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A Comprehensive Approach to Address Substance Use in America

1. Substances can be divided into only two major categories: alcohol and illicit drugs.

- A. True
 - B. False
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2. Which of the following statements regarding binge drinking is most accurate?

- A. Binge drinking for women is drinking 5 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.
 - B. Binge drinking for men is drinking 4 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.
 - C. Binge drinking for women is drinking 4 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.
 - D. None of the above
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3. A 48 year-old male patient presents to the emergency department with a history of alcohol abuse. The patient may be suffering from which of the following long-term alcohol effects?

- A. Liver disease
 - B. Hypertension
 - C. Pancreatic disease
 - D. All of the above
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4. Patients with a history of substance misuse are at a higher risk for contracting HIV/AIDS.

- A. True
 - B. False
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5. Which of the following may be considered a risk factor for substance misuse?

- A. Low levels of school involvement
 - B. High levels of school involvement
 - C. High levels of family conflict
 - D. Both A and C
-

6. Which of the following may be considered DSM-5 criteria for diagnosing a substance use disorder?

- A. Giving up important activities because of substance use**
 - B. Decreasing tolerance to substances**
 - C. Spending a small amount of time to get, use, or recover from substance use**
 - D. Both A and B**
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7. Marijuana is the most commonly used illicit drug in the United States.

- A. True**
 - B. False**
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8. Which of the following statements is most accurate?

- A. Well-supported scientific evidence shows that addiction to alcohol or drugs is not a chronic brain disease that has the potential for recurrence and recovery**
 - B. Well-supported scientific evidence shows that disruptions in three areas of the brain are significant in the onset, development, and maintenance of substance use disorders: the basal ganglia, the extended amygdala, and the prefrontal cortex**
 - C. Well-supported scientific evidence shows that adolescence is not a critical at-risk period for substance use and addiction**
 - D. None of the above**
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9. Clinical studies show more than 60 percent of people treated for a substance use disorder experience relapse within the first year after they are discharged from treatment.

- A. True**
 - B. False**
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10. Which of the following statements is most accurate?

- A. The basal ganglia control the rewarding or pleasurable effects of substance use and are also responsible for the formation of habitual substance taking**
 - B. The extended amygdala is involved in executive function**
 - C. The prefrontal cortex is involved in stress and the feelings of unease, anxiety, and irritability that typically accompany substance withdrawal**
 - D. None of the above**
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11. The preoccupation stage of addiction is the stage at which one seeks substances again after a period of abstinence.

- A. True**
 - B. False**
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12. Which of the following statements is most accurate?

- A. The basal ganglia is associated with the binge stage of the addiction cycle**
 - B. The prefrontal cortex is associated with the withdrawal stage of the addiction cycle**
 - C. The extended amygdala is associated with the anticipation stage of the addiction cycle**
 - D. All of the above**
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13. The positively reinforcing effects of substances tend to increase with repeated use.

- A. True**
 - B. False**
-

14. As substance abuse progresses, which of the following occur?

- A. Use becomes an ingrained behavior**
 - B. Impulsivity shifts to compulsivity**
 - C. The primary drivers of repeated substance use shift from positive reinforcement to negative reinforcement**
 - D. All of the above**
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15. Many studies have shown that the neurons that release dopamine are activated, either directly or indirectly, by all addictive substances, but mainly by stimulants such as cocaine, amphetamines, and nicotine.

- A. True**
 - B. False**
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16. Which of the following statements is most accurate?

- A. Incentive salience can persist even after the rewarding effects of the substance have diminished**
 - B. The prefrontal cortex is associated with incentive salience**
 - C. The extended amygdala is associated with incentive salience**
 - D. None of the above**
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17. Which part of the brain is believed to be involved in habit formation?

- A. Dorsal striatum**
- B. Prefrontal cortex**

- C. Extended amygdala
 - D. None of the above
-

18. When used over the long term, all substances of abuse cause dysfunction in the brain's dopamine reward system.

- A. True
 - B. False
-

19. Which of the following occurs in the withdrawal stage of the addiction cycle?

- A. Stress neurotransmitters are activated in the extended amygdala
 - B. Stress neurotransmitters are inactivated in the extended amygdala
 - C. Stress neurotransmitters are activated in the prefrontal cortex
 - D. Stress neurotransmitters are inactivated in the prefrontal cortex
-

20. Which of the following statements is most accurate?

- A. The "Go system" disengages habit-response systems in the dorsal striatum
 - B. The "Go system" engages habit-response systems in the dorsal striatum
 - C. The "Stop system" engages habit-response systems in the dorsal striatum
 - D. None of the above
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21. The preoccupation stage of the addiction cycle is characterized by a disruption of executive function caused by a compromised prefrontal cortex.

- A. False
 - B. True
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22. Addiction to stimulants, such as cocaine, typically follows a pattern that emphasizes the binge stage of the addiction cycle.

- A. True
 - B. False
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23. Marijuana can lead to which of the following?

- A. Increased dopamine in the prefrontal cortex
 - B. Decreased dopamine in the prefrontal cortex
 - C. Increased dopamine in the basal ganglia
 - D. Decreased dopamine in the basal ganglia
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24. Which of the following statements is most accurate?

- A. All adolescents who experiment with alcohol, cigarettes, or other substances go on to develop a substance use disorder.**
 - B. Research shows that one-third of individuals who have experienced PTSD have also experienced alcohol dependence at some point in their lives.**
 - C. Genetic factors are not a risk factor for substance addiction.**
 - D. None of the above**
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25. Clinical reports suggest that women who use cocaine, opioids, or alcohol progress from initial use to a disorder at a faster rate than men.

- A. True**
 - B. False**
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