. A professional ensures all clients receive equal treatment
- B. When a professional stands to gain personally from a business decision they are making
- C. A professional has a close friendship with a client
- D. A professional discusses personal matters with a client during a meeting



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**5. Which of the following BEST describes moral distress in a professional setting?**

- A. The stress a professional feels when faced with high workload
- B. The feelings of guilt a professional has after making a mistake
- C. The anxiety related to fearing job loss
- D. The discomfort a professional feels when they are unable to act according to their ethical beliefs

**6. What is the relationship between chronic stress and the development of other mental health disorders?**

- A. There is a strong correlation between chronic stress and the development of other mental health disorders.
- B. The data is inconclusive, but suggestive of a relationship.
- C. There is no significant connection between chronic stress and the development of other mental health disorders.

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**7. Which of the following is NOT an advantage that telehealth services have over traditional in-person therapy from an accessibility standpoint?**

- A. They reduce time spent on commuting
- B. They are available to individuals without internet access
- C. They can be accessed from remote locations
- D. They provide flexible scheduling

**8. What is the MAIN purpose of conducting frequent self-assessment in maintaining professional ethics?**

- A. They help avoid administrative tasks
- B. They remind a professional of their personal achievements
- C. They help identify and address potential ethical issues early

**9. Which of the following statements is TRUE about the indicators of aggressive behavior in individuals?**

- A. It is always anticipated by the individuals themselves
- B. Individuals consciously plan aggressive episodes
- C. There are observable warning signs
- D. It happens without any preceding signals



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**10. Which of the following MOST accurately describes the primary cause of disruptive behavior disorders in youth?**

- A. Strictly genetic predisposition
- B. A combination of genetic and environmental factors
- C. Poor parenting alone

**11. What is the recommended initial step when implementing a conflict resolution strategy in a workplace setting?**

- A. Scheduling mediation sessions
- B. Reassigning projects
- C. A cooling-off period
- D. Conducting team-building exercises

**12. Which of the following cognitive distortions is MOST likely to lead to relapse during recovery?**

- A. Catastrophizing
- B. Selective abstraction
- C. Overgeneralization
- D. Minimization

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**13. Who should identify personal stressors that may lead to a conflict?**

- A. The supervisor
- B. The HR department
- C. The individual
- D. The individual's family

**14. Which of the following statements is TRUE about the process of emotional regulation during stress management?**

- A. It worsens over time with consistent practice
- B. It improves without any practice
- C. It improves over time with consistent practice
- D. It remains the same regardless of practice



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**15. Which of the following is the BEST approach to handling disruptive behavior in a classroom setting before implementing techniques such as positive reinforcement?**

- A. Authoritative
- B. Permissive
- C. Indifferent

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**16. In the context of substance abuse treatment, which phase is characterized by the client developing a sustained commitment to sobriety?**

- A. Maintenance
- B. Relapse
- C. Contemplation
- D. Action

**17. At which stage of the motivational interviewing process does the client fail to recognize the impact of their behavior despite obvious consequences to others?**

- A. Action
- B. Precontemplation
- C. Contemplation
- D. Preparation

**18. Which of the following is NOT a commonly observed behavioral effect of cocaine use?**

- A. Euphoria
- B. Increased alertness
- C. Increased appetite

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**19. Which of the following vitamins has the shortest biological half-life?**

- A. Vitamin C
- B. Vitamin B12
- C. Vitamin A
- D. Vitamin D



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**20. What is the primary clinical concern when prescribing opioids?**

- A. Their pain relief effectiveness
- B. Their cost
- C. Their recommended duration of use
- D. Their addiction potential

**21. Which of the following vitamins is NOT water-soluble?**

- A. Vitamin K
- B. Vitamin B12
- C. Vitamin C
- D. Vitamin B6

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**22. Which of the following BEST describes the occurrence of disruptive behavior in adolescents?**

- A. Intermittent
- B. Constant
- C. Always Present

**23. Which of the following MOST accurately describes nicotine?**

- A. It is a depressant
- B. It is a hallucinogen
- C. It is a barbiturate
- D. It is a stimulant

