

Alcoholism Concepts Post-Test  
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(Mark answers on answer sheet)

THE DISEASE

1. Family members may be unaware of the existent of alcoholism within the family.
  - a. True
  - b. False
2. Most alcoholics will die \_\_\_\_\_ years earlier than their non-alcoholic friends.
  - a. 4 - 6
  - b. 6 - 8
  - c. 8 - 10
  - d. 10 - 12
3. The visible cost of alcoholism to the econocmy is \_\_\_\_\_ dollars each year.
  - a. 10 million
  - b. 1 billion
  - c. 5 billion
  - d. 50 billion
4. The action of alcohol is solely sedative.
  - a. True
  - b. False
5. Alcohol has the same chemical and psychological effect on eveyone who drinks.
  - a. True
  - b. False
6. Alcohol is an addictive drug, and anyone who drinks long and hard enough will become addicted.
  - a. True
  - b. False
7. Alcohol is harmful and poisonous to the alcoholic.
  - a. True
  - b. False
8. Addiction to alcohol is often psychological.
  - a. True
  - b. False
9. People become alcoholics because they have psychological or emotional problems which they try to releive by drinking.
  - a. True
  - b. False
10. All sorts of social problems-marriage problems, a death in the family, job stress-may cause alcoholism.
  - a. True
  - b. False
11. When the alcoholic is drinking, he reveals his true personality.

- a. True
- b. False

12. The fact that alcoholics often continue to be depressed, anxious, irritable, and unhappy after they stop drinking is evidence that their disease is caused by psychological problems.

- a. True
- b. False

13. If people would only drink responsibly, they would not become alcoholics.

- a. True
- b. False

14. An alcoholic has to want to be helped.

- a. True
- b. False

15. Some alcoholics can learn to drink normally and can continue to drink with no ill effects as long as they limit the amount.

- a. True
- b. False

16. Psychotherapy can help many alcoholics achieve sobriety through self-understanding.

- a. True
- b. False

17. Craving for alcohol can be offset by eating high sugar foods.

- a. True
- b. False

18. If alcoholics eat three balanced meal a day, their nutritional problems will eventually correct themselves.

- a. True
- b. False

19. Tranquilizers and sedatives are sometimes useful in treating alcoholics.

- a. True
- b. False

## ALCOHOL

20. A \_\_\_\_\_ BAL is the minimum level at which death can occur.

- a. 0.30
- b. 0.40
- c. 0.50
- d. 0.60

21. At a \_\_\_\_\_ BAL the drinker may lapse into a coma.

- a. 0.30
- b. 0.40
- c. 0.50
- d. 0.60

22. At a \_\_\_\_\_ BAL, respiratory function and heart rate slow drastically.

- a. 0.30
- b. 0.40
- c. 0.50
- d. 0.60

23. At a \_\_\_\_\_ BAL most drinkers are dead.

- a. 0.30
- b. 0.40
- c. 0.50
- d. 0.60

#### PREDISPOSING FACTORS

24. Alcoholics and normal drinkers appear to drink for the same reasons.

- a. True
- b. False

25. The alcoholic appears to be drinking to solve problems.

- a. True
- b. False

26. Children of alcoholics are unable to convert acetaldehyde to acetate at a normal speed.

- a. True
- b. False

27. In adoption studies, offspring of alcoholics reared in non-alcoholic environments do not develop alcoholism.

- a. True
- b. False

28. A newborn, exposed to alcohol in utero, is already an alcoholic.

- a. True
- b. False

29. Differences in liver enzymes may account for ethnic susceptibilities to alcohol.

- a. True
- b. False

#### EARLY ALCOHOLISM

30. One of the first symptoms of alcoholism is an ability to increase alcohol intake and still function "normally".

- a. True
- b. False

31. Adaptation is a benefit for the alcoholic.

- a. True
- b. False

32. The development of tolerance is a benefit for the alcoholic.

- a. True
- b. False

33. Effects on performance are the same for the alcoholic and normal drinker.

- a. True
- b. False

#### MIDDLE STAGE OF ALCOHOLISM

34. Symptoms of withdrawal appear in the middle stage of alcoholism.

- a. True
- b. False

35. Alcohol cravings appear in the middle stage of alcoholism.

- a. True
- b. False

36. Loss of control appears in the middle stage of alcoholism.

- a. True
- b. False

#### LATE STAGE OF ALCOHOLISM

37. Organ system damage appears in the late stage of alcoholism.

- a. True
- b. False

38. The major cause of death for alcoholics is cirrhosis.

- a. True
- b. False

39. Death due to heart failure in alcoholics is due to the sedative action of alcohol on the heart.

- a. True
- b. False

40. Alcoholic hepatitis is highly contagious.

- a. True
- b. False

41. Ulcers occurring with alcoholism are due to:

- a. the irritating effect of alcohol on the G.I. system
- b. increased secretion of hydrochloric acid
- c. both of the above
- d. none of the above

42. Male alcoholics suffer more respiratory tract diseases than female alcoholics.

- a. True
- b. False

43. Alcohol intake does not appear to influence cancer rates in alcoholics.

- a. True
- b. False

44. Pancreatitis may be caused by excessive and prolonged alcohol intake.

- a. True
- b. False

45. Only skid row alcoholics suffer nutritional depletion.

- a. True
- b. False

#### THE ALCOHOLIC

46. Profound psychological and emotional disturbances in alcoholism may be caused by alcohol's toxic effects disruption of the brain's chemical and electrical disturbances.

