Clinician's Guide to Substance Abuse

Questions from chapter 1

1) Past medical paradigms of addiction include all EXCEPT
   a) addiction as a manifestation of underlying psychopathology
   b) addiction as untreatable
   c) addiction as physical dependence
   d) addiction as a disease process

2) The pivot-point into addiction is
   a) compulsive use
   b) loss of control
   c) denial
   d) continued use in spite of adverse consequences

3) What term describes the need for more of a drug over time to achieve the same desired effects?
   a) physical dependence
   b) tolerance
   c) drug craving
   d) withdrawal

4) The triple nature of the addictive disease functions at each of the following levels EXCEPT
   a) physical
   b) mental
   c) social
   d) spiritual

5) Methadone has several advantages over the use of heroin or morphine maintenance which include all
   EXCEPT
   a) it is effective when taken orally
   b) it is not addictive
   c) it is long lasting
   d) it is difficult to synthesize

Questions from chapter 2

6) Substances dissolved in alcohol are
   a) tinctures
   b) suspensions
   c) pickled
   d) elixirs

7) Which are known as the minor tranquilizers?
   a) benzodiazepines
   b) barbiturates
   c) phenothiazines
   d) ethanol
8) Nicotine is a
   a) narcotic
   b) sedative-hypnotic
   c) hallucinogen
   d) CNS stimulant

9) Which drug is LSD-like?
   a) psilocybin
   b) mappine
   c) mace
   d) scopolamine

10) Individuals with post-hallucinogen perceptual disorder often describe living in
    a) a yellow submarine
    b) a purple haze
    c) Abbey Road
    d) a watchtower

11) The Controlled Substances Act of 1970 created how many drug schedules?
    a) 3
    b) 5
    c) 7
    d) 9

Questions from chapter 3

12) Psychoactive drugs act on the brain in all of the following ways EXCEPT
    a) they destroy synaptic enzymes
    b) they stimulate the release of certain neurotransmitters
    c) they inhibit the release of certain neurotransmitters
    d) they bind with the receptor sites designed for certain neurotransmitters

13) Addiction is within the province of the
    a) prefrontal cortex
    b) cerebellum
    c) occipital cortex
    d) primitive brain

14) The space between an axon and the adjoining dendrite's receptor site is the
    a) Fissure of Rolondo
    b) Circle of Willis
    c) synaptic cleft
    d) axonal breech

15) THC is stored in body fat and may make a urine test positive for more than
    a) 30 days
    b) 45 days
    c) 60 days
    d) 75 days
Questions from chapter 4

16) The general categories of motivation for drug use includes all EXCEPT
   a) performance facilitation
   b) relief of boredom
   c) a source of income
   d) progression into addiction

17) The most sensitive laboratory finding for alcoholism is an elevation of
   a) GGT
   b) WCF
   c) MD 20/20
   d) MACR

18) The first adverse effect of substance use, abuse, or addiction is often
   a) decreased productivity
   b) borrowing money
   c) changes in mood or affect
   d) a behavioral or psychological change

19) Two signs that often indicate active abuse when other symptoms are not readily identifiable are pupil
    diameter and
   a) eye color
   b) nystagmus
   c) earlobe turgor
   d) cyanotic lips

Questions from chapter 5

20) Which clinical interview instrument is considered the most easily incorporated into a diagnosis battery?
    a) SCID
    b) DIS
    c) SADS
    d) DAT

21) Which instrument was designed for administration by non-clinicians?
    a) SCID
    b) DIS
    c) SADS
    d) DAT

22) Which diagnostic system involves expert review of the blinded records of structured interviews and
    collateral information from medical records?
    a) LEAD standard procedure
    b) Best Estimate procedure
    c) Double Blind procedure
    d) Database procedure
Questions from chapter 6

23) All psychoactive drugs are poisons.
   a) True
   b) False

24) Acute stimulant intoxication may be accompanied by all EXCEPT
   a) hypothermia
   b) vasoconstriction
   c) hypertension
   d) tachycardia

25) Transient spontaneous occurrences of some aspect of a hallucinogenic drug effect occurring during a period of normalcy describes
   a) prolonged psychotic reactions
   b) hard resets
   c) flashbacks
   d) slippage

26) When discussing detoxification strategies, what metaphor was used to describe withdrawal symptoms?
   a) an English muffin
   b) a pendulum
   c) a 2 legged school
   d) a firecracker