**24. Which of the following is the MOST crucial factor for successful collaboration in a multidisciplinary team for patient care?**

- A. Resource Allocation
- B. Standardized Procedures
- C. Clear Communication
- D. Hierarchy Management

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**25. What happens if a person taking Naltrexone does not use opioids?**

- A. An unpleasant psychological reaction
- B. Nothing
- C. An unpleasant physical reaction

**26. How does the involvement of a child's school and teachers influence the treatment outcomes for a child with behavioral issues?**

- A. It should be minimized to prevent interference with treatment
- B. It is important in producing positive outcomes
- C. It distracts the child from focusing on personal therapy

**27. Which of the following represents an advanced symptom of severe alcohol withdrawal?**

- A. Tremors
- B. Seizures
- C. Anxiety

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**28. What does the research suggest about long-term outcomes for individuals with treatment-resistant depression who are NOT treated with electroconvulsive therapy (ECT)?**

- A. Outcomes are positive for these patients
- B. Outcomes are not predictable with these patients
- C. Outcomes are poor for these patients

**29. Which of the following would be LEAST helpful in an initial therapy session with a client experiencing mood disorders?**

- A. Exploring the client's support system
- B. Assessing the client's symptoms in a non-confrontational manner
- C. Directly questioning the client's coping skills bluntly
- D. Establishing rapport with the client

**30. Which of the following is the MOST widely used medication-assisted treatment (MAT) for alcohol use disorder in the United States?**

- A. Disulfiram
- B. Methadone
- C. Naltrexone



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## Answer Key & Explanations

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### 1. D — The tendency to be influenced by the first piece of information encountered

Answer: The tendency to be influenced by the first piece of information encountered. The primacy effect refers to the cognitive bias where the first piece of information presented is given more weight and significantly influences subsequent judgments. This can affect evaluations and decision-making processes within professional settings, leading to potential biases that should be acknowledged and mitigated. It is not related to social anxiety, emotional burnout, or confirmation bias.

### 2. B — Consulting an ethics committee

Answer: Consulting an ethics committee Serious ethical dilemmas are best handled through consultation with an ethics committee. This process ensures that multiple viewpoints are considered and that the decision-making process is aligned with established ethical guidelines. While discussing ethical issues with a clinical supervisor or in peer supervision can provide insight, ultimate guidance and resolution of serious ethical dilemmas should be sought from an ethics committee.

### 3. D — Unethical in all cases

Answer: Unethical in all cases Dual relationships between counselors and clients are prohibited by professional ethics. Although these dual relationships might not be illegal in certain jurisdictions, they are considered unethical in the counseling profession regardless of the location.

### 4. B — When a professional stands to gain personally from a business decision they are making

Answer: When a professional stands to gain personally from a business decision they are making A conflict of interest occurs when a professional is in a position to benefit personally from a decision or action they are responsible for making in an official capacity. This situation can compromise their judgment and objectivity, and is considered unethical in professional settings.

### 5. D — The discomfort a professional feels when they are unable to act according to their ethical beliefs

Answer: The discomfort a professional feels when they are unable to act according to their ethical beliefs. Moral distress occurs when a professional knows the ethically appropriate action to take but feels powerless to act due to various constraints such as policies, laws, or lack of support, resulting in psychological discomfort.

### 6. A — There is a strong correlation between chronic stress and the development of other mental health disorders.

Answer: There is a strong correlation between chronic stress and the development of other mental health disorders. Research has shown that individuals experiencing chronic stress are more likely to develop mental health disorders such as depression, anxiety, and substance abuse. The physiological and psychological impact of prolonged stress is a significant risk factor for these conditions.

### 7. B — They are available to individuals without internet access

Answer: They are available to individuals without internet access Telehealth services offer several



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advantages over traditional in-person therapy from an accessibility standpoint. They can be accessed from remote locations, provide flexible scheduling, and reduce time spent on commuting. Telehealth services, however, are not available to individuals without internet access, which limits accessibility.

