Alcohol Problems in Intimate Relationships: Identification and Intervention

Alcohol problems

1) Most drinking problems are of mild to moderate severity and are amenable to relatively brief interventions.
   a) True
   b) False

2) High Volume Drinking is defined as _____ or more standard drinks per week for females.
   a) 7
   b) 10
   c) 13
   d) 16

3) As shown in Table 1, the study reported found that approximately _____ of Americans experienced at least one alcohol-related problem in the prior year.
   a) 7%
   b) 14%
   c) 21%
   d) 28%

4) Recent data suggest that _____ of children in the United States is exposed to alcohol abuse or dependence in the family.
   a) 12.6%
   b) 18.6%
   c) 22.6%
   d) 28.6%

Screening and Problem Assessment

5) Which is a recommended 10-item screening instrument?
   a) CAGE
   b) AUDIT
   c) MAC-R
   d) MAST

6) Which is an instrument to assess the consequences of alcohol use?
   a) ADS
   b) SADQ
   c) AUDADIS
   d) DrInC

7) Most brief interventions use a _____ approach.
   a) Client Centered
   b) Psychodynamic
   c) Cognitive behavioral
   d) Medical
8) Once you become aware that drinking is a problem for a family, you should ask all the following EXCEPT
   a) will treatment be covered by insurance
   b) should I address the drinking problem at all
   c) what type of drinking problem does this family have
   d) if I continue working with the family, to what extent should the children be involved

9) Involving children in treatment sessions may present all the following drawbacks EXCEPT
   a) boundary issues between parents and children may be violated
   b) information presented may trigger alcohol experimentation among children
   c) there may be issues that are inappropriate for children to hear
   d) if there is violence in the family, it may not be safe for children to discuss parent's drinking

10) Contemporary research suggests that life experience is the vehicle by which motivation can lead to change in drinking habits.
    a) True
    b) False

11) The principle of _____ becomes prominent as alcohol issues are explored more fully.
    a) denial
    b) Body Mass Index
    c) tolerance
    d) choice

12) Which is NOT a common pitfall mentioned?
    a) Reactions of other family members during any discussion of drinking
    b) Negative reactions by family members to your empathic responses to the drinker
    c) Family members may be overly compliant without intending to follow through
    d) Family members may develop an alliance against you

Elements of Brief Interventions: When the Drinker is Present

13) The approach described is best characterized as
    a) solution focused therapy
    b) adapted motivational interviewing
    c) client-centered
    d) family-centered

14) A standard drink is equal to a _____ oz glass of table wine.
    a) 3
    b) 4
    c) 5
    d) 6

15) 2 drinks per day (14 per week) would put a woman at the _____ percentile for U.S. adults.
    a) 64th
    b) 74th
    c) 84th
    d) 94th
16) When the drinker is present, continue using the skills of motivational interviewing through all of the following EXCEPT
   a) enlist the families help in conducting micro-interventions as needed
   b) taking an empathic stance
   c) avoiding the urge to confront resistance
   d) eliciting reactions from the drinker and family members

17) Using the Blood Alcohol Level Estimation Chart, a 180 pound man be legally intoxicated with a BAL of .13 after how many drinks?
   a) 3
   b) 6
   c) 9
   d) 12

Elements of Brief Interventions: When the Drinker is not Present

18) The first step in the assessment of family coping and drinking-related problems is
   a) decrease protection for drinking
   b) family feedback to the drinker
   c) family requests for change
   d) assure family safety

19) Family feedback to the drinker is most effective as soon as they realize the drinker is drunk.
   a) True
   b) False

20) Which treatment model is a brief 2 to 4 session treatment?
   a) CBT
   b) TSF
   c) ABCT
   d) MET

Appendix A

21) Which of the following assessment instruments is self-administered?
   a) CAGE
   b) BDP
   c) SCID
   d) AUDIT

22) The "A" in the CAGE instrument stands for
   a) annoyed
   b) aardvark
   c) afternoon
   d) alcohol