

ADDICTION COUNSELING TEST REVIEW

COU475

Choose the response that best answers the question or statement:

- 1) Which of the following is the least likely reason adolescents start taking drugs?
 - a) Self-medication.
 - b) Frustrations in school or social life.
 - c) Peer pressure.
 - d) Emotional problems.
- 2) The most likely long-term physical effect of cocaine is
 - a) It can damage the liver.
 - b) It can have long-term respiratory effects.
 - c) It weakens the heart.
 - d) It can do physical brain damage.
- 3) Stress and pain
 - a) Are essential ingredients of a normal life.
 - b) Are never positive.
 - c) They are signals that warn us when parts of our lives are not functioning properly.
 - d) a & c.
- 4) When body cells are so changed by constant exposure to a drug that they become incapable of functioning properly when deprived of it, then _____ occurs.
 - a) Physical dependency.
 - b) Psychological dependency.
 - c) Experiential tolerance.
 - d) None of the above.
- 5) A process addiction is associated with
 - a) Alcohol addiction.
 - b) Food addiction.
 - c) Barbiturate addiction.
 - d) Sex addiction.
- 6) The stereotype of what all alcoholics are like:
 - a) Alpha alcoholic.
 - b) Low-bottom alcoholic.
 - c) High-bottom alcoholic.
 - d) Periodic alcoholic.
- 7) The type of alcoholism from which the majority of Americans suffer is
 - a) Alpha alcoholism.
 - b) Beta alcoholism.
 - c) Gamma alcoholism.
 - d) Delta alcoholism.
- 8) Binge drinking would be descriptive of
 - a) Epsilon alcoholism.
 - b) Gamma alcoholism.
 - c) Beta alcoholism.
 - d) Delta alcoholism.
- 9) An alcoholic who makes the statement, "A wife who nags like mine would drive anyone to drink: would be demonstrating
 - a) Denial.
 - b) Moralism.
 - c) Rationalism.
 - d) Tolerance.

- 10) Different rates of addiction in different families, classes, genders, and groups could be most likely attributed to the causative factor of
 - a) Biochemical properties.
 - b) Sociological and cultural causes.
 - c) Psychological trauma.
 - d) Religious dynamics.
- 11) A person who experiences severe emotional malnutrition in childhood often display
 - a) Personality stunting.
 - b) Immaturity.
 - c) Interpersonal dysfunction.
 - d) All the above.
- 12) Parents who have high expectations of their children in terms of financial achievement, power positions, or educational obtainment most likely would practice the _____ pattern of parenting.
 - a) Heavy-handed authoritarianism.
 - b) Success-worship.
 - c) Moralism.
 - d) Overt rejection.
- 13) Inevitable failures to reach unrealistic goals followed by self-punishing shame and doubt is an example of
 - a) Perfectionism.
 - b) Grandiosity.
 - c) Low frustration tolerance.
 - d) Emotional immaturity.
- 14) A society's addiction to powerlessness and nonliving could be called a(n) _____ addiction.
 - a) Physiological.
 - b) True.
 - c) Secondary.
 - d) Primary.
- 15) The least likely explanation for a society's relatively low rate of alcohol addiction could be attributed to
 - a) The formative years where children acquire strong inner controls concerning appropriate uses of alcohol.
 - b) Teaching of proper attitudes and behaviors.
 - c) The lack of strong social controls.
 - d) Unified attitudes and social controls on drunkenness.
- 16) Drug users who experience chronic unhappiness, relationship conflicts, loneliness, and a deep sense of guilt, shame, or failure likely would be characterized as a _____ user.
 - a) Recreational.
 - b) Rebellious.
 - c) Maladjusted.
 - d) Symptomatic.
- 17) Tranquilizers include
 - a) Reds, blues, purples.
 - b) Crystal meth, speed, dexies.
 - c) Librium, Valium, Xanax.
 - d) Opium, morphine, heroin.
- 18) Which drug is not considered a hallucinogen?
 - a) Mappine.
 - b) LSD.
 - c) Peyote.
 - d) China white.
- 19) Which drug is not an upper?
 - a) Alcohol.
 - b) Methamphetamine.
 - c) Speed.
 - d) Caffeine.
- 20) The drug which is used to help block the effects of heroin:
 - a) Cocaine.
 - b) Methadone.

