Substance Abuse and Dependency

Questions from “Treating Alcohol and Drug Problems in Psychotherapy Practice” (1-50)

1) Patients who abuse alcohol and drugs have long been stereotyped by mental health professionals as being
   a) character disordered
   b) too resistant
   c) physically ill
   d) a liability risk

2) Which is a reason why all practicing therapists should acquire the skills required to address SUDs competently and routinely in their patients?
   a) applicability of psychotherapy training and skills
   b) opportunities for early intervention
   c) private practice opportunities
   d) all the above

3) All the following patients can benefit from office-based treatment EXCEPT
   a) individuals who cannot work within the traditional disease model
   b) individuals whose use of psychoactive substances meets the criteria for serious abuse or dependency
   c) individuals who prefer absolute privacy and individualized attention
   d) individuals whose prior experiences with addiction treatment programs have been unhelpful

4) It is acceptable to omit an SUD diagnosis from insurance claims and indicate a mental health diagnosis to meet reimbursement criteria.
   a) True
   b) False

5) In which type of use is the substance used to produce specific types of effects to cope with certain types of situations?
   a) regular
   b) circumstantial
   c) experimental
   d) occasional

6) A diagnosis of dependence requires evidence of tolerance or withdrawal.
   a) True
   b) False

7) Peele & Brodsky (1991) state that many individuals change their patterns of alcohol and drug use as part of a more global _____ process.
   a) chronic illness
   b) workplace related
   c) legal system
   d) maturing out
8) Which DSM-IV specifier is used when none of the criteria for abuse or dependence have been met at any time during a period of 12 months?
   a) early full remission
   b) early partial remission
   c) sustained full remission
   d) sustained partial remission

9) The NIAAA defines _____ drinking as no more than 1 drink per day for adult women.
   a) low-risk
   b) gateway drinking
   c) pre-dependence
   d) social

10) An individual tolerant to alcohol will be comparably tolerant to equivalent doses of barbiturates. This is known as
    a) cross-tolerance
    b) permeability
    c) spectrum addiction
    d) multi-vulnerability

11) A loss of consciousness is often associated with a BAC of _____.
    a) .20%
    b) .30%
    c) .40%
    d) .50%

12) Smoking methamphetamine produces a high lasting _____ hours.
    a) 1 - 2
    b) 2 - 4
    c) 4 – 6
    d) 6 – 8

13) THC can be detected in urine for up to _____ after last use in chronic users.
    a) 20 days
    b) 40 days
    c) 60 days
    d) 80 days

14) Most PCP users report distinctly negative and even terrifying effects of PCP on their mood and mental state.
    a) True
    b) False

15) During which stage of change does the balance tip in favor of change?
    a) precontemplation
    b) contemplation
    c) preparation
    d) action
16) In the motivational strategies summarized by ABCDEFGH, what does the "C" stand for?
   a) coercion
   b) coping
   c) congratulate
   d) choices

17) In the disease model, addiction can be viewed as a biochemical _____ to psychoactive substances.
   a) brain allergy
   b) petri dish
   c) mother ship
   d) host organism

18) The _____ hypothesis holds that substance-dependent individuals are predisposed to dependence as a result of ego impairments.
   a) self-medication
   b) oral fixation
   c) diminished-self
   d) genetic predisposition

19) AA started in
   a) 1925
   b) 1935
   c) 1945
   d) 1955

20) Co-occurring Axis II personality disorders among patients with SUDs generally fall into all the following categories EXCEPT
   a) antisocial
   b) avoidant
   c) borderline
   d) narcissistic

21) One consideration in assessment is that a period of at least _____ is necessary in most cases before a reasonably accurate picture of the patient’s baseline functioning is revealed.
   a) 4 – 6 weeks
   b) 2 – 3 months
   c) 4 – 6 months
   d) 9 – 12 months

22) _____ AA meeting are meeting where those with dual disorders may feel more comfortable.
   a) double trouble
   b) dualie
   c) DNA
   d) double barrel
23) Surveys report that between ____ of patients entering addiction treatment programs have made at least one suicide attempt.
   a) 5 – 10%
   b) 10 – 20%
   c) 20 – 30%
   d) 40 – 50%

24) Withdrawal from alcohol is often accompanied by substituting
   a) Anabuse
   b) Paxil
   c) Valium
   d) Wellbutrin

25) All benzodiazepines are cross-tolerant with alcohol.
   a) True
   b) False

26) The Drug Addiction Treatment Act of 2000 allows qualified physicians to prescribe
   a) methadone
   b) buprenorphine
   c) marijuana
   d) cocaine

