Substance Abuse Treatment: Addressing the Specific Needs of Women

Questions from chapter 1

1) According to SAMSHA, _____ of females age 12 and older were classified with substance dependence or abuse in 2004.
   a) 6.2%
   b) 9.2%
   c) 12.2%
   d) 15.2%

2) Women develop substance use disorders and health-related problems in less time than do men, an effect known as
   a) compressing
   b) fast tracking
   c) telescoping
   d) wandering

3) According to Swan et al. (2000), rates of partner abuse appear highest for women who use
   a) methamphetamine
   b) cocaine/crack
   c) alcohol
   d) marijuana

4) According to Tough et al. (2006), for many women, use of alcohol, tobacco, and/or illicit drugs _____ after becoming aware of their pregnancy.
   a) significantly decreases
   b) slightly decreases
   c) remains the same
   d) slightly increases

5) According to Register et al. (2003), substance abuse and dependence may exacerbate postmenopausal risks for
   a) coronary heart disease
   b) osteoporosis
   c) breast cancer
   d) all the above

6) Data from the Census Bureau indicate that almost _____ of American women over the age of 65 are widowed.
   a) 1/3
   b) 1/2
   c) 2/3
   d) 3/4
Questions from chapter 2

7) According to SAMHSA (2004), the average age of first use of drugs or alcohol for females is almost _____ years old.
   a) 14  
   b) 16  
   c) 18  
   d) 20

8) According to Kendler et al. (1992), based on twin studies, women’s genetic likelihood of developing an alcohol use disorder is in the range of
   a) 50 to 60%  
   b) 60 to 70%  
   c) 70 to 80%  
   d) 80 to 90%

9) What does Agrawal et al. (2005) what is a protective factor for a woman being less likely to initiate use, abuse substances or become dependent on alcohol?
   a) Parental warmth  
   b) An abstinent partner  
   c) Living in a sunny, warm climate  
   d) A college education

10) According to Corliss et al. (2006), lesbian and bisexual women were most likely to use
    a) opioids  
    b) marijuana  
    c) prescription drugs  
    d) tranquilizers

    a) symbiotic relationship  
    b) vicious cycle  
    c) synergy  
    d) marriage

12) According to Kessler et al. (1997) _____ of women diagnosed with alcohol dependence have co-occurring disorders.
    a) 56%  
    b) 66%  
    c) 76%  
    d) 86%
13) Brady et al. (2000) found that women with PTSD were _____ more likely than women without PTSD to have a substance use disorder.
   a) 2
   b) 3
   c) 4
   d) 5

14) According to Simoni-Wastila (2000), women are _____ more likely to use a prescription drug that can be abused.
   a) 48%
   b) 58%
   c) 68%
   d) 78%

15) Which women have the highest prevalence of tobacco use?
   a) Hispanic and Black
   b) Black and American-Indian
   c) American-Indian and Alaska-Native
   d) Alaska-Native and Hispanic

16) Grueza et al. (2008) found a significant increase in risk for alcohol abuse and dependence among women born after 1944 except for ______ women.
   a) White
   b) Hispanic
   c) African-American
   d) Asian

17) According to Green et al. (2002), women who enter treatment are more likely to identify _____ as their primary problem rather than substance use.
   a) Stress factors
   b) Depression
   c) Unemployment
   d) Relationships

18) Figure 2-6 shows that the primary substance of abuse reported on admission of Caucasian and American-Indian/Alaska-Native women is
   a) marijuana
   b) alcohol
   c) cocaine
   d) prescription drugs
Questions from chapter 3

19) According to Peters et al. (2003), women who abuse substances have physiological consequences, health issues, and medical needs related to
   a) circulation
   b) gynecology
   c) digestion
   d) heart and lungs

20) Lesbian/bisexual women exhibit more prevalent use of _____ than heterosexual women.
   a) alcohol
   b) marijuana
   c) prescription drugs
   d) all the above

21) Women develop organ damage at _____ levels of consumption over a _____ period of time.
   a) lower, longer
   b) lower, shorter
   c) higher, longer
   d) higher, shorter

22) In women, moderate drinking is considered to be no more than _____ drink per day, compared with no more than _____ drinks per day for men.
   a) 1, 2
   b) 1, 3
   c) 2, 3
   d) 2, 4

23) Hamajima et al. (2002) found that for each drink of alcohol consumed daily, women increased their risk of breast cancer by
   a) 3%
   b) 5%
   c) 7%
   d) 10%