- c) Alcohol.
 - d) None of the above.
- 21) The second leading cause of preventable deaths in this country is
- a) Nicotine.
 - b) Alcohol.
 - c) Obesity.
 - d) AIDS.
- 22) A series of strategies which can be utilized in helping persons with eating disorders include:
- a) Recognize that food problems afflict countless people.
 - b) Reject the "beauty myth."
 - c) Increase nonperfectionistic acceptance and forgiveness.
 - d) All the above.
- 23) A person who is addicted to avoiding work is called a
- a) Work anorexic.
 - b) Work bulimic.
 - c) Workaholic.
 - d) Binge worker.
- 24) The approach to helping the addicted which is enhanced through its well developed structure is most associated with
- a) A.A.
 - b) The Salvation Army.
 - c) Alcoholics for Christ.
 - d) Rescue Mission.
- 25) The anxiety which arises out of our awareness of being living-dying creatures is:
- a) Neurotic anxiety.
 - b) Historical anxiety.
 - c) Existential anxiety.
 - d) None of the above.
- 26) Anxiety experienced by alcoholics resulting from inner conflicts and repressed memories:
- a) Neurotic anxiety.
 - b) Historical anxiety.
 - c) Existential anxiety.
 - d) Psychotic anxiety.
- 27) Which of the following is a stimulant-type drug?
- a) Heroin.
 - b) Alcoholic beverages.
 - c) Amphetamines.
 - d) Marijuana.
- 28) Which one of the following drugs is not considered to be addictive in nature in terms of the medical definition for addiction?
- a) Marijuana.
 - b) Alcohol.
 - c) Heroin.
 - d) Opium.
- 29) Which of the following drugs is not an hallucinogenic drug?
- a) Marijuana.
 - b) Alcoholic beverages.
 - c) Psilocybin.
 - d) LSD.
- 30) Which one of the following drugs may produce a full-blown psychosis a year or more after taking it?
- a) LSD-25.
 - b) Amphetamines.
 - c) Marijuana.
 - d) Cocaine.
- 31) Which one of the following is not considered to be one of the volatile solvents?
- a) Lighter fluid.

- b) Airplane glue.
 - c) Whiskey.
 - d) Gasoline.
- 32) Which one of the following is not an opioid derivative?
- a) Opium.
 - b) Cocaine.
 - c) Codeine.
 - d) Morphine.
- 33) What is the effect of the use of barbiturates and alcohol at the same time?
- a) Synergistic effect—greater than additive.
 - b) Alcohol tends to negate effect of barbiturate and reduce it.
 - c) Alcohol adds very little to the effect of barbiturates.
 - d) Body rejects alcohol when barbiturates are present.
- 34) Which of the following is not considered to be a depressant type of drug?
- a) Wine.
 - b) Gin.
 - c) Amphetamines.
 - d) Tranquilizers.
- 35) Which one of the following is not a high correlate for usual drug users?
- a) Low level of educational attainment.
 - b) Low level of delinquency and crime.
 - c) Low level of family income.
 - d) Unemployment level very high.

