Treating Alcohol and Drug Problems in Psychotherapy Practice

Question from chapter 1

1) Patients who abuse alcohol and drugs have long been stereotyped by mental health professionals as being
   a) character disordered
   b) too resistant
   c) physically ill
   d) a liability risk

2) Which is a reason why all practicing therapists should acquire the skills required to address SUDs competently and routinely in their patients?
   a) applicability of psychotherapy training and skills
   b) opportunities for early intervention
   c) private practice opportunities
   d) all the above

3) All the following patients can benefit from office-based treatment EXCEPT
   a) individuals who cannot work within the traditional disease model
   b) individuals whose use of psychoactive substances meets the criteria for serious abuse or dependency
   c) individuals who prefer absolute privacy and individualized attention
   d) individuals whose prior experiences with addiction treatment programs have been unhelpful

4) It is acceptable to omit an SUD diagnosis from insurance claims and indicate a mental health diagnosis to meet reimbursement criteria.
   a) True
   b) False

Question from chapter 2

5) In which type of use is the substance used to produce specific types of effects to cope with certain types of situations?
   a) regular
   b) circumstantial
   c) experimental
   d) occasional

6) A diagnosis of dependence requires evidence of tolerance or withdrawal.
   a) True
   b) False

7) Peele & Brodsky (1991) state that many individuals change their patterns of alcohol and drug use as part of a more global _____ process.
   a) chronic illness
   b) workplace related
   c) legal system
   d) maturing out
8) Which DSM-IV specifier is used when none of the criteria for abuse or dependence have been met at any time during a period of 12 months?
   a) early full remission
   b) early partial remission
   c) sustained full remission
   d) sustained partial remission

9) The NIAAA defines _____ drinking as no more than 1 drink per day for adult women.
   a) low-risk
   b) gateway drinking
   c) pre-dependence
   d) social

Question from chapter 3

10) An individual tolerant to alcohol will be comparably tolerant to equivalent doses of barbiturates. This is known as
    a) cross-tolerance
    b) permeability
    c) spectrum addiction
    d) multi-vulnerability

11) A loss of consciousness is often associated with a BAC of _____.
    a) .20%
    b) .30%
    c) .40%
    d) .50%

12) Smoking methamphetamine produces a high lasting _____ hours.
    a) 1 - 2
    b) 2 - 4
    c) 4 – 6
    d) 6 – 8

13) THC can be detected in urine for up to _____ after last use in chronic users.
    a) 20 days
    b) 40 days
    c) 60 days
    d) 80 days

14) Most PCP users report distinctly negative and even terrifying effects of PCP on their mood and mental state.
    a) True
    b) False

Question from chapter 4

15) During which stage of change does the balance tip in favor of change?
    a) precontemplation
    b) contemplation
    c) preparation
    d) action
16) In the motivational strategies summarized by ABCDEFGH, what does the "C" stand for?
   a) coercion  
   b) coping  
   c) congratulate  
   d) choices

17) In the disease model, addiction can be viewed as a biochemical ______ to psychoactive substances.
   a) brain allergy  
   b) petri dish  
   c) mother ship  
   d) host organism

18) The ______ hypothesis holds that substance-dependent individuals are predisposed to dependence as a result of ego impairments.
   a) self-medication  
   b) oral fixation  
   c) diminished-self  
   d) genetic predisposition

19) AA started in
   a) 1925  
   b) 1935  
   c) 1945  
   d) 1955

Question from chapter 5

20) Co-occurring Axis II personality disorders among patients with SUDs generally fall into all the following categories EXCEPT
   a) antisocial  
   b) avoidant  
   c) borderline  
   d) narcissistic

21) One consideration in assessment is that a period of at least _____ is necessary in most cases before a reasonably accurate picture of the patient's baseline functioning is revealed.
   a) 4 – 6 weeks  
   b) 2 – 3 months  
   c) 4 – 6 months  
   d) 9 – 12 months

22) _____ AA meeting are meeting where those with dual disorders may feel more comfortable.
   a) double trouble  
   b) dualie  
   c) DNA  
   d) double barrel

23) Surveys report that between ____ of patients entering addiction treatment programs have made at least one suicide attempt.
   a) 5 – 10%  
   b) 10 – 20%  
   c) 20 – 30%  
   d) 40 – 50%
Question from chapter 6

24) Withdrawal from alcohol is often accompanied by substituting
   a) Anabuse
   b) Paxil
   c) Valium
   d) Wellbutrin

25) All benzodiazepines are cross-tolerant with alcohol.
   a) True
   b) False

26) The Drug Addiction Treatment Act of 2000 allows qualified physicians to prescribe
   a) methadone
   b) buprenorphine
   c) marijuana
   d) cocaine

