

Chapter 8 teachers

- 1) A drug is a substance, other than food which may:
 - a) Give us energy
 - b) Relax us when nervous
 - c) Change our ways of thinking
 - d) All of the above (A)

- 2) When one is addicted to a substance, the body:
 - a) Requires the substance to feel normal (A)
 - b) Requires the substance to feel 'high'
 - c) Requires the substance to feel happy
 - d) Requires the substance to stay alive

- 3) In substance abuse, the term craving refers to:
 - a) The subjective drive that addict's have to use the substance (A)
 - b) Overwhelming desire to get 'high'
 - c) Overwhelming desire to feel happy
 - d) Overwhelming desire to blot out reality

- 4) The term psychological dependence is used when:
 - a) It is clear that the individual has changed their life to ensure continued use of the drug
 - b) Their activities are centred on the drug and its use
 - c) Leads to neglect of other important activities such as work, social and family commitments
 - d) All of the above (A)

- 5) The DSM-IV-TR criteria for substance dependence includes:
 - a)** The substance is often taken in larger amounts or over a longer period than was intended
 - b)** There is a persistent desire or unsuccessful efforts to cut down or control substance use
 - c)** A great deal of time is spent in activities necessary to obtain the substance
 - d)** All of the above (A)

- 6) Tolerance in substance dependence is defined by which two of the following?
 - a)** A need for markedly increased amounts of the substance to achieve intoxication or desired effect (A)
 - b)** Markedly diminished effect with continued use of the same amount of the substance (A)
 - c)** A relaxed attitude towards others drug use
 - d)** A desire to socialise the act of drug taking

- 7) Withdrawal in substance dependence is defined by which two of the following?
 - a)** The characteristic withdrawal syndrome for the substance (A)

- b)** The same (or closely related) substance is taken to relieve or avoid withdrawal symptoms (A)
 - c)** Closet substance misuse
 - d)** Becoming socially withdrawn

- 8) Which of the following are characteristic of substance abuse?
 - a)** Failure to meet many normal daily obligations because of the drug
 - b)** Using the substance in ways which may be physically hazardous
 - c)** Legal-problems resulting from behaviour caused directly or indirectly by the drug
 - d)** All of the above (A)

- 9) Which of the following is an example of a Substance use disorder (SUD)?
 - a)** Alcohol related disorders
 - b)** Caffeine related disorders
 - c)** Inhalant related disorders
 - d)** All of the above (A)

- 10) The lifetime prevalence rate for substance dependence in the US has been calculated at?
 - a) 5.1% (A)
 - b) 10%
 - c) 22.8%
 - d) 43%

- 10) In the US it has been calculated that which percentage individuals aged between 15-54 years had used illegal drugs, non-medical prescription drugs, or inhalants at some point in their lives?
 - a)** 51% (A)
 - b)** 80%
 - c)** 11.4%
 - d)** 5.1%

- 11) Which of the following is not a stimulant?
 - a)** Cocaine
 - b)** Amphetamine
 - c)** Caffeine
 - d)** Phenylalanine (A)

- 12) Which of the following is not a sedative?
 - a)** Opiates
 - b)** Phosphates (A)
 - c)** Barbiturates
 - d)** Analgesic

- 13) Which of the following is not a hallucinogenic?
 - a)** Cannabis
 - b)** MDMA
 - c)** LSD

d) Antibiotics (A)

14) Which statistic represents the figure in the UK of males which have sometime consumed a drink containing alcohol?

a) 92% (A)

b) 65%

c) 21%

d) 72%

15) Which statistic represents the figure in the UK of females which have sometime consumed a drink containing alcohol?

a) 86% (A)

b) 92%

c) 45%

d) 72%

16) In the UK a male 'hazardous drinker' would consume?

a) 5 or more standard drinks (A)

b) 10 or more standard drinks

c) 7 or more standard drinks

d) 4 or more standard drinks

on a typical drinking day

17) In the UK a female 'hazardous drinker' would consume?

a) 3 or more standard drinks (A)

b) 5 or more standard drinks

c) 7 or more standard drinks

d) 10 or more standard drinks

on a typical working day

18) In 2002 what percent of English school children below the age of 11years reported having consumed alcohol?

