**APA SUDs Curriculum**

**Evaluation Questions**

These are some examples of questions that can be used to test student knowledge and understanding of content. Based on the emphasis and content of the seminar presentation, content of questions should be adapted, and new questions should be created to adequately reflect the content of the course or model presented. Some substance use or addictive behavior texts also contain questions that can be used.

**Module 1**

1. Which substance(s) produces the greatest morbidity and mortality?

1. Opiates
2. Stimulants like Cocaine and Methamphetamine
3. Tobacco/Alcohol
4. Marijuana

(Best Answer #3)

2. Brief interventions are intended to:

1. Capitalize on teachable moments
2. Warn the client of the dangers of their behaviors
3. Empower client self-efficacy to change
4. 1 and 2
5. 1 and 3

(Best Answer #5)

3. Which of the following statements is INCORRECT about opioids?

1. Opioid medication can be used without developing a use disorder
2. Opioids and opiatelike substances like fentanyl can depress breathing
3. Opioids are considered sedative hypnotic substances
4. Opioids are never mixed with other substances like cocaine

(Best Answer #4; Speedball is combo of heroin and cocaine)

4. Genetic contribution to the development of alcohol use disorders affects which elements of development of a substance use disorder?

1. How the substance use affects the individual
2. Ability to control the use of the substance
3. Acceleration from use to development of a use disorder
4. All of the above

(Best Answer #4)

**TRUE - FALSE**

1. Abstinence is generally the goal of Brief Interventions for anyone with a substance use disorder (F)
2. The R in the OARS strategies stands for referral (F)
3. Most individuals who misuse substances will develop a severe substance use disorder (F)
4. Tolerance after frequent use of a substance is an indicator of neuroadaptation (T)
5. DSM criteria for diagnosing a substance use disorder does not include the quantity and frequency of use (T)
6. If a patient mentions only tobacco use, they are not at risk for a substance use disorder (F)
7. Psychologists who treat serious mental illness seldom see substance use disorders (F)
8. The disease model of addiction compares addiction to chronic conditions such as an allergy (T)
9. Many of the terms that are used to describe individuals with substance use disorders are prejudicial and stigmatizing (T)

**Module 2**

Research has demonstrated that SBIRT is effective:

1. Equally for all substances of abuse
2. For both Alcohol and Tobacco
3. Only with severe alcoholics
4. Primarily for nonprescription medication abuse
5. Mostly for illegal substances

(Best Answer #2)

What are the NIAAA recommended low risk guidelines for women?

1. Not more than 2 drinks on one day
2. Not more than 3 drinks on one day
3. Not more than 4 drinks on one day
4. Not more than 5 drinks on one day

(Best Answer #3)

What substance is most used by high school students?

1. Tobacco
2. E-cigarettes
3. Marijuana
4. Alcohol
5. Nonprescription medications

(Best Answer #4)

**TRUE - FALSE**

1. SBIRT involves a comprehensive assessment of substance use disorders (F)

2. No one gene or environmental factor will explain risk for onset or chronicity of substance use (T)

3. Substance Use affects both the brain’s Go (Limbic system) and Stop (Prefrontal Cortex) systems (T)

4. For adolescent screening for substance use, CRAFFT is the recommended screen (T)

5. Screening can be used to make a diagnosis of substance use disorder (F)

6. Risk levels for alcohol consumption differ for males and females (T)

**Module 3**

1. Dual Diagnosis is a term most often used to describe:
   1. Marijuana and alcohol use combinations
   2. Tobacco and heroin
   3. Serious mental illness and moderate to severe substance use disorder
   4. Depression/anxiety and alcohol use

(Best Answer C)

1. What is the best definition of recovery according to SAMHSA?
   1. Abstinence and attendance at AA
   2. Engagement in treatment
   3. Getting involved in long term treatment
   4. A multidimensional process of change

(Best Answer D)

1. Medication currently being used to revive individuals who overdose on opiates
   1. Naloxone, also known as Narcan
   2. Zyban, also known as Wellbutrin
   3. Vivitrol
   4. Naltrexone

(Best Answer A)

1. Comorbidity, as related to substance use disorders, refers to:
   1. Primary vs secondary drug of choice
   2. A medical complication that is caused by substance use
   3. The combination of multiple substances
   4. Another coexisting disorder

(Best Answer D)

**TRUE - FALSE**

Clinical disorders (ADHD and Conduct Disorders) increases risk for adolescent substance use (T)

Use of sedative hypnotic substances can simulate depressive symptoms (T)

Sedatives are used for managing ADHD (F)

In early recovery from alcohol use disorders it is difficult to diagnose depressive disorders (T)

Experiencing several "adverse childhood experiences" increases the risk for substance use in adolescence. (T)

Individuals with Dual Diagnosis should always have the substance use stabilized before treating the mental health condition (F)

There are at least 4 approved medications for use when treating an alcohol use disorder (F)

**Module 4**

Individuals at highest risk for developing an alcohol use disorder are from which subpopulation?