24) In comparison with men who are alcohol dependent and female control, women who are alcohol dependent exhibit deterioration in all the following EXCEPT
   a) name recognition
   b) deterioration in planning
   c) visuospatial ability
   d) working memory
25) Hormonal changes across the menstrual cycle have the greatest effect on
   a) opiates
   b) marijuana
   c) alcohol
   d) stimulant drugs

26) Regarding the effects of tobacco use, cancer is the _____ leading cause of
death among women.
   a) first
   b) second
   c) third
   d) fourth

27) According to Randall (2001), what is the most common agent that interrupts
   the development or causes malformation in an embryo or fetus?
   a) marijuana
   b) alcohol
   c) cocaine
   d) prescription drugs

28) Women who drink during breastfeeding pass alcohol on to the baby.
   a) True
   b) False

29) Singer et al. (2004) reported that the _____ was the strongest independent
   predictor of cognitive outcomes among children exposed to cocaine.
   a) quality of the caregiving environment
   b) presence of a strong male role model
   c) presence of an involved casemanager
   d) help of a healthy grandmother

30) Which is a generalized disorder characterized by signs and symptoms of
   central nervous system irritability, gastrointestinal dysfunction, vomiting and
   fever?
   a) BBB
   b) RAT
   c) NAS
   d) SBS

31) Winslow et al. (2007) report that fetal exposure to amphetamines increased
   the risk of
   a) reduced fetal growth
   b) cardiac anomalies
   c) cleft lip and palate
   d) all the above
32) All the following are risk factors for acquiring HCV EXCEPT
   a) Injection drug use
   b) Employment in the food service industry
   c) Sexual contact with HCV positive partner
   d) Perinatal or vertical transmission

33) Women should not get pregnant during and up to _____ following HCV treatment.
   a) 3 months
   b) 6 months
   c) 9 months
   d) 1 year

Questions from chapter 4

34) In _____ the outcome is normally a simple yes or no.
   a) screening
   b) assessment
   c) Magic 8 Ball
   d) Ouija Evaluations

35) It is acceptable to simply translate an assessment tool from English to another language.
   a) True
   b) False

36) Which is not listed as one of the most important domains to screen for when working with women?
   a) Substance abuse
   b) Pregnancy considerations
   c) Food and Shelter needs
   d) Past and present mental disorders

37) On the CAGE Questionnaire, the “A” stands for
   a) Alcohol
   b) Amphetamines
   c) Anxiety
   d) Annoyed

38) Which identifies pregnant women who are risk for alcohol use?
   a) CAGE
   b) TWEAK
   c) MAST
   d) BOB
39) The T-ACE differs from the CAGE in that it asks about
   a) Temptations
   b) Cocaine
   c) Tolerance
   d) Cigarettes

40) According to Burt and Stein (2002), women are _____ as likely as men to experience mood disorders excluding bipolar and anxiety disorders.
   a) just
   b) twice
   c) three times
   d) four times

41) Which is a brief, structured interview for more than 20 major psychiatric and substance use disorders?
   a) M.I.N.I.
   b) J.A.G.
   c) H.U.M.B.E.R.
   d) M.O.R.G.A.N.

42) According to Joe et al. (2006), what is the greatest predictor of eventual suicide?
   a) Alcohol dependence
   b) Prior attempts
   c) Recent relationship breakup
   d) Recent Unemployment

43) Approximately _____ of all women entering treatment have specifically reported a history of sexual violence.
   a) 1/4
   b) 1/3
   c) 1/2
   d) 2/3

44) Approximately _____ of women in substance abuse treatment have an eating disorder diagnosis in their lifetimes.
   a) 5%
   b) 10%
   c) 15%
   d) 20%
45) Which has the highest incidence rates in the general population for eating disorders?
   a) Anorexia nervosa
   b) Pica
   c) Bulimia nervosa
   d) Eating disorder NOS

46) A structured biopsychosocial history interview can be obtained by using the _____ tool (Comfort et al. 1996).
   a) PsyHT
   b) PSH
   c) HIST
   d) BioS

47) Which is the most widely used substance abuse assessment instrument in both research and clinical settings?
   a) CAGE
   b) T-ACE
   c) MAST
   d) ASI

48) Which is available in 43 languages including Spanish?
   a) BDI
   b) AUDIT
   c) GHQ
   d) MINI

Questions from chapter 5

49) “Stigma, bias and racism” are factors in which type of barrier?
   a) Interpersonal
   b) Sociocultural
   c) Intrapersonal
   d) Structural

