

PSY 517

Alcohol and Chemical Substance Abuse

Text: ***Drug Use and Abuse***

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Final Examination

Multiple Choice Questions (Enter your answers on the enclosed answer sheet)

1. Which of the following is not a basis for classifying drugs?
 - a. street name
 - b. therapeutic use
 - c. mechanism of action
 - d. origin
 - e. all of these are bases for classification of drugs
2. The consensus definition of drug abuse arrived at by Rinaldi et al. centers on _____.
 - a. withdrawal
 - b. tolerance
 - c. consequences of drug use behavior
 - d. societal mores
3. ____ drugs are those that affect moods, thinking, and behavior.
 - a. Psychoaffective
 - b. Psychoactive
 - c. Psychotropic
 - d. Psychophysiological
4. Respondents in the U.S. National Survey on Drug Use and Health are _____.
 - a. all ages
 - b. 12 years of age or older
 - c. 18 years of age or older
 - d. 21 years of age or older
5. According to the 2004 National Survey on Drug Use and Health, _____.
 - a. cigarettes are the most commonly used drugs
 - b. illicit drug use dramatically decreased in 2002 and 2003
 - c. men were more likely than women to report illicit drug use in the past month
 - d. all of these
 - e. none of these
6. Which organization developed the Diagnostic and Statistical Manual of Mental Disorders?
 - a. World Health Organization

- b. American Psychiatric Association
 - c. American Psychological Association
 - d. American Medical Association
7. ____ is a combustive process in which yeasts interact with the sugars in plants to produce an enzyme that converts the sugar into alcohol.
- a. Distillation
 - b. Fermentation
 - c. Brewing
 - d. Hydrolysis
8. How was cannabis sativa used in ancient China?
- a. it was smoked in a pipe
 - b. it was brewed as tea
 - c. it was used as an herb in cooking
 - d. none of these
9. What did physicians in the mid-1800s refer to as "God's own medicine"?
- a. marijuana
 - b. Godfrey's Cordial
 - c. opium
 - d. peyote
10. ____ was named after the Greek god of sleep and dreams.
- a. Opium
 - b. Morphine
 - c. Heroin
 - d. Rohypnol
11. Which of the following is a way in which heroin is used?
- a. snorting
 - b. smoking
 - c. mixing with crack and smoking
 - d. all of these
 - e. none of these

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12. An unintended consequence of the Harrison Narcotics Tax Act of 1914 was that, in the years since its passage, the law served to shift opium addicts to ____.
- a. cocaine
 - b. alcohol
 - c. heroin
 - d. barbiturates
13. Axons are frequently covered with a sheath known as ____.
- a. dopamine
 - b. the exoskeleton
 - c. myelin
 - d. the dendritic membrane
14. Which of the following is used to treat Parkinson's disease?
- a. monoamine oxidase
 - b. Aricept
 - c. L-dopa
 - d. Thorazine
15. Recent research on adult neurogenesis has focused on the ____.
- a. hippocampus
 - b. pons
 - c. medulla
 - d. thalamus
16. Recent brain imaging research suggests that drug craving is associated with activity in the ____.
- a. hypothalamus
 - b. hippocampus
 - c. temporal lobe
 - d. limbic areas

17. When, in a series of events, what happens in a later event alters those preceding it, it is known as a ____ relationship.
- a. contingent
 - b. feedback
 - c. causal
 - d. concurrent
18. ____ is the branch of pharmacology that concerns the absorption, distribution, biotransformation, and excretion of drugs.
- a. Pharmacokinetics
 - b. Pharmacodynamics
 - c. Pharmacotherapy
 - d. Metabolism
19. Once in the bloodstream, drugs pass through the ____ before reaching the brain.
- a. kidneys
 - b. liver
 - c. pancreas
 - d. pituitary gland
20. A common street term for injecting a drug intravenously is ____.
- a. freebasing
 - b. going cold turkey
 - c. mainlining
 - d. tripping
21. Which of the following is an example of an inhalant?
- a. nitroglycerin
 - b. cocaine
 - c. benzene
 - d. snuff

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22. Freebase refers to a form of ____ that is inhaled.
- a. amphetamine
 - b. LSD
 - c. cocaine
 - d. benzodiazepine
23. Which of the following is not a way in which drugs are excreted from the body?
- a. directly in the feces
 - b. in liver bile
 - c. in mother's milk
 - d. through the lungs
 - e. all of these are ways in which drugs are excreted
24. How many poppy seed bagels would need to be consumed in order to obtain a positive screen for opiates?
- a. 2
 - b. 10
 - c. 25
 - d. 100
25. In ____, the combined effects of multiple drugs is greater than the sum of the parts.
- a. summation
 - b. potentiation
 - c. exponentiation
 - d. antagonism
26. A specified dose of a drug administered to a man and a woman on average will have greater effects on the woman. This is because of differences in ____.
- a. brain chemistry
 - b. body fat
 - c. hormones
 - d. expectancies

