Tobacco Use Disorder and Smoking Cessation

1) Nicotine is essentially a
   a) stimulant.
   b) bronchoconstrictor.
   c) depressant.
   d) vasodilator.

2) The basis of nicotine addiction is
   a) decreased levels of dopamine production.
   b) an underlying change in brain circuits.
   c) increased production of adrenaline.
   d) growth of new cells in the limbic system.

3) A substance use disorder is characterized in part by
   a) the use of multiple, harmful substances.
   b) onset of use in early adolescence.
   c) a gradual increase in use over time.
   d) continued use despite negative interpersonal consequences.

4) Tobacco use disorder is characterized in part by
   a) financial difficulties caused by tobacco use.
   b) concurrent alcohol use.
   c) giving up important activities because of tobacco use.
   d) a worsening of pre-existing psychiatric disorders.

5) Smoking cessation can cause signs and symptoms of
   a) withdrawal.
   b) pulmonary infections.
   c) serious cardiac events.
   d) increased craving.

6) The most effective treatment for smoking cessation is
   a) behavioral interventions and pharmacotherapy.
   b) bupropion and fluoxetine.
   c) nicotine replacement therapy alone.
   d) behavioral interventions alone.
7) Which of these medications FDA approved for smoking cessation?
   a) Sertraline, nicotine, and varenicline
   b) Amitriptyline, paroxetine and bupropion.
   c) Bupropion, nicotine, and varenicline.
   d) Diazepam, nicotine, phenobarbital.

8) Many patients fail to quit smoking because they
   a) are unaware that smoking is harmful.
   b) do not use medications or seek help.
   c) believe smoking cessation medications are harmful.
   d) do not believe that smoking is harmful.

9) Only _____% or so of smokers will still be abstinent after one year even with optimal treatment.
   a) 10
   b) 15
   c) 25
   d) 30

10) Bupropion SR _____ mg once/day for three days, then increased to twice/day for 7 to 12 weeks is given for smoking cessation.
    a) 50
    b) 100
    c) 150
    d) 200