Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment

1) Compared to the general population, individuals treated for alcohol abuse or dependence are at about ____ times greater risk to eventually die by suicide compared with the general population.
   a) 10
   b) 20
   c) 30
   d) 40

2) Shneidman (1985) states that the struggle between ____ is at the core of a suicidal crisis.
   a) Yin and Yang
   b) Fear and Hope
   c) Right and Wrong
   d) Wanting to die and wanting to live

3) All the following points are made, EXCEPT
   a) Some clients will be at risk of suicide, even after getting clean and sober
   b) Suicide attempts always must be taken seriously
   c) The outcome does not tell the whole story
   d) Suicidal individuals rarely show warning signs

4) Which is NOT mentioned as a positive attitude and behavior for working with suicidal clients?
   a) All clients should be screened for suicidal thoughts and behaviors as a matter of routine
   b) Warning signs for suicide can be indirect; you need to develop a heightened sensitivity to these cues
   c) Do not give clients who are at risk of suicide the telephone number of a suicide hotline; they are often staffed by unqualified people
   d) People in substance abuse treatment settings often need additional services to ensure their safety

5) Which is a common co-occurring diagnosis among people who abuse substances that confers risk for suicidal behavior?
   a) Anxiety
   b) Depression
   c) Personality disorders
   d) Psychosis
6) Suicide ____ are behaviors that signal high, acute risk for suicidal behavior.
   a) Reflexes
   b) Prodromes
   c) Preparation
   d) Antecedents

7) Which is an example of NSSI?
   a) Leaving a suicide note
   b) Giving away possessions
   c) Cutting for the purpose of self-soothing with no wish to die
   d) Hoarding pills

8) All the following are direct indications of acute suicidality EXCEPT
   a) Suicidal communication
   b) Suicidal ideation
   c) Seeking access to a method
   d) Making preparations

9) Which is defined as indicators of long-term risks?
   a) Red lights
   b) Risk factors
   c) Tells
   d) Warning signs

10) Which is mentioned as perhaps the best research protective factor in the literature?
    a) Reasons for living
    b) Being clean and sober
    c) Attendance at 12-step support groups
    d) Intact marriage

11) The most common method of attempted suicide is
    a) Self-cutting
    b) Firearms
    c) Overdose
    d) Hanging

12) The most common method of death by suicide is
    a) Self-cutting
    b) Firearms
    c) Overdose
    d) Hanging
13) The “A” in the GATE acronym stands for
   a) Activating Event
   b) Alcohol Intake
   c) Access Supervision
   d) Approach/Avoidance

14) When gathering information, it is recommended that you avoid _____ questions.
   a) Chaining
   b) Leading
   c) Open ended
   d) Stacking

15) All the following interventions are considered more intensive EXCEPT
   a) Interventions that give greater autonomy
   b) Interventions that reduce freedom of movement
   c) Interventions that are expensive
   d) Interventions that compromise privacy