a) 61% (A)

b) 80%

c) 25%

d) 80%

19) In the UK, binge drinking in males is defined as:

a) At least 8 units a day (A)

b) At least 4 units a day

c) At least 10 units a day

d) At least 15 units a day

20) In the UK, binge drinking in females is defined as:

a) At least 6 units a day (A)

b) At least 10 units a day

c) At least 2 units a day

d) At least 15 units a day

21) Which of the following percentages in the UK represents men who report binge drinking at least once a month?

a) 58% (A)

b) 73%

c) 22%

d) 96%

22) Which of the following percentages in the UK represents women who report binge drinking at least once a month?

a) 34%(A)

b) 65%

c) 83%

d) 21%

23) The main constituent of alcohol is:

a) Ethyl alcohol (A)

b) Lethal alcohol

c) Methyal alcohol

d) Benzo alcohol

24) At first, alcohol acts to relax the individual, and it does this by influencing the receptors associated with the neurotransmitter:

- a)** GABA (A)
- b)** Acetylcholine
- c)** Serotonin
- d)** Dopamine

25) With alcohol, initially the drinker is reactive and happy, but later effects acts as a depressant. This course of the effect of alcoholis know as?

- a)** Biphasic (A)
- b)** Bipolar
- c)** Biopic
- d)** Binomial

26) Following withdrawal after extended heavy drinking over a number of years, the drinker may experience:

- a)** Delirium tremens (DTs) (A)
- b)** Saccadian Dysrhythmia
- c)** Homeostasis
- d)** Leptokurtic reaction

27) After extended heavy drinking over a number of years, a drinker may experience delirium tremens (DTs). Which of the following are symptoms of DTs?

- a)** Unpleasant hallucinations
- b)** Shaking
- c)** Muscle tremors
- d)** All of the above (A)

28) Longer-term negative physical effects of heavy alcohol consumption include:

- a)** Brain damage

- b)** Stomach ulcers
- c)** Early dementia
- d)** All of the above (A)

29) The consequence of vitamin and mineral deficiencies which can lead to dementia and memory disorders in alcohol abuse, is known as:

- a)** Korsakoff's syndrome (A)
- b)** Smirnoff's syndrome
- c)** Helmert syndrome
- d)** Huynh-Feldt syndrome

30) Heavy drinking in women during pregnancy can cause foetal alcohol syndrome (FAS). Which of the following abnormalities are found in babies born with FAS?

- a)** Heart problems
- b)** Stunted growth
- c)** Learning difficulties
- d)** All of the above (A)

31) Alcohol Dependence is supported specifically by evidence of tolerance effects and withdrawal symptoms that develop within:

- a)** 4-12 hours of restricted consumption (A)
- b)** 1-2 hours of restricted consumption
- c)** 3-6 hours of restricted consumption
- d)** 12-24 hours of restricted consumption

32) Alcohol abuse has fewer symptoms than dependence, but can still have negative effects on daily life. Which of the following are features that may affect performance?

- a)** After effects of drinking
- b)** Intoxication while at work

- c)** Child care responsibilities
- d)** All of the above (A)

33) A US national survey indicated that workplace alcohol use and impairment directly affected what percentage of the US workforce?

- a)** 15% (A)
- b)** 65%
- c)** 32%
- d)** 41%

34) A US national survey indicated what percentage of the US workforce was working under the influence of alcohol?

- a)** 1.6% (A)
- b)** 5%
- c)** 10.3%
- d)** 7%

35) A US national survey indicated what percentage of the US workforce was working with a hangover?

- a)** 9.2% (A)
- b)** 3%
- c)** 15.5%
- d)** 1.6%

36) The lifetime prevalence rate for alcohol dependence and abuse is:

- a)** 15% (A)
- b)** 25%
- c)** 35%
- d)** 45%

- 37) The rate of alcohol dependence in the general population at any one time is around:
- a)** 5% (A)
 - b)** 10%
 - c)** 15%
 - d)** 20%
- 38) In substance abuse the term polydrug abuse refers to:
- a)** Abuse of more than one drug at a time (A)
 - b)** The use of artificially manufactured drugs
 - c)** The abuse of placebos
 - d)** The abuse of three or more drugs at the same time
- 39) In polydrug abuse, which percentage of alcohol abuse percentage are smokers?
- a)** 80% (A)
 - b)** 20%
 - c)** 35%
 - d)** 5%
- 40) Alcohol dependence and abuse is frequently comorbid with a range of other psychological disorders, including:
- a)** Mood disorders
 - b)** Anxiety disorders
 - c)** Schizophrenia
 - d)** All of the above (A)
- 41) Which of the following represents the percentage of suicides in which alcohol appears to play an important role?