50) Thurman and Plested (1998) reported that Native-American women list _____ as one of the primary barriers to engaging in treatment services.
   a) mistrust
   b) transportation
   c) religion
   d) costs
51) According to Wilsnak (1991), what is one of the biggest barriers to women entering treatment.
   a) Fear of abandonment by a partner
   b) Economic concerns
   c) Being responsible for the care of dependent children
   d) Worries about losing housing

52) Lewis et al. (1996) state that because women are more likely to be poor, their ability to _____ may make it difficult to receive treatment.
   a) obtain health insurance
   b) secure child care
   c) get time off work
   d) obtain transportation

53) Havens et al. (2007) say that _____ may be particularly useful for individuals with complex problems.
   a) ECT
   b) group therapy
   c) case management
   d) inpatient hospitalization

54) ASAM Level _____ can be considered a pretreatment service that provides an opportunity for treatment providers to intervene across a wide variety of settings.
   a) I
   b) alpha
   c) K
   d) 0.5

55) Regarding detoxification, some women who are dependent on sedative-hypnotics may need a _____ withdrawal regimen with pharmacological medical interventions.
   a) 24 hour
   b) 3 day
   c) 14 day
   d) 30 day

56) In general, it is not necessary for pregnant women to cease methadone treatment.
   a) True
   b) False
57) Intensive outpatient treatment is ASAM Level
   a) I
   b) II
   c) III
   d) IV

58) Regarding residential and inpatient treatment, three studies found _____ abstinence among women who spent 6 months or more in treatment.
   a) 48 to 51%
   b) 58 to 61%
   c) 68 to 71%
   d) 78 to 81%

Questions from chapter 6

59) According to the U.S. Census Bureau (2007), approximately _____ of Hispanic/Latino families headed by women live in poverty.
   a) 20%
   b) 30%
   c) 40%
   d) 50%

60) Amaro et al. (1990) found that illicit drug use among Hispanics/Latinas generally increased with
   a) age
   b) number of children
   c) number of relationships
   d) acculturation

61) Regarding clinical treatment issues, when engaging in family therapy with Hispanics/Latinas, therapists need to enter the family relationship as a _____
   a) learner
   b) uncle/aunt
   c) teacher
   d) grandparent

62) Among African-American single mothers, approximately _____ live in poverty compared to _____ of non-Hispanic single White mothers.
   a) 25%, 11%
   b) 30%, 15%
   c) 35%, 19%
   d) 40%, 23%
   a) 10%
   b) 15%
   c) 20%
   d) 25%

64) Among African-American women, most admissions to treatment facilities were for _____ abuse
   a) alcohol
   b) marijuana
   c) cocaine/crack
   d) methamphetamine

65) African-American women are _____ times as likely to be diagnosed with HIV/AIDS in comparison to White women.
   a) 9
   b) 13
   c) 18
   d) 23

66) Which is not one of the seven principles of Nguzo Saba?
   a) Unity
   b) Self-Determination
   c) Cooperative Economics
   d) Family

   a) EMDR
   b) ET
   c) RET
   d) CBT

68) By some counts, the number of national and ethnic Asian and Pacific-American groups is nearly
   a) 20
   b) 30
   c) 40
   d) 50
69) Currently, _____ is the primary drug of abuse upon treatment admission for Asian and Pacific-American women.
   a) alcohol
   b) marijuana
   c) methamphetamine
   d) opiates

70) More than _____ of the Asian-American population is foreign-born.
   a) 35%
   b) 45%
   c) 55%
   d) 65%

71) Nearly _____ of Native-American women were dependent on or abused alcohol between 2004 and 2005.
   a) 7%
   b) 14%
   c) 21%
   d) 28%

72) Among Native Americans, the rate of current illicit drug use _____ is higher than any other race or ethnicity in the United States.
   a) 12.6%
   b) 15.6%
   c) 18.6%
   d) 21%

73) Nearly _____ of Alaska-Native women in one program reported sexual abuse histories.
   a) 1/3
   b) 1/2
   c) 2/3
   d) 3/4

74) A four-State study showed that fetal alcohol syndrome among American Indians and Alaska Natives occurred at the rate of _____ per 1,000 population over a 2-year period compared with 0.4 per 1,000 in the total population of the same four States.
   a) 1.2
   b) 2.2
   c) 3.2
   d) 4.2
75) Native Americans are more likely to use the term _____ to capture both male and female sexuality and gender expression.
   a) sun-moon  
   b) two-spirit  
   c) mountain-river  
   d) eagle-raven

76) What are the top two substance use issues for older women?
   a) prescription drug abuse, cocaine abuse  
   b) cocaine abuse, marijuana dependence  
   c) marijuana dependence, alcohol dependence  
   d) alcohol dependence, prescription drug abuse