27. Subjects in Phase 1 of clinical trials on humans during new drug development typically include ____.
- a. 50 patients with the target disease
 - b. 50 normal volunteers
 - c. 1,000 patients with the target disease
 - d. 1,000 normal volunteers
28. The earliest use of cocaine was ____.
- a. chewing the coca leaf by the Inca
 - b. drinking Coca-Cola in nineteenth century United States
 - c. snorting cocaine in the fifth century
 - d. smoking crack by the Aztecs
29. Which of the following is a slang name for methamphetamine?
- a. crack
 - b. ice
 - c. grass
 - d. ecstasy
30. Most of the cocaine that enters the US comes from ____.
- a. Colombia
 - b. Ecuador
 - c. Iran
 - d. Afghanistan
31. Many states now control cold medicine that contains pseudoephedrine. What is the reason for this?
- a. Pseudoephedrine is an ingredient used to make meth.
 - b. Pseudoephedrine is a highly addictive drug.
 - c. Pseudoephedrine is likely to produce an overdose.
 - d. Pseudoephedrine is highly flammable and may explode.
32. The depression that follows heavy use of cocaine is thought to be related to ____.
- a. permanent brain damage
 - b. GABA depletion
 - c. dopamine depletion
 - d. liver damage

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33. The physiological and behavioral effects of amphetamine are most similar to those of ____.
- a. MAO inhibitors
 - b. the phenothiazines
 - c. cocaine
 - d. alcohol
 - e. GHB
34. Which of the following drugs produce pupil dilation?
- a. cocaine
 - b. diazepam (Valium)
 - c. barbiturates
 - d. fluoxetine (Prozac)
35. Which of the following is a mechanism by which cocaine can cause death?
- a. convulsions
 - b. heart failure
 - c. liver damage
 - d. either convulsions or heart failure
36. Which of the following is not one of the stages of cocaine abstinence?
- a. crash
 - b. withdrawal
 - c. extinction
 - d. craving
37. Which of the following is true of nicotine?
- a. it is the constituent of tobacco that has the most immediate pharmacological action
 - b. it is about as toxic as cyanide
 - c. when tobacco is burned, the smoke has a small portion of nicotine
 - d. all of these
38. Who was nicotine named after?
- a. the explorer who discovered tobacco in North America
 - b. the French ambassador to Portugal
 - c. the man who invented the cigarette
 - d. the scientist who first isolated nicotine

39. The concept of tobacco as therapeutic agent took a serious blow when Posselt and Reimann ____.
- a. isolated nicotine
 - b. died from tobacco treatment
 - c. were cited for malpractice
 - d. published The Evil Weed
40. ____ smoking is the most toxic way to smoke tobacco.
- a. Cigar
 - b. Pipe
 - c. Cigarette
 - d. Cigar or pipe
41. Regarding quitting, many current smokers say ____.
- a. they don't want to quit.
 - b. they want to quit but find it difficult.
 - c. they want to quit and think it will be easy.
 - d. they're quitting with the help of group therapy.
42. Overall, the prevalence of current smokers has ____ since 1965.
- a. decreased
 - b. increased
 - c. remained constant
 - d. declined for women, but increased for men
43. Which racial/ethnic group has the highest rate of smoking for those over 26-years-old?
- a. Whites
 - b. Blacks
 - c. Hispanics
 - d. there are no ethnic differences
44. The group most likely to use moist snuff are ____.
- a. young females
 - b. young males
 - c. adult men who earn less than \$5,000/year
 - d. psychiatric outpatients

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45. About ____ American smokers suffer premature deaths every year.
- a. 10,000
 - b. 75,000
 - c. 180,000
 - d. 430,000
46. The rate of cure during a given time period without formal treatment is known as ____.
- a. withdrawal
 - b. self-cure
 - c. spontaneous remission
 - d. relapse
47. When a smoker returns to smoking after having abstained for some amount of time, he or she has experienced ____.
- a. withdrawal
 - b. a rebound
 - c. a relapse
 - d. spontaneous remission
48. Caffeine-producing plants are indigenous to ____.
- a. China
 - b. West Africa
 - c. North America
 - d. South America
 - e. all of these
49. Estimates are that ____ of the world's population regularly consumes products containing caffeine.
- a. 20%
 - b. 50%
 - c. 75%
 - d. 90%
50. According to the study conducted by Marks & Kelly, which of the following is most likely to still be at close to peak level two hours after consumption?
- a. cola
 - b. coffee
 - c. tea
 - d. none of these