- a)** 25% (A)
- b)** 35%
- c)** 14%
- d)** 5%

42) In economic terms, alcohol-related problems cost the US economy in 1998 cost around:

- a)** \$185 billion (A)
- b)** \$10 million
- c)** \$270 million
- d)** \$450 billion

43) Annual alcohol-related costs of crime and public disorder in the UK in 2003 were estimated at:

- a)** £7.3 billion (A)
- b)** £1.2 million
- c)** £1.2 billion
- d)** £7.3 million

44) Annual alcohol-related workplace costs in the UK in 2003 were:

- a)** £6.4 billion (A)
- b)** £6.4 million
- c)** £1.2 billion
- d)** £1.2 million

45) Alcohol related costs to the UK National Health Service per annum are:

- a)** £1.7 billion (A)
- b)** £1.7 million

- c)** £6.8 billion
- d)** £6.8 million

46) In the UK accident and emergency attendance costs related to alcohol problems are estimated at:

- a)** 35% (A)
- b)** 45%
- c)** 25%
- d)** 15%

47) Drink driving accounts for:

- a)** 20% (A)
- b)** 10%
- c)** 15%
- d)** 30%

of all road deaths on the UK

48) Norstrom & Ramstedt (2005) found that per capita alcohol consumption in a country significantly predicted:

- a)** Mortality from liver cirrhosis and other alcohol-related diseases
- b)** Mortality from accidents and homicide
- c)** death from suicide
- d)** All of the above (A)

49) Nicotine has a number of physical effects, including:

- a)** Increasing blood pressure and heart rate

- b)** Reducing self-reported stress levels
- c)** Reducing feelings of anxiety and anger
- d)** All of the above (A)

50) Growing evidence to suggest that nicotine has its effects by:

- a)** Releasing dopamine in the mesolimbic system of the brain (A)
- b)** Releasing serotonin into the cerebellum
- c)** Releasing GABA into the hypothalamus
- d)** Releasing acetylcholine into the diencephalons

51) In substance abuse the effects of dopamine released in the mesolimbic system is to:

- a)** Elevate mood
- b)** Decrease appetite
- c)** Enhance cognitive functioning
- d)** All of the above (A)

52) After alcohol, nicotine is the:

- a)** Second (A)
- b)** Third
- c)** Fourth
- d)** Fifth

most widely used drug in the world

53) It is estimated that:

- a)** One third (A)
- b)** One quarter
- c)** Two thirds
- d)** Three quarters

of the adult global population smokes

54) While the rate of smoking is gradually falling in developed nations, which of the following represents the rise per year in the developing world?

- a)** 3.4% (A)
- b)** 10%
- c)** 5.8%
- d)** 15.7%

55) Evidence suggests that around 50% of those who start smoking in their adolescent years will go on to smoke for at least a further:

- a)** 15-20 years (A)
- b)** 5-10 years
- c)** 30-40 years
- d)** 20-30 years

56) Which of the following percentages represent the number of smokers who a) want to give up, but b) said it would be difficult to go without a cigarette for a day?

a) 68% and 55% (A)

b) 78% and 15%

c) 75% and 12%

d) 80% and 60%

57) Abstinence or restricted access to nicotine produces a well-defined withdrawal syndrome. Which of the following are symptoms?

a) Dysphonic or depressed mood

b) Insomnia

c) Difficulty concentrating

d) All of the above (A)

58) Which of the following percent represents the number of regular smokers meet the diagnostic criteria for nicotine dependence?

a) 80-90% (A)

b) 20-30%

c) 30-40%

d) 60-70%

59) Which of the following are additional characteristics associated with nicotine dependence?

- a)** Smoking when ill
- b)** Smoking soon after waking
- c)** Smoking more in the morning than the afternoon
- d)** All of the above (A)

60) Which percentage represents the co morbidity of nicotine dependence with other psychiatric disorders?