27) Which is NOT an early to moderate sign and symptoms of opioid withdrawal?
   a) anxiety
   b) low-grade fever
   c) craving
   d) increased respiratory rate

28) Which of the following is NOT mentioned by Berg & Miller (1992) as a technique for approaching mandated patients?
   a) emphasizing that they have no choice about showing up
   b) being sympathetic to the patient’s plight
   c) accept without challenge their goal is to get the coercing agent off their back
   d) compliment the patient for recognizing the importance of at least showing up

29) Episodes of amnesia or memory gaps induced by heavy consumption of alcohol and/or other sedative drugs is/are
   a) fugues
   b) blackouts
   c) dissociations
   d) amnesia

30) Which of these tests is perhaps the most sensitive indicator of alcohol-related liver problems?
   a) AST
   b) ALT
   c) GTO
   d) GGT
31) People with compulsive overeating may be attracted to which drug?
   a) marijuana
   b) alcohol
   c) cocaine
   d) opium

32) "I know I have a problem and I need help in deciding what to do about it" is said by a patient in which stage of change?
   a) precontemplation
   b) contemplation
   c) preparation
   d) action

33) "How do you prevent things from getting even worse" is an example of a/an _____ question.
   a) exception-finding
   b) coping
   c) miracle
   d) scaling

34) Denning (2000) emphasizes the importance of formulating a _____ with substance-abusing patients.
   a) contingency plan
   b) living will
   c) nutrition contract
   d) needs hierarchy

35) "Elicit the patient's perception of the problem" is a motivational strategy for which stage of change?
   a) precontemplation
   b) contemplation
   c) preparation
   d) action

36) "Help the patient identify and sample non-drug sources of pleasure" is a motivational strategy for which stage of change?
   a) precontemplation
   b) contemplation
   c) preparation
   d) maintenance

37) Most controlled drinking approaches strongly advise patients to begin with a period of total abstinence of _____ days or longer before attempting moderation.
   a) 30
   b) 60
   c) 90
   d) 120
38) Certain benzodiazepines can be detected in urine screens with reasonable accuracy within only _____ hours after last use.
   a) 4 – 8
   b) 12 – 16
   c) 18 – 24
   d) 48 – 72

39) The process of becoming addicted to psychoactive substances creates the ability for a wide variety of conditioned stimuli or _____ to set off drug cravings.
   a) bells
   b) triggers
   c) hankerings
   d) sparks

40) Returning to drug use often makes the PAWS symptoms worse.
   a) True
   b) False

41) In an early study by Hunt et al. (1971), which group had the highest relapse rate?
   a) cigarette smokers
   b) alcoholics
   c) heroin addicts
   d) the rates were nearly identical

42) Repetitive drug using dreams are a/an _____ warning sign.
   a) cognitive
   b) behavioral
   c) affective
   d) physiological

43) Which is not mentioned as a poor prognostic sign for the relationship surviving recovery?
   a) one of the partners is still using
   b) the relationship was formed while the addiction was still active
   c) the partner has unrelenting hostility and resentment
   d) the partner is unable to see the need for personal change

44) Stanton & Todd (1982) found certain characteristics distinguish families of addicted individuals from families with serious mental health problems. These include all the following EXCEPT
   a) higher frequency of multigenerational addiction
   b) higher incidence of unemployment
   c) more primitive and direct expression of conflict and hostility
   d) more overt alliances

45) According to Young (1995), one of the greatest unacknowledged contributors to alcohol and drug relapse is the failure to identify and treat underlying _____ issues.
   a) mental health
   b) learning disability
   c) attention deficit
   d) childhood sexual abuse
46) Which is NOT a limitation of group therapy?
   a) concerns about loss of privacy and confidentiality
   b) the costs are often more expensive than individual therapy
   c) a small portion of the session time is devoted to the needs of any one person
   d) group therapy is not suitable for all patients

47) Group members should be encouraged to maintain contact with one another outside of the group, especially in the early phases of treatment.
   a) True
   b) False

48) Having an AA sponsor is discouraged while a patient is in individual therapy.
   a) True
   b) False

49) Which is NOT a "Tip for Cutting Down on Your Drinking"?
   a) drink slowly
   b) keep a drinking diary
   c) designate certain nondrinking days
   d) alternate drinking with cross-tolerant substances

50) A birthday would be an example of which type of trigger?
   a) internal
   b) nonspecific
   c) situational
   d) chemical