True or False

1. Tissue tolerance means that increasing amounts of the substance are required to produce the desired effects.
2. Delta alcoholism is purely psychological dependence on alcohol to relieve pain.
3. Disturbances of the pituitary-adrenal-gonadal triad of endocrine glands are present in many alcoholics.
4. Transmission of alcoholism from parents to children seems to be a question of heredity rather than social learning.
5. Grandiosity is a protective armor hiding underlying self-rejection and lack of ego strength.
6. Primary prevention should focus on nurturing healthy children who have inner strengths to resist trying to satisfy their emotional needs with chemicals.
7. Sexism seems to be the central cause of addictions in men.
8. The lack of strong social controls is an explanation for the relative lower rate of alcoholism among the Jewish people.
9. The effects of heavy, chronic use of tranquilizers is similar to those of alcohol and barbiturates.
10. Heavy users of amphetamines do not develop a tolerance for drugs.
11. Penalties for possessing cocaine are more severe than for crack.
12. Various combinations of drugs are used to counteract the side effects of one drug.
13. Steroids and growth hormones have side effects including liver, heart, and blood disorders.
14. The root causes of eating disorders include unsatisfied, spiritual hungers.
15. Bulimia involves compulsive dieting and chronic feelings of being too fat even when one is emaciated.
16. Workaholics tend to be efficient and productive.
17. Most sex addicts are looking for emotionally intimate relationships.
18. Marijuana is the drug of choice of the vast majority of youth in high school and college.
19. Drinking alcohol while taking barbiturates can be deadly.
20. As people grow older, alcohol and other drugs remain in their bodies longer.
21. Extremely high rates of alcoholism exist among Native Americans.
22. Men are more susceptible to alcohol-related diseases such as cirrhosis of the liver and high blood pressure.
23. A greater proportion of men alcoholics do solitary drinking than women.

24. A. A. is effective because of political affiliations.
25. The sole object of A. A. is sobriety.

Matching

Find the word or phrase in Column B that best answers the question or statement in Column A. Place the letter of the answer to the left of the number of the question.

Column A

- 1) Degenerates nerves in the arms and legs, destroys the brain cells, as well as severe liver damage.
- 2) Users of drugs to which true tolerance is developed, boost the amounts they use, even though their original dosage remains just as effective.
- 3) Also known as withdrawal.
- 4) Repetitive, anxious thoughts that increasingly dominate mental processes which feed compulsive behaviors.
- 5) Means that increasing amounts of the substance are required to produce the desired effects.
- 6) Continued heavy use of alcohol or other drugs that are harmful to oneself or others but does not necessarily have the characteristics that identify chemical addictions.
- 7) If persons are dependent on one psychoactive substance they are at high risk to develop dependence on any other addictive substance.
- 8) A letting go of defensive denial by addicted persons.
- 9) Drinks heavily nearly every day.
- 10) The type of alcoholism from which majority of American alcoholics suffer.
- 11) Often called plateau alcoholism.
- 12) The most destructive parental pattern based mainly on superior power.
- 13) Those who become physically dependent on drugs because of careless over-prescription by physicians.
- 14) Known on the street as downers and include "red" and "blue heavens."
- 15) Stimulate the central nervous system causing the release of energy, excitement, feelings of euphoria, and sleeplessness.
- 16) Methamphetamines taken nasally.
- 17) A hallucinogen obtained from certain cactus plants and used by Native Americans.
- 18) A natural hallucinogen that comes from the flowering tops and leaves of the female Indian hemp plant.
- 19) Look-alike drugs that are synthesized illegally in clandestine laboratories.
- 20) Kills more people annually that die from alcoholism, other drugs, auto accidents, and AIDS combined.

Column B

- a) Tissue tolerance.
- b) Cross addiction.
- c) Problem drinking.
- d) Marijuana.
- e) Prolonged use of booze.
- f) Abstinence syndrome.
- g) Experiential tolerance.
- h) Steady alcoholic.
- i) Nicotine.
- j) Crank.
- k) Obsessive-compulsive.
- l) Success-worshipping parents.
- m) Designer drugs.
- n) Authoritarianism.
- o) Symptomatic users.
- p) Crystal meth.
- q) Peyote.
- r) Surrender.
- s) Barbiturates.
- t) Stimulants.
- u) Intervention.
- v) Accidentally addicted.
- w) Gamma alcoholism.
- x) Delta alcoholism.