- a)** 55-90% (A)
- b)** 20-30%
- c)** 30-40%
- d)** 30-60%

61) Studies suggest that children are more likely to take up smoking when influenced by?

- a)** Advertising (A)
- b)** Peer pressure
- c)** Parental behaviour
- d)** Sibling behaviour

62) According to Wesnes & Warburton (1983), smokers will feel the post-cigarette benefit of increased concentration and better cognitive performance due to?

- a)** CNS stimulant properties of nicotine (A)
- b)** The behaviour reinforced ritual of smoking
- c)** The enforced cerebral rest of a cigarette break
- d)** Raising of Serotonin levels

63) Smoking a cigarette generates feelings of relaxation pleasure and improved concentration as nicotine levels increase and normal psychological functioning is restored. This suggests that:

- a)** Mood modulation (A)
- b)** Increased blood pressure
- c)** Changes in levels of GABA
- d)** The behavioural ritual

is an important part of nicotine dependence

64) Parrott's (1998, 1999) model of smoking as an addictive activity attempts to explain why negative mood plays an important role in maintaining smoking because:

- a)** Relapse during attempts to quit smoking frequently occur under conditions of high stress
- b)** Nicotine dependence is related to number of adverse childhood experiences and the incidence of depression in young adults
- c)** Individuals with depression or anxiety develop nicotine dependence more rapidly than others
- d)** All of the above (A)

65) Smoking is a significant risk factor in:

- a)** Heart disease
- b)** Cancer of the pancreas

- c)** Cancer of the kidneys
- d)** All of the above (A)

66) In the UK, what percent of patients are admitted to NHS hospitals every year due to smoking-related diseases?

- a)** Over 300,000 (A)
- b)** Over 200,000
- c)** Over 50000
- d)** Over 600,000

67) In the UK, the treatment of smoking-related disorders costs the NHS around:

- a)** £1.4-1.5 billion a year (A)
- b)** £1.4-1.5 million a year
- c)** £2.4-2.5 billion a year
- d)** £2.4-2.5 million a year

68) Jamrozik (2005) estimated that across the UK as a whole, passive smoking at work is likely to be responsible for:

- a)** 617 deaths a year (A)
- b)** 250 deaths a year
- c)** 894 deaths a year
- d)** 135 deaths a year

69) Second-hand smoke at home accounts for:

- a) 2700 deaths in persons aged 20-64 years (A)
- b) 1500 deaths in persons aged 20-64 years
- c) 5000 deaths in persons aged 20-64 years
- d) 1350 deaths in persons aged 20-64 years

70) Cocaine is a natural stimulant derived from:

- a) The coca plant (A)
- b) The cactus plant
- c) The cocoa plant
- d) Baobab plant

71) The main effects of cocaine are caused by the drug:

- a) Blocking the reuptake of dopamine in the brain (A)
- b) Blocking the reuptake of serotonin in the brain
- c) Blocking the reuptake of acetylcholine in the brain
- d) Blocking the reuptake of GABA in the brain

72) In the early years of the 20th century, many viewed cocaine as a drug with many positive attributes. These included which of the following?

- a) Pain relief

- b)** To reduce depression
- c)** Used in the original Coca-Cola recipe
- d)** All of the above (A)

73) High doses of cocaine can cause cocaine intoxication. This may produce which of the following symptoms?

- a)** Impaired judgement
- b)** Psychotic episodes
- c)** Hallucinogenic episodes
- d)** All of the above (A)

74) The physical effects of cocaine intoxication may include:

- a)** Perspiration or chills
- b)** Nausea or vomiting
- c)** Cardiac irregularities
- d)** All of the above (A)

75) Chronic use of cocaine may cause:

- a)** Changes in personality
- b)** Memory deficits
- c)** Increased risk of stroke
- d)** All of the above (A)

76) Cocaine can be ingested by free-basing where a purer cocaine alkaloid is obtained.