**8. C — They help identify and address potential ethical issues early**

Answer: They help identify and address potential ethical issues early The main purpose of conducting frequent self-assessment in maintaining professional ethics is to identify and address potential ethical issues early. This proactive approach helps in preserving professional integrity and prevents the escalation of ethical conflicts. The purpose is not to avoid administrative tasks or simply celebrate personal achievements.

**9. C — There are observable warning signs**

Answer: There are observable warning signs Aggressive behavior, like relapse, can be detected through certain cues and warning signs. It's not entirely unpredictable, nor necessarily expected by the individual. Most often, individuals do not consciously plan such behavior.

**10. B — A combination of genetic and environmental factors**

Answer: A combination of genetic and environmental factors Research has shown that disruptive behavior disorders in youth are caused by a mix of genetic and environmental factors. These factors include family history, parenting styles, exposure to violence, and socio-economic status. Disruptive behaviors cannot be attributed to a single cause such as poor parenting or genetic predisposition alone.

**11. C — A cooling-off period**

Answer: A cooling-off period Before addressing underlying issues directly, it is recommended to have a cooling-off period to allow emotions to settle. This can help ensure that subsequent conflict resolution efforts are more productive and less driven by immediate emotional responses. Conducting team-building exercises, scheduling mediation sessions, and reassigning projects can be part of the broader strategy but are not recommended as the very first step.

**12. A — Catastrophizing**

Correct Answer: Catastrophizing Catastrophizing is the cognitive distortion where individuals often predict the worst possible outcome of a situation, which can lead to feelings of hopelessness and despair. When recovering from addiction, this mindset can easily trigger a relapse as the individual may feel overwhelmed and see relapse as inevitable. While other cognitive distortions such as selective abstraction, overgeneralization, and minimization can also be harmful, catastrophizing more definitively creates a significant mental burden that can impede recovery progress.

**13. C — The individual**

Answer: The individual Individuals are the best experts on their own stress and personal triggers that may lead to conflict. While guidance can be provided by supervisors or HR, it is ultimately the individual who must identify their personal stressors, as these are deeply personal and unique to each person. The individual's family might offer insights, but only the individual can truly know what specifically triggers their stress and potential conflicts.

**14. C — It improves over time with consistent practice**

Answer: It improves over time with consistent practice Emotional regulation skills tend to improve over time with consistent practice of stress management techniques. It is vital to inform clients about the gradual nature of improvement and encourage regular practice for better outcomes.



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**15. A — Authoritative**

Answer: Authoritative Prior to the adoption of techniques like positive reinforcement, one common approach to managing disruptive behavior in classrooms was authoritative. This approach involves strict rules and expectations, but it lacks the flexibility to address individual student needs effectively. While authoritative discipline can maintain order, it often does not address the underlying causes of disruptive behavior and can be less effective in promoting long-term positive behavior modifications.

**16. A — Maintenance**

Answer: Maintenance Maintenance is the phase in which clients focus on maintaining their gains and continuing their commitment to change in the long-term, making adjustments to their lifestyle to support sobriety. Precontemplation represents the initial stage where clients are not yet acknowledging there is a problem. Contemplation involves clients considering the possibility of change but remaining ambivalent. In the preparation stage, clients start to get ready for change. The action stage involves active efforts to modify the problematic behavior. Relapse can occur at any stage and means returning to a previous stage with problematic behavior.

**17. B — Precontemplation**

Answer: Precontemplation In the precontemplation stage, the client is unaware or in denial about their problematic behavior, although others around them can see the negative impact. The contemplation stage follows, where the client starts to acknowledge the issue but is ambivalent about change. During the preparation stage, the client begins to make initial steps indicating a commitment to change. The action stage is where active modification of behavior occurs, followed by the maintenance stage, which focuses on preserving the changes. Relapse can occur at any time throughout these stages, leading to earlier steps.