Questions from: Buzzed: The Straight Facts about the most used and abused drugs (51=109)

51) About _____ of a given dose of alcohol is absorbed through the stomach.
   a) 10%
   b) 20%
   c) 30%
   d) 40%

52) Motor coordination and reflexes are impaired at a blood ethanol level of _____ mg/100ml.
   a) up to 100
   b) 100 - 300
   c) 300 - 400
   d) 400 - 600

53) Type _____ alcoholism is characterized by an onset of drinking problems in adolescence, aggressive behavior, trouble with the law, and the use of other drugs.
   a) I
   b) II
   c) III
   d) IV
54) The "A" is the CAGE screening test stands for
   a) Athletics
   b) Alcohol
   c) Adolescence
   d) Annoyed

55) Women are at greater risk for _____ and _____ damage compared to men.
   a) thyroid, kidney
   b) kidney, liver
   c) liver, pancreas
   d) pancreas, thyroid

56) The most dangerous drugs to mix with alcohol are
   a) stimulants
   b) anti-depressants
   c) sedatives
   d) mood stabilizers

57) The half life of a given dose of caffeine is approximately
   a) 90 minutes
   b) 3 hours
   c) 6 hours
   d) 12 hours

58) Caffeine can increase the effectiveness of medications used to treat migraines.
   a) True
   b) False

59) Which has the highest caffeine content?
   a) Espresso 2 oz
   b) Percolated robusta 8 oz
   c) Dripped robusta 8 oz
   d) Instant coffee 8 oz

60) You would have to eat _____ of chocolate to stimulate the THC receptors as much as a typical dose of marijuana.
   a) 2.5 oz.
   b) 25 oz.
   c) 2.5 lbs.
   d) 25 lbs.

61) MDMA seems to cause a combination of _____ and _____ like effects
   a) barbiturate, alcohol
   b) alcohol, amphetamine
   c) amphetamine, hallucinogen
   d) hallucinogen, barbiturate
62) The term “entactogen” meaning _____ has been coined to describe drugs such as MDMA.
   a) purple haze
   b) to touch within
   c) to dance endlessly
   d) acting like you know

63) Which is NOT a physical effect of MDMA which has been reported?
   a) heart attacks
   b) stroke
   c) low body temperature
   d) seizures

64) Hyponatremia is caused by too much
   a) dancing
   b) flashing lights
   c) loud music
   d) water

65) Seeing sounds or hearing colors are examples of
   a) synesthesia
   b) a bad trip
   c) onomatopoeia
   d) psychosis

66) “Returning to normal” happens in what time frame for hallucinogens of the LSD group?
   a) 1 – 4 hours
   b) 4 – 7 hours
   c) 7 – 12 hours
   d) 12 – 24 hours

67) The hallucinogen DMT can be found in the skin of the
   a) South Dakota Jackalope
   b) Montana Paddlefish
   c) Colorado River toad
   d) Idaho Spotted Skink

68) Mescaline comes from
   a) mint
   b) mushrooms
   c) cactus
   d) poppies

69) The Belladonna Alkaloids block one receptor for the neurotransmitter
   a) acetylcholine
   b) seratonin
   c) dopamine
   d) melatonin
70) Herbal drugs are regulated by the FDA.
   a) True
   b) False

71) Many people take St. John's wort to treat
   a) depression
   b) anxiety
   c) impotence
   d) sleep

72) Melatonin is released only released at night.
   a) True
   b) False

73) Ginkgo is taken to improve
   a) mood
   b) athletic performance
   c) hair sheen
   d) memory

74) Only _____ is specifically manufactured and packaged for legitimate medical use in humans.
   a) Butyl nitrite
   b) amyl nitrite
   c) isobutyl nitrite
   d) nitroglycerin

75) Ether was first used in surgery in
   a) 1817
   b) 1847
   c) 1877
   d) 1907

76) With repeated use of nitrous oxide, recreational users may experience all EXCEPT
   a) not getting enough oxygen
   b) getting hurt if the gas-delivery device works improperly
   c) suffering brain toxicity if used with other NMDA antagonists
   d) experiencing a vitamin B6 deficiency

77) In the study reported, _____ of the deaths associated with inhalant use were from suicide.
   a) 12%
   b) 20%
   c) 28%
   d) 36%

78) Some high grade marijuana is known as “sinsemilla” which means
   a) lost all senses
   b) high grade
   c) without seeds
   d) painted sunrise
79) The remnants from a single large dose of THC may be detected up to _____ later.
   a) 3 hours
   b) 3 days
   c) 3 weeks
   d) 3 months