1. Asians
2. African Americans
3. Alaska natives/American Indians
4. Hispanics

(Best Answer #3)

About XX% of domestic violence cases involve alcohol use:

1. 20-25 %
2. Over 50%
3. Over 70%
4. 30-35 %

(Best Answer #2)

Parents can influence their child’s use and misuse of substances by which of the following:

1. Going to Al-Anon
2. Monitoring child activities
3. Talking about drug use often
4. Choosing colleges with strict drinking policies

(Best Answer #2)

**TRUE - FALSE**

It is recommended that pregnant women drink only one drink per week (F)

Substance use disorders have a polygenetic influence (T)

Most states in the United States have legalized medicinal marijuana (T)

Spouses should always be involved in treatment for substance use disorders (F)

Different types of the same substance can have different legal consequences (T)

There are many established cultural rituals that involve substances (T)

**Module 5**

What are the important elements to understand the process of recovery in the treatment of substance use disorders?

1. Getting people to abstain in key trigger situations is the most difficult treatment challenge
2. Motivation and movement through the stages of change
3. Managing withdrawal
4. Getting family involved

(Best Answer #2)

The most significant risk for relapse occurs during which period of time after the individual has become abstinent?

1. During the first three days
2. After the first year
3. During the first 6 months
4. From 6 to 12 months after

(Best Answer #3)

Signs of impairment in self-regulation for individuals with substance use disorders that are part of the DSM 5 diagnosis include all but:

1. Preoccupation with accessing the substance
2. Continued use despite consequences
3. Quantity of substance used
4. Not fulfilling important roles or tasks

(Best Answer #3)

The duration of treatment and support for sustaining recovery from substance use disorders would be considered:

1. Three months of residential care
2. A substantial period of intensive intervention and long-term follow-up support
3. One month inpatient and three months outpatient
4. One year in a therapeutic community

(Best Answer #2)

**TRUE - FALSE**

Relapse is an event that is unique to substance use disorders (F)

Recovery is defined as abstinence from substance use (F)

All change is self-change (T)

There is stigma for certain types of treatments for substance use among individuals with substance use disorders (T)

Addiction is best considered a brain and behavior chronic condition (T)

There is an addictive personality (F)

Most individuals with serious use disorders do not want to change their behavior (F)

Including family in treatment of substance use disorders is the current standard of care (T)

**Module 6**

1. Many substance use treatment providers do not offer tobacco cessation treatment for all of the following reasons except:
   1. Smoking cessation will hinder abstinence from other substances
   2. Tobacco is less harmful than other substance like cocaine and methamphetamine
   3. Substance using individuals tend to be lighter smokers
   4. Smoking is needed to manage stress for substance users in treatment

(Best Answer C)

1. All of the following medications are FDA approved for treating Alcohol Use Disorders except:
   1. Methadone (Dolophine)
   2. Acamprosate (Campral)
   3. Disulfiram (Antabuse)
   4. Naltrexone (ReVia)

(Best Answer A)

1. Detoxification can be best described as:
   1. Reversing the brain changes caused by substances
   2. Can only be done under medical supervision
   3. Prevents serious medical reactions after stopping a substance
   4. Keeping a person alive after an overdose

(Best Answer C)

1. Addiction treatment must be tailored to the needs of which of the following:
   1. Women
   2. Adolescents
   3. Criminal justice populations
   4. All of the above

(Best Answer D)

1. Treatment options for opiate use disorders include:
   1. Long term therapeutic communities
   2. Narcotics Anonymous
   3. Cognitive Behavior Therapy
   4. Outpatient treatment
   5. All of the above

(Best Answer C)

**TRUE - FALSE**

Harm reduction, like sterile syringe exchanges, encourages individuals to continue to use substances (F)

Methadone is used to manage crack cocaine withdrawal (F)

Tobacco kills more Americans than opiates (T)

Drug Court monitoring has been shown to be ineffective in increasing abstinence outcomes (F)

The American Society of Addiction Medicine has created placement criteria for different levels of care (T)

Combination treatments of medication and psychosocial treatment are considered the best standard of care for most substance use disorders (T)

There are currently no approved drugs for the treatment of cocaine dependence (T)

Opiate addicted women who are pregnant should not get off opiates during the pregnancy (T)