27) The greatest danger of marijuana withdrawal is
   a) coma
   b) severe psychological dependence
   c) seizures
   d) cardiac arrest

28) Methadone has a half life of
   a) 12-24 hours
   b) 24-36 hours
   c) 36-48 hours
   d) 48-60 hours

29) Which is NOT among the most common comorbid disorders found in post-withdrawal alcoholics?
   a) major depression
   b) acute anxiety disorder
   c) bipolar disorder
   d) antisocial personality disorder

30) All the following are stages of change cited by Prochaska EXCEPT
   a) consciousness raising
   b) counter-conditioning
   c) maintenance
   d) stimulus control
Questions from chapter 7

31) The first Alcoholics Anonymous was formed in
   a) 1925
   b) 1935
   c) 1945
   d) 1955

32) Non 12 step recovery programs reject the "disease concept".
   a) True
   b) False

33) Which is not a type of AA meeting described?
   a) intervention
   b) chip
   c) step
   d) book

34) French physicians dealing with chemical dependency are heavily invested in which approach?
   a) AA
   b) psychotherapeutic
   c) psychopharmacology
   d) naturopathic

Questions from chapter 8

35) Warnicke Korsakoff syndrome and dementia are common neurological problems associated with
   a) cocaine
   b) opioids
   c) alcohol
   d) stimulants

36) Which drugs may be safe at relatively high dosages when taken on their own but can be deadly when taken with alcohol?
   a) benzodiazepines
   b) opioids
   c) amphetamines
   d) hallucinogens

37) The psychiatric disorders most often seen in dual diagnosis in combination with drug abuse include all EXCEPT
   a) major depression
   b) schizophrenia
   c) dissociative disorder
   d) bipolar disorder

38) What is the most common psychiatric disturbance seen in medical offices?
   a) anxiety disorders
   b) major depression
   c) bipolar disorder
   d) organic mental disorders
39) Drug abuse and mental illness often result in a pause in emotional development known as
a) sundowning
b) the Jacko syndrome
c) phylogenic inertia
d) developmental arrest

Questions from chapter 9

40) There is a saying in the recovering community that WHAT is in the living room?
   a) a comfy chair
   b) an elephant
   c) your parents
   d) another chance

41) In which stage does the therapist help the family to focus on breaking denial?
   a) transition stage
   b) drinking stage
   c) early recovery stage
   d) confrontation stage

42) Which family therapy system approach involves 15 couple sessions with homework and self-monitored exercises?
   a) CALM
   b) FOAM
   c) NICE
   d) PACT

Questions from chapter 10

43) In general, women use less alcohol, illegal drugs, and prescription psychoactives than men.
   a) True
   b) False

44) All the following statements about substance abuse are true EXCEPT
   a) denial is often stronger for women than it is for men
   b) use for women often begins later than for men
   c) women are less likely than men to suffer from dual diagnoses
   d) men usually seek treatment as result of problems at work or with the law

45) All the following are barriers to drug addiction treatment for women EXCEPT
   a) absence of adequate child care
   b) social stigma
   c) threat of civil or criminal prosecution
   d) financial barriers

Questions from chapter 11

46) Individuals currently serving time in federal, state and local prisons on charges that involve substance abuse are roughly
   a) 70%
   b) 75%
   c) 80%
   d) 85%
47) Prevention prior to the 1960’s often involved overblown claims as to the toxicity of illegal drugs. This is known as what approach?
   a) Scared Straight
   b) Reefer Madness
   c) Mr. Hyde
   d) McCarthyism

48) Presenting complaints that should raise suspicion and should trigger an in-depth assessment of alcohol or drug use include all EXCEPT
   a) agitation
   b) traumatic injury
   c) suicide attempts
   d) school failure

49) Which is an example of a comprehensive assessment battery?
   a) PEI
   b) DISC
   c) SADS
   d) AARS

50) Which is one of the least common mechanisms of denial?
   a) memory blackout
   b) euphoric recall
   c) magical thinking
   d) conscious lying

51) "Experiencing consequences of alcohol and drug abuse with signs of dependence and medical or psychological complications" is which level of severity?
   a) level 1
   b) level 2
   c) level 3
   d) level 4

Questions from chapter 12

52) Nearly all alcoholics in early recovery experience functional hypoglycemia.
   a) True
   b) False