Study Guide for the Course 414 Midterm Exam

1) Alcohol is considered an anti-depressant. True False

2) The “Alcoholics Anonymous” organization believes that alcoholism is primarily a psychological problem with a spiritual solution. True False

3) If you give alcoholics a way out of treatment, they will generally stay out of treatment. True False

4) In chronic alcohol abuse, the body produces chemicals, structures and genetics to stimulate the brain. True False

5) In a counselor’s first interview with a client, he/she should begin to confront the alcoholics’ codependent family members. True False

6) According to recent statistical evidence, over a lifetime, approximately 27% of the population will suffer in some way from a substance abuse disorder. True False

7) The production of alcohol depends exclusively on the one-celled organism called “yeast.” True False

8) It is generally understood that substance abuse is the nation's number two health problem. True False

9) On average, the chronic alcoholic dies 26 years earlier than he or she would otherwise. True False

10) Alcohol is probably the oldest drug known to human beings. True False

11) Statistically, alcohol is the primary drug of abuse by clients in most treatment settings. True False

12) In general, the problem of alcoholism develops quickly over patient's lifetime. True False

13) In general, alcoholism is caused by psychological problems. True False

14) Alcoholism starts most frequently when the patient is still a teenager. True False

15) Drugs usually keep a patient clean and sober. True False
16) In general, interventions and treatments are going to take time. True False

17) It is unethical to discuss spiritual or religious beliefs with your patient. True False

18) Statistically, more than two thirds of current drinkers have a family history of alcoholism. True False

19) Patients at different stages of motivation normally need different motivating strategies to keep them moving toward recovery. True False

20) Research studies consistently show that the patient who uses religion and spirituality as part of their therapy, gets better quicker and lives longer. True False

21) The brain of someone addicted to alcohol shows similar patterns as someone who is not addicted to alcohol. True False

22) The brain quickly returns to normal after the patient discontinues alcohol use. True False

23) The nature of targeted problems changes throughout treatment, as old problems are resolved and new ones are uncovered. True False

24) 95% of alcoholics will die of their addiction. True False

25) The “Substance Abuse Subtle Screening Inventory” is difficult to fake and can be completed in 10 to 15 minutes. True False

26) Patient awareness about the causes, consequences, and possible treatments for particular problems are inconsequential for a good recovery. True False

27) “Early intervention” is understood as the professional attempt to stop the patient’s continued substance abuse. True False

28) Patients who are severely dependent and unwilling or unable to see the severity of their addiction, need a “crisis intervention.” True False

29) Alcohol is eliminated from the amniotic fluid of a pregnant mother at the same rate at which it is eliminated from the maternal blood. True False

30) People with fetal alcohol effects may have normal intelligence, but show defects in their brain and behavior. True False
31) The red spider lines on a client's face are called ________________.

32) What percentage of Americans will die of some form of substance abuse?

33) What percentage of alcoholics will die of their addiction?

34) About how many Americans currently have alcohol problem?

35) At what age are people most vulnerable to excessive alcohol and drug abuse?

36) How many years does a person have to maintain sobriety for their relapse rate to drop around zero?

37) How many years does classic alcoholism generally take to develop?

38) What percentage of patients who “work the program” stay clean and sober?

39) If the alcoholic stops drinking, he or she goes into a biochemical storm called, what?

40) What is the rate of risk that children of alcoholics have in developing the disorder?