51. After consumption, the concentration of caffeine is ____.
- a. highest in the liver
 - b. highest in the kidneys
 - c. highest in the brain
 - d. similar throughout the body
52. Caffeine is excreted from the body mainly ____.
- a. in the feces
 - b. in saliva
 - c. by the kidneys
 - d. in pure form
53. Caffeine's primary action is ____.
- a. contraction of the heart
 - b. stimulation of CNS activity
 - c. elevation of basal metabolism
 - d. a stimulating effect on respiration
54. Fermentation begins when ____ is dissolved in water and exposed to air.
- a. yeast
 - b. ethanol
 - c. sugar
 - d. carbon dioxide
55. Estimated BAC = ____.
- a. number standard drinks (.025%) - number hours since drinking began (.015%)
 - b. number standard drinks (.015%) - number hours since drinking began (.025%)
 - c. number hours since drinking began (.025%) - number standard drinks (.015%)
 - d. number hours since drinking began (.015%) - number standard drinks (.025%)
56. Korsakoff's syndrome ____.
- a. produces serious impairments in short-term memory

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- b. involves damage to the brain structure
 - c. is most directly due to alcohol abuse
 - d. often includes considerable confusion and confabulation
 - e. all of these
57. The federal law that prohibited non-medical use of opiates was the ____.
- a. Harrison Act
 - b. Analogue Act
 - c. Single Convention
 - d. Drug Abuse Control Amendment
58. Opiate antagonists such as naloxone (Narcan) ____.
- a. block the effects of opiates
 - b. produce an intense high or "rush"
 - c. are used in the treatment of depression
 - d. all of these
59. Which of the following drugs produces analgesia?
- a. morphine
 - b. cocaine
 - c. alcohol
 - d. barbiturates
60. The recovery of many Vietnam veterans from heroin addiction reveals that ____.
- a. treatment programs have a high failure rate
 - b. environment has much to do with recovery
 - c. heroin is not really an addictive drug
 - d. heroin withdrawal symptoms are the only cause of relapse
61. ____ is the leafy top portion of the cannabis sativa plant, while ____ is the resin produced by the plant to protect it from the sun.
- a. AMP; hashish
 - b. Marijuana; hashish
 - c. Hashish; marijuana
 - d. Marijuana; AMP

62. The book *The Hasheesh Eater*, published in 1857, was written by ____ and describes his cannabis-eating experiences over a four-year period.
- a. Theophile Gautier
 - b. Harry J. Anslinger
 - c. William O'Shaughnessy
 - d. Fitz Hugh Ludlow
63. In New York City, during Prohibition, ____ opened to give marijuana users a place to smoke.
- a. opium dens
 - b. hashish parlors
 - c. tea-pads
 - d. none of these
64. ____ is a concentrated liquid marijuana extract derived from the cannabis plant using solvents.
- a. PCP
 - b. AMP
 - c. Hashish
 - d. Hash oil
65. The most rapid and efficient absorption of marijuana occurs through _____. The drug effects following _____ last approximately 2-4 hours.
- a. smoking; oral ingestion
 - b. oral ingestion; smoking
 - c. smoking; smoking
 - d. oral ingestion; oral ingestion
66. Cannabis has been viewed as a medical treatment for _____.
- a. detached retina
 - b. astigmatism
 - c. cataracts
 - d. glaucoma
67. Which of the following is true regarding the research evidence on the social environmental effects of marijuana?
- a. marijuana enhances competence in social situations

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- b. marijuana use is causally related to aggression
 - c. marijuana use combined with preexisting personality characteristics may produce the amotivational syndrome
 - d. all of these
68. Who discovered the hallucinogenic properties of LSD?
- a. Timothy Leary
 - b. Aldous Huxley
 - c. Ken Kesey
 - d. Albert Hoffman
69. Which of the following is a hallucinogen that is being tested as an "anti-addiction" drug?
- a. ibogaine
 - b. ketamine
 - c. PCP
 - d. Harmaline
70. Raves have become associated with which of the following drugs?
- a. MDMA (ecstasy)
 - b. alcohol
 - c. barbiturates
 - d. lithium
71. Users of ____ must avoid most cheeses and some alcoholic beverages in their diets.
- a. MAOIs
 - b. cyclics
 - c. Prozac
 - d. chlorpromazine
72. Methaqualone (Quaaludes) are currently schedule ____ drugs.
- a. I
 - b. II
 - c. III
 - d. IV