80) The _____ is involved in the formation of new memories and has a very high concentration of cannabinoid receptors.
   a) hippocampus
   b) amygdala
   c) thalamus
   d) pons

81) Which of the following statements is true?
   a) smoking marijuana increases the heart rate
   b) marijuana smoke is 10 times more toxic to the lungs than tobacco smoke
   c) marijuana can lead to sterility
   d) marijuana smoking produces heart attacks

82) The Marijuana Tax Act of _____ made it virtually impossible to have anything to do with marijuana without breaking some part of the tax law.
   a) 1927
   b) 1937
   c) 1947
   d) 1957

83) In the early 1960's in the United States, about _____ of adults were smokers.
   a) 10%
   b) 20%
   c) 30%
   d) 40%

84) When nicotine patches were used for four weeks, the capacity for attention in both children and adults with ADHD was improved.
   a) True
   b) False

85) The smoke rising off a lit cigar is known by what term?
   a) secondary
   b) collateral
   c) sidestream
   d) exhaust

86) The Oxford Survey of Childhood Cancers found that fathers who smoked 20 or more cigarettes per day had a _____ increased risk of having a child with cancer.
   a) 12%
   b) 22%
   c) 32%
   d) 42%
87) The largest producer of heroin is
   a) Colombia
   b) Mexico
   c) Burma
   d) Afghanistan

88) Which is classified as a “Medium Efficacy” opiate drug?
   a) morphine
   b) fentanyl
   c) codeine
   d) oxycodone

89) The usual cause of death from opiates is
   a) suppression of breathing
   b) suicide
   c) stroke
   d) heart attack

90) Buprenorphine stimulates opiate receptors and provides a _____ strategy.
   a) substitution
   b) safe high
   c) aversion
   d) satiation

91) The first barbiturate, in 1903 was
   a) barbital
   b) alphenal
   c) allobarbital
   d) phenobarbital

92) The barbiturates act by increasing the inhibitory function of the neurotransmitter
   a) serotonin
   b) dopamine
   c) GABA
   d) ACTH

93) One problem mentioned with benzodiazepines is the impact on
   a) sexual functioning
   b) blood pressure
   c) general learning
   d) skeletal growth

94) GHB easily crosses the blood-brain barrier.
   a) True
   b) False
95) “Anabolic” refers to a steroid’s ability to
   a) break down proteins
   b) promote muscle growth
   c) mimic testosterone
   d) be created in a laboratory

96) Normally, testosterone is released constantly by the
   a) adrenal glands
   b) pancreas
   c) pineal gland
   d) testes

97) Side effects of women who take anabolic steroids include
   a) a deeper voice
   b) male pattern baldness
   c) an enlarged clitoris
   d) all of the above

98) Cocaine users still outnumber meth users almost _____ to 1.
   a) 2
   b) 3
   c) 4
   d) 5

99) Which is a drug with effects mainly on dopamine?
   a) cocaine
   b) methylphenidate
   c) amphetamine
   d) ephedrine

100) Kids with ADHD who get effective drug treatment are less likely to become addicted to drugs.
    a) True
    b) False

101) Neurons look a little like
    a) Squidward
    b) spaghetti
    c) flowers
    d) trees

102) The electrical manifestation of learning from experience is called
    a) long-term potentiation
    b) synergy
    c) synaptic learning
    d) erudition
103) The process of making new neurons is called
   a) neuroception
   b) neurogenesis
   c) neuronascency
   d) neuronativity

104) All the blood vessels that take nutrients from the intestine to the body must go through the _____ first where toxic substances can be removed.
   a) gallbladder
   b) liver
   c) pancreas
   d) kidney

105) Which is an example of a drug which becomes more effective over time?
   a) cocaine
   b) heroin
   c) caffeine
   d) nicotine

106) It is not possible for a person to be dependent and go through withdrawal from a drug that is not addicting like nose drops.
   a) True
   b) False

107) The neurotransmitter _____ seems to play an important role in the normal process of reinforcement and in the actions of most addictive drugs.
   a) serotonin
   b) acetylcholine
   c) histamine
   d) dopamine

108) In studies of hospitalized alcoholics, _____ typically report having experienced childhood abuse.
   a) 50 to 60%
   b) 60 to 70%
   c) 70 to 80%
   d) 80 to 90%

109) Lending a car to a friend who is involved in drug possession and distribution could result in a charge of
   a) conspiracy
   b) racketeering
   c) smuggling
   d) idiocy