This process involves:

- a)** Heating the processed cocaine and inhaling the smoking (A)
- b)** Ingesting the cocaine in food
- c)** Ingesting the cocaine through the nasal passages
- d)** Obtaining cocaine on prescription

77) Crack cocaine is currently a popular way to ingest the drug. It consist of:

- a)** Free-based cocaine boiled down into crystalline balls (A)
- b)** Cocaine cut with heroine
- c)** Cocaine mixed with Cannabis
- d)** Synthetically produced cocaine

78) According to the World Health Organisation (WHO) the lifetime prevalence rate of cocaine use in developed countries is:

- a)** 1-3% (A)
- b)** 10-15%
- c)** 5-10%
- d)** 15-20%

79) Lifetime prevalence rates of Cocaine use in the USA is:

- a)** 14.4% (A)
- b)** 25%
- c)** 34.4%
- d)** 42%

80) Cocaine use by young adults aged 15-34 in the UK is around:

- a)** 4% (A)
- b)** 10%
- c)** 2%
- d)** 20%

81) Cocaine dependence occurs when the individual finds it difficult to resist using the drug. Evidence from animal studies that a single exposure to cocaine induces long-term changes in?

- a)** Dopamine neurons in the brain (A)
- b)** Changes in Serotonin re-uptake
- c)** Changes in Frontal lobe activity
- d)** Changes in GABA levels in the hippocampus

82) When not taking cocaine, severe withdrawal symptoms can occur. These include:

- a)** Hypersomnia
- b)** Increased appetite

- c)** Negative and depressed mood
- d)** All of the above (A)

83) A long-term user of cocaine may well develop symptoms of other psychological disorders, such as:

- a)** Major depression
- b)** Social phobia
- c)** Eating disorders
- d)** All of the above (A)

84) Acute intoxication is often associated with cocaine abuse, and this is characterized by:

- a)** Rambling speech
- b)** Headaches
- c)** Tinnitus
- d)** All of the above (A)

85) Which of the following are characteristics of cocaine abuse?

- a)** Paranoid ideation
- b)** Auditory and tactile hallucinations
- c)** Anger
- d)** All of the above (A)

86) In a study of 112 regular male cocaine users with an average age of 44 years:

- a)** 30.4% (A)
- b)** 10.4%
- c)** 20.4%
- d)** 40.4%

showed evidence of coronary artery aneurysms

87) Which of the following are common forms are amphetamine?

- a)** Benzedrine
- b)** Dexedrine
- c)** Methedrine
- d)** All of the above (A)

88) Small doses, amphetamines enable individuals to feel alert, confident and energized. However, contrary to popular belief they do not help:

- a)** Intellectual skills (A)
- b)** Libido
- c)** Reaction times
- d)** Memory

89) According to DSM-IV-TR the lifetime prevalence of amphetamine use disorders is around:

- a) 1.5% (A)
- b) 2.5%
- c) 3.5%
- d) 4.5%

90) The World Health Organisation estimates that the use of amphetamine-type stimulants accounts for:

- e) 16% (A)**
- f) 25%**
- g) 5%**
- h) 30%**

of worldwide illicit drug abuse

91) Those dependent on methamphetamine (so-called "speed freaks"), may become:

- a) Anxious,
- b) Paranoid
- c) Aggressive

d) All of the above (A)

92) Physical symptoms of Amphetamine intoxication include:

- a) Pupillary dilation
- b) Perspiration or chills
- c) Nausea or vomiting
- d) All of the above (A)

93) Caffeine is taken in one form or another by:

- a) 85% (A)
- b) 70%
- c) 65%
- d) 95%

of the population of the world

94) Caffeine intoxication can include which of the following physical and psychological effects?

- a) Flushed face
- b) Diuresis
- c) Muscle twitching
- d) All of the above (A)

95) Symptoms of Caffeine withdrawal include which of the following?

- a) Depression
- b) Anxiety
- c) Fatigue
- d) All of the above (A)

96) Which of the following are derivatives of Opium?

- a) Morphine
- b) Codeine
- c) Heroin
- d) All of the above (A)

97) A synthetic form of Opium was developed by the German's during World War II. This is known as?

- a) Methadone (A)
- b) Prednisalone
- c) Cortisone
- d) Polyheroin

98) The most widely abused of the Opiates is:

- a) Heroin (A)

- b) Methadone
- c) Morphine
- d) Codeine

99) Opiates have their effects by depressing the central nervous system, and the drug attaches to brain receptor sites that normally receive:

- a) Endorphins (A)
- b) Hormones
- c) Geons
- d) Neurons

100) What percent of people worldwide are estimate to take opiates?

- a) 13.5% (A)
- b) 35%
- c) 2.7%
- d) 25%