77) According to Moos et al. (2004) the most consistent predictors of alcohol-related problems among friends include all the following EXCEPT
   a) Failed treatment program completion  
   b) Friends’ approval of alcohol use  
   c) Financial stressors  
   d) Avoidance coping

78) Regarding resiliency factors, using a _____ narrative approach can help capitalize on each woman’s life experiences and give meaning to her recovery.
   a) family  
   b) spirituality  
   c) relational  
   d) strengths-based

79) Women in some rural communities hold more positive beliefs about alcohol than those in other communities or in comparison to urban women.
   a) True  
   b) False

80) Which is a cognitive-behavioral intensive outpatient approach developed for use with rural residents?
   a) SHORT  
   b) SBORT  
   c) SNORT  
   d) SFORT
81) According to Ferreya (2005), women with disabilities are affected by factors that can increase the likelihood of substance abuse and dependence. These include all the following EXCEPT
   a) Discouragement of substance abuse by family
   b) Increased dependence on others for basic needs
   c) Potential use of prescription medication for chronic pain
   d) Social isolation

82) Homelessness disproportionately affects African Americans who make up _____ of the total homeless population.
   a) 22%
   b) 33%
   c) 44%
   d) 55%

Questions from chapter 7

83) Scott-Lennox et al. (2000) found women younger than _____ were not as likely to successfully complete outpatient treatment.
   a) 15
   b) 18
   c) 21
   d) 24

84) Sun (2006) found women have identified counselor characteristics they believe contribute to treatment success. These include all the following EXCEPT
   a) appropriate self disclosure
   b) non-authoritarian attitudes and approach
   c) confidence and faith in their abilities
   d) projection of acceptance and care

85) Covington (2008a) states that _____ is one of the primary areas that women say change the most between substance abuse or dependence and recovery and is a major trigger for relapse.
   a) relationships
   b) social activities
   c) sexuality
   d) free time
86) Clients can highlight their most influential relationship using a simple diagram referred to as a ____ that was pioneered by J. L. Moreno.
   a) Genogram
   b) Sociogram
   c) Venn Diagram
   d) Family Tree

87) In a study of trauma, Timko (2008) found adverse childhood circumstances predicted ____ among adult women.
   a) eating disorders
   b) cocaine use
   c) binge drinking
   d) having an abusive partner

88) The strongest risk factor for being a victim of intimate partner violence is
   a) being female
   b) having an abuse history
   c) alcohol dependence
   d) drug dependence

89) Postpartum “blues” affects up to ____ of new mothers.
   a) 25%
   b) 45%
   c) 65%
   d) 85%

90) Which type of therapies are mentioned by Hofmann and Smits (2008) as being effective treatments for anxiety disorders?
   a) Cognitive-behavioral
   b) Person Centered
   c) Psychodynamic
   d) Holistic

91) The “D” in the SUD scale stands for
   a) Distress
   b) Depression
   c) Diet
   d) Drugs

92) Which is not one of the four content areas of the “Seeking Safety” manual?
   a) cognitive
   b) behavioral
   c) emotional
   d) case management
93) Which treatment program assists clients in replacing their stress responses with a positive approach to personal and relational empowerment?
   a) TARGET
   b) RELAX
   c) CHILL
   d) BREATHE

94) Between _____ of those diagnosed with eating disorders are women.
   a) 60 and 65%
   b) 70 and 75%
   c) 80 and 85%
   d) 90 and 95%

95) Overall, research indicates that substance abuse is accompanied more often by anorexia than by bulimia.
   a) True
   b) False

96) Research shows that quitting smoking does not jeopardize substance abuse recovery.
   a) True
   b) False

Questions from chapter 8

97) Moos et al. (2006) found that _____ appeared to gain greater benefits from AA and _____ were more likely to attend AA and to attend more frequently.
   a) women, women
   b) women, men
   c) men, women
   d) men, men

98) What does Prescott (2001) say is a benefit to recovering women involved in programs?
   a) positive role models
   b) promotion of specific skills
   c) increased sense of hope
   d) all the above

99) Loring and Powel (1988) found counselor’s _____ can effect the diagnoses they assign.
   a) years of experience and gender
   b) gender and ethnicity
   c) ethnicity and age
   d) age and years of experience

(last question on next page...)
100) Counselors who become overwhelmed as a result of listening to the life experiences of clients may be experiencing
   a) vicarious traumatization
   b) secondary symptoms
   c) folie a deux
   d) deja vu