73. Tolerance develops to the effects of ____.
- a. barbiturates
 - b. methaqualone
 - c. benzodiazepines
 - d. all of these
74. Depressant drugs like barbiturates and benzodiazepines influence which neurotransmitter system?
- a. endorphin
 - b. dopamine
 - c. GABA
 - d. serotonin
75. Which of the following is a nonbenzodiazepine anti-anxiety drug?
- a. Halcion
 - b. BuSpar
 - c. Valium
 - d. Librium
76. ____ is the only drug in psychiatry for which there is effective prophylaxis against disease recurrence.
- a. Prozac
 - b. Chlorpromazine
 - c. Lithium
 - d. Haldol
77. Which of the following drug(s) can be used in the treatment of mania by patients who cannot tolerate lithium or do not respond to its effects?
- a. Wellbutrin
 - b. Tegretol
 - c. Clozaril
 - d. all of these
 - e. none of these
78. Which of the following produces anti-inflammatory effects?
- a. aspirin

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- b. PPA
- c. caffeine
- d. guaifenesin

79. The major ingredient in most over-the-counter sleeping pills is ____.

- a. aspirin
- b. acetaminophen
- c. antihistamines
- d. PPA

80. What law made it possible to market hormones and herbal products without FDA regulation?

- a. Dietary Supplement Health and Education Act
- b. Kefauver-Harris Amendment
- c. Analogue Act
- d. Harrison Act

81. After the Dietary Supplement Health and Education Act was passed, hormones and herbal products ____.

- a. could be marketed without regulation to treat specific illnesses
- b. required a prescription to purchase
- c. could be marketed without regulation as long as they did not claim to treat a specific illness
- d. became less expensive

82. Which of the following is a hormone that has been touted for its "antiaging" effects?

- a. areca
- b. kava
- c. ginkgo biloba
- d. DHEA

83. What herbal preparation may be useful in treating Alzheimer's disease?

- a. Melatonin
- b. Ginkgo biloba
- c. GHB
- d. DHEA

84. Which of the following is used as a sleeping aid?
- a. St. John's wort
 - b. Ginkgo biloba
 - c. Ma Huang (Ephedra)
 - d. Valerian
85. ____ is one of the last steps in Alcoholics Anonymous (AA) and involves a stable one-to-one relationship between a member with more sobriety and one with less.
- a. Sponsorship
 - b. Tutoring
 - c. Twelfth-stepping
 - d. Guidance
86. ____ is a self-help group that is purported to be based on methods that are scientifically validated and is led by a coordinator who has maintained a period of sobriety or has never had an alcohol problem.
- a. SMART
 - b. Rational Recovery
 - c. Secular Organizations for Recovery
 - d. Women for Sobriety
87. The ____ model is the foundation for Alcoholics Anonymous (AA).
- a. moral
 - b. biological
 - c. social learning
 - d. American disease
88. In the ____ model, individuals are seen as personally responsible for problems they incur from their drug and alcohol use.
- a. sociocultural
 - b. social learning
 - c. biological
 - d. moral

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89. The treatment most clearly implied from the ____ model is to advise at risk people of their risk for developing a substance use disorder and perhaps to counsel them to avoid alcohol or drugs.
- a. biological
 - b. moral
 - c. disease
 - d. social learning
90. Which of the following is an alcohol-sensitizing drug?
- a. naltrexone
 - b. buspirone
 - c. disulfiram
 - d. acamprosate
91. ____ is a non-medical treatment for alcohol use disorders in which verbal psychotherapy is used to encourage the individual to move forward in the stages of changing alcohol-use patterns.
- a. Motivational enhancement
 - b. Conjoint treatment
 - c. Classical-conditioning
 - d. Milieu therapy
92. A TV spot emphasizing the need not to let friends drive drunk would be an example of ____ prevention.
- a. primary
 - b. secondary
 - c. tertiary
 - d. none of these
93. One of the strongest proponents of the sociocultural model of prevention is ____.
- a. Sully Ledermann
 - b. Rupert Wilkinson
 - c. William Bennett
 - d. Nancy Reagan

94. Wilkinson proposes that society should allow the serving of alcohol only ____.
- a. to those over 21
 - b. at supervised public events
 - c. when food is available
 - d. to individuals who are not going to drive
95. Raising the price of alcohol relative to disposable income is an example of a prevention strategy following the ____ model.
- a. sociocultural
 - b. distribution of consumption
 - c. proscriptive
 - d. harm reduction
96. The Principles of Drug Abuse Prevention published by NIDA in 2003 do not address ____.
- a. the family
 - b. school
 - c. the community
 - d. the workplace
97. Where are alcohol prevention efforts most likely to be effective?
- a. elementary school
 - b. junior high school
 - c. high school
 - d. college
98. ____ are the most frequently used vehicles for mass media prevention efforts.
- a. Newspapers
 - b. TV and radio
 - c. Billboards
 - d. Films
99. Vocational training or developing a new hobby would be elements of an ____ prevention program.
- a. affect-oriented
 - b. alternative behavior
 - c. resistance-skills training
 - d. harm reduction

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100. Server interventions or dram shop laws arise from the ____ model of prevention.

- a. distribution of consumption
- b. sociocultural
- c. proscriptive
- d. harm reduction