**18. C — Increased appetite**

Answer: Increased appetite Increased appetite is not a commonly observed effect of cocaine use. Cocaine tends to suppress appetite rather than increase it. Common behavioral effects of cocaine use include euphoria, increased alertness, and heightened energy levels.

**19. A — Vitamin C**

Answer: Vitamin C A vitamin's half-life refers to the time it takes for half of the vitamin's concentration in the body to be metabolized or excreted. Vitamin C has a very short half-life compared to other vitamins. The other vitamins listed (Vitamin B12, Vitamin A, and Vitamin D) have significantly longer biological half-lives than Vitamin C.

**20. D — Their addiction potential**

Answer: Their addiction potential The main clinical concern with prescribing opioids is their high potential for addiction. Thus, they involve significant risk when used for pain management. Considerations such as effectiveness, cost, and recommended duration of use are not as critical concerning the clinical dangers opioids pose.

**21. A — Vitamin K**

Answer: Vitamin K Vitamin K is a fat-soluble vitamin, which means it is stored in the body's fatty tissue and liver. The other options — Vitamin B12, Vitamin C, and Vitamin B6 — are all water-soluble, meaning they dissolve in water and are not stored in the body.

**22. A — Intermittent**

Answer: Intermittent Disruptive behavior in adolescents is rarely constant or always present. It is much more



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likely to be intermittent, with fluctuations influenced by multiple factors such as environmental stressors and interpersonal relationships. Professionals dealing with adolescents can anticipate varying patterns of behavior that react to psychosocial pressures.

**23. D — It is a stimulant**

Answer: It is a stimulant Nicotine is a stimulant. It increases neurotransmitter activity, enhancing brain alertness and focus. It is not a depressant, hallucinogen, or barbiturate.

**24. C — Clear Communication**

Answer: Clear Communication Clear communication is paramount in ensuring all members of a multidisciplinary team are aligned with patient care goals, facilitating the best outcomes. While hierarchy management, resource allocation, and standardized procedures are valuable, without clear communication, these factors cannot be effectively coordinated.

**25. B — Nothing**

Answer: Nothing Naltrexone is used to treat opioid use disorders by blocking the euphoric and sedative effects of opioids. The effects of Naltrexone do not manifest in the absence of opioid use. If a person does not use opioids, neither unpleasant physical reactions nor unpleasant psychological reactions will occur as a result of taking Naltrexone.

**26. B — It is important in producing positive outcomes**

Answer: It is important in producing positive outcomes In the treatment of children with behavioral issues, research confirms that the involvement of the child's school and teachers is important in producing positive outcomes. This differs from the traditional approach of minimizing external involvement to allow a child to focus on personal therapy sessions.

**27. B — Seizures**

Answer: Seizures Seizures are considered an advanced symptom of severe alcohol withdrawal. Anxiety and tremors are considered mild symptoms of alcohol withdrawal.

**28. C — Outcomes are poor for these patients**

Answer: Outcomes are poor for these patients There is extensive research indicating that long-term outcomes for individuals with treatment-resistant depression who are not treated with ECT are very poor, including high rates of hospitalization and suicide. Though ECT may not be suitable for everyone due to individual factors, the overarching tone of the research underscores its effectiveness in many cases.

**29. C — Directly questioning the client's coping skills bluntly**

Answer: Directly questioning the client's coping skills bluntly In an initial therapy session, it is essential to build trust and communication with the client. This includes understanding their mood and collecting information about their situation in a supportive and non-judgmental way. Bluntly questioning the client's coping skills can feel confrontational and may hinder the development of a therapeutic alliance. It's generally more effective to explore these aspects gently and empathetically.

**30. C — Naltrexone**

Answer: Naltrexone Naltrexone is the most widely used medication-assisted treatment (MAT) for alcohol use disorder in the United States. Naltrexone works by blocking the euphoric effects and feelings of intoxication from alcohol, which can help people reduce their drinking behaviors. Disulfiram is an older medication that causes unpleasant effects if alcohol is consumed, but it's not as commonly used as Naltrexone. Methadone is



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not used for alcohol use disorder; it is primarily used for opioid use disorder.



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