27) Which is NOT an early to moderate sign and symptoms of opioid withdrawal?
   a) anxiety
   b) low-grade fever
   c) craving
   d) increased respiratory rate

Question from chapter 7

28) Which of the following is NOT mentioned by Berg & Miller (1992) as a technique for approaching
    mandated patients?
    a) emphasizing that they have no choice about showing up
    b) being sympathetic to the patient's plight
    c) accept without challenge their goal is to get the coercing agent off their back
    d) compliment the patient for recognizing the importance of at least showing up

29) Episodes of amnesia or memory gaps induced by heavy consumption of alcohol and/or other sedative
    drugs is/are
    a) fugues
    b) blackouts
    c) dissociations
    d) amnesia

30) Which of these tests is perhaps the most sensitive indicator of alcohol-related liver problems?
    a) AST
    b) ALT
    c) GTO
    d) GGT

31) People with compulsive overeating may be attracted to which drug?
    a) marijuana
    b) alcohol
    c) cocaine
    d) opium
32) "I know I have a problem and I need help in deciding what to do about it" is said by a patient in which stage of change?
   a) precontemplation
   b) contemplation
   c) preparation
   d) action

33) "How do you prevent things from getting even worse" is an example of a/an _____ question.
   a) exception-finding
   b) coping
   c) miracle
   d) scaling

Question from chapter 8

34) Denning (2000) emphasizes the importance of formulating a _____ with substance-abusing patients.
   a) contingency plan
   b) living will
   c) nutrition contract
   d) needs hierarchy

35) "Elicit the patient’s perception of the problem" is a motivational strategy for which stage of change?
   a) precontemplation
   b) contemplation
   c) preparation
   d) action

36) "Help the patient identify and sample non-drug sources of pleasure" is a motivational strategy for which stage of change?
   a) precontemplation
   b) contemplation
   c) preparation
   d) maintenance

Question from chapter 9

37) Most controlled drinking approaches strongly advise patients to begin with a period of total abstinence of _____ days or longer before attempting moderation.
   a) 30
   b) 60
   c) 90
   d) 120

38) Certain benzodiazepines can be detected in urine screens with reasonable accuracy within only _____ hours after last use.
   a) 4 – 8
   b) 12 – 16
   c) 18 – 24
   d) 48 – 72
39) The process of becoming addicted to psychoactive substances creates the ability for a wide variety of conditioned stimuli or _____ to set off drug cravings.
   a) bells  
   b) triggers  
   c) hankerings  
   d) sparks

40) Returning to drug use often makes the PAWS symptoms worse.
   a) True  
   b) False

Question from chapter 10

41) In an early study by Hunt et al. (1971), which group had the highest relapse rate?
   a) cigarette smokers  
   b) alcoholics  
   c) heroin addicts  
   d) the rates were nearly identical

42) Repetitive drug using dreams are a/an _____ warning sign.
   a) cognitive  
   b) behavioral  
   c) affective  
   d) physiological

43) Which is not mentioned as a poor prognostic sign for the relationship surviving recovery?
   a) one of the partners is still using  
   b) the relationship was formed while the addiction was still active  
   c) the partner has unrelenting hostility and resentment  
   d) the partner is unable to see the need for personal change

Question from chapter 11

44) Stanton & Todd (1982) found certain characteristics distinguish families of addicted individuals from families with serious mental health problems. These include all the following EXCEPT
   a) higher frequency of multigenerational addiction  
   b) higher incidence of unemployment  
   c) more primitive and direct expression of conflict and hostility  
   d) more overt alliances

45) According to Young (1995), one of the greatest unacknowledged contributors to alcohol and drug relapse is the failure to identify and treat underlying _____ issues.
   a) mental health  
   b) learning disability  
   c) attention deficit  
   d) childhood sexual abuse

Question from chapter 12

46) Which is NOT a limitation of group therapy?
   a) concerns about loss of privacy and confidentiality  
   b) the costs are often more expensive than individual therapy  
   c) a small portion of the session time is devoted to the needs of any one person  
   d) group therapy is not suitable for all patients
47) Group members should be encouraged to maintain contact with one another outside of the group, especially in the early phases of treatment.
   a) True
   b) False

Question from chapter 13

48) Having an AA sponsor is discouraged while a patient is in individual therapy.
   a) True
   b) False

Question from appendix 2

49) Which is NOT a "Tip for Cutting Down on Your Drinking"?
   a) drink slowly
   b) keep a drinking diary
   c) designate certain nondrinking days
   d) alternate drinking with cross-tolerant substances

Question from appendix 3

50) A birthday would be an example of which type of trigger?
   a) internal
   b) nonspecific
   c) situational
   d) chemical