

# Cheap Nursing CEUs

## Strategies to Prevent Substance Use

1. Engaging in substance use prevention means that you are trying to affect the way people think, feel, and act with regard to alcohol, tobacco, and drugs.

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

- A. Successful substance abuse prevention increases risk factors and enhances protective factors.
  - B. Successful substance abuse prevention increases risk factors and decreases protective factors.
  - C. Successful substance abuse prevention decreases risk factors and enhances protective factors.
  - D. Successful substance abuse prevention decreases risk factors and decreases protective factors.
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3. Which of the following elements must be present for a person to perform a change in behavior?

- A. A strong positive intention
  - B. An environment that makes it possible for the new behavior to occur
  - C. Belief in one's ability to perform the new behavior
  - D. All of the above
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4. According to the health belief model, people are motivated to change their behavior only as much as they value or worry about the results of their choices.

- A. True
  - B. False
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5. Selective programs should be designed to reach the general population, such as all students in a school or all parents in a community.

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

- A. Incentives for a behavior should build on an audience's motives, needs, values, and self-image as well as concerns about health.**
  - B. Incentives for a behavior should not build on an audience's motives, needs, values, and self-image.**
  - C. Incentives for a behavior should not build on an audience's concerns about health.**
  - D. Incentives for a behavior should only build on an audience's motives.**
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**7. Which of the following is a protective factor?**

- A. Stress**
  - B. Social pressure**
  - C. Family problems**
  - D. Social coping skills**
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**8. Risk factors for substance abuse vary greatly according to age, social and psychological development, ethnic/cultural identity, and surroundings.**

- A. True**
  - B. False**
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**9. To address risk and protective factors effectively, prevention methods must address one risk factor at a time.**

- A. True**
  - B. False**
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**10. Prevention education is a two-way approach to teaching participants important social skills.**

- A. True**
  - B. False**
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**11. Prevention targets can be defined in terms of places as well as personal characteristics.**

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

- A. A process evaluation only looks at end results.**
  - B. A process evaluation looks at how and why a program works or does not work.**
  - C. An outcome evaluation does not look at end results.**
  - D. An outcome evaluation looks at how and why a program works or does not work.**
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**13. Substance use prevention messages should not be based on scientific evidence.**

- A. True**
  - B. False**
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**14. In regards to event support, which of the following should be completed 60 - 90 days prior to a prevention event?**

- A. Make arrangements for security.**
  - B. Assess supply list to identify any outstanding gaps.**
  - C. Conduct a second round of outreach to volunteers for the day of the event.**
  - D. Hold a meeting to finalize all remaining logistics.**
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**15. In regards to media outreach, which of the following should be completed 120 days prior to a prevention event?**

- A. Follow up with media contacts to ensure coverage of your event.**
  - B. Compile press clippings from event coverage.**
  - C. Draft a press release about your upcoming event.**
  - D. Determine the specific story you want to communicate to the media, and craft corresponding key messages.**
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