

# Cheap Nursing CEUs

## 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
- 

**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
- 

**4. Patients with a history of substance misuse are at a higher risk for contracting HIV/AIDS.**

- A. True
  - B. False
- 

**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
- 

**7. Marijuana is the most commonly used illicit drug in the United States.**

- A. True
  - B. False
- 

**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
- 

**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
- 

**11. The preoccupation stage of addiction is the stage at which one seeks substances again after a period of abstinence.**

- A. True
  - B. False
-

**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
- 

**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
- 

**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
- 

**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
- 

**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
- 

**22. Addiction to stimulants, such as cocaine, typically follows a pattern that emphasizes the binge stage of the addiction cycle.**

- A. True
  - B. False
- 

**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
- 

**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
- 

**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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