- a. True
- b. False

47. Symptoms of the early stages of alcoholism include:

- a. tolerance and predrinking
- b. preoccupation and sneaking drinks
- c. tolerance and preoccupation
- d. all of the above

48. In middle stage alcoholism, the alcoholic is drinking in response to stressful problems.

- a. True
- b. False

49. In middle stage alcoholism, the alcoholic often attempts to hide drinking behavior.

- a. True
- b. False

50. In the deteriorative stage of alcoholism, drinking the alcoholic is controlled by compulsions to drink.

- a. True
- b. False

#### TREATMENT

51. Family members may be effective in getting alcoholics into treatment.

- a. True
- b. False

51. Judges may be effective in getting alcoholics into treatment.

- a. True b. False

52. Employees may be effective in getting alcoholics into treatment.

- a. True
- b. False

53. Doctors may be effective in getting alcoholics into treatment.

- a. True b. False

54. Anyone who hopes to help alcoholics should be to:

- a. contract for the services of an interventionist
- b. learn about the disease
- c. both a and b above
- d. none of the above

55. Treatment centers all provide equivalent care.

- a. True
- b. False

56. "Confrontation strategies" (intervention) may be effective in getting the alcoholic into treatment.

- a. True
- b. False

57. "Confrontation strategies" (intervention) must be carefully planned in advance.

- a. True
- b. False

58. Alcoholic Anonymous is recognized as the best program for helping alcoholics stay sober.

- a. True
- b. False

59. Alcoholics Anonymous provides detoxification services.

- a. True
- b. False

## TREATMENT

60. All effective treatment programs are based on a disease model and require abstinence.

- a. True
- b. False

61. A controlled medical setting provides a better chance of recovery.

- a. True
- b. False

62. Medical detoxification provides protection against the complications of withdrawal.

- a. True
- b. False

63. Due to unreliable admission histories of alcoholic patients, a controlling level of tranquilizing medication as a protective safety measure is recommended.

- a. True
- b. False

64. Alcoholic Anonymous is introduced to patients in Phase I.

- a. True
- b. False

65. The primary emphasis in Phase II recovery is nutritional replacement therapy.

- a. True
- b. False

66. The first significant change required in recovery is:

- a. understanding.
- b. submission
- c. commitment
- d. none of the above

67. The second significant change required in recovery is:

- a. understanding.
- b. submission
- c. commitment
- d. none of the above

68. The final significant change required in recovery is:

- a. understanding.
- b. submission
- c. commitment
- d. none of the above

## DRUGS

69. Famous people are more likely than the general population to overdose with alcohol and drugs.  
a. True  
b. False
70. Cross tolerance protects alcoholics from overdosage.  
a. True  
b. False
71. Tranquilizers and sedatives may provide acceptable substitution for alcohol.  
a. True  
b. False
72. Antabuse works by stimulating the vomit control center when alcohol is used.  
a. True  
b. False
73. Antabuse has very few side effects and toxic effects.  
a. True  
b. False
74. Normal drinking is drinking less than \_\_\_\_ ounce(s) of pure alcohol per day.  
a. one  
b. two  
c. three  
d. four
75. Choose the term which defines the disease of pathological alcohol consumption:  
a. alcoholism  
b. problem drinker  
c. heavy drinker  
d. recovery
76. Choose the term which defines the return to normal functioning based on abstinence:  
a. alcoholism  
b. problem drinker  
c. heavy drinker  
d. recovery
77. Choose the term which best describes the person has psychological and/or social problems as a result of alcohol use:  
a. alcoholism  
b. problem drinker  
c. heavy drinker  
d. recovery
78. Choose the term that best describes drinkers with a high alcohol tolerance:  
a. alcoholism  
b. problem drinker  
c. heavy drinker  
d. recovery

79. Choose the term which best describes the person has psychological and/or social problems as a result of alcohol use:

- a. alcoholism
- b. problem drinker
- c. heavy drinker
- d. recovery

80. Choose the term that best describes drinkers with a high alcohol tolerance:

- a. alcoholic
- b. problem drinker
- c. heavy drinker
- d. recovery

81. Choose the term that best describes drinkers with increasing problems:

- a. alcoholism
- b. problem drinker
- c. heavy drinker
- d. recovery

82. Choose the term which best describes the alcoholic who has returned to a normal lifestyle:

- a. recovery
- b. relapse
- c. recovered alcoholic
- d. problem drinker

83. Choose the term which best describes intake of alcohol or substitute drug by a recovering alcoholic:

- a. recovery
- b. relapse
- c. recovered alcoholic
- d. problem drinker

84. Genetics is one of the areas recommended for further refinement by the texts authors:

- a. True
- b. False

85. Neurotransmitter theory is one of the areas recommended for further refinement by the texts authors:

- a. True
- b. False

86. Nutrition is one of the areas recommended for further refinement by the texts authors:

- a. True
- b. False

87. Drug Interaction is one of the areas recommended for further refinement by the texts authors:

- a. True
- b. False

88. Heredity is one of the areas recommended for further refinement by the texts authors:

- a. True
- b. False

89. Enzyme Abnormality is one of the areas recommended for further refinement by the texts authors:

- a. True
- b. False



90. Acetaldehyde is one of the areas recommended for further refinement by the texts authors:  
a. True  
b. False
91. Fetal Alcohol Syndrome is one of the areas recommended for further refinement by the texts authors:  
a. True  
b. False
92. One of the most controversial in alcoholism education is warning labels.  
a. True  
b. False
93. Recovery from alcoholism is required to work in the field of alcoholism.  
a. True  
b. False
94. Physicians receive adequate alcoholism training in medical school.  
a. True  
b. False
95. Psychiatrists have gradually been phased out of positions of leadership in the alcoholism field.  
a. True  
b. False
96. Alcoholics Anonymous is viewed as a useful referral for alcoholics.  
a. True  
b. False
97. Indication for change in the legal system's approach to alcoholism are indicated.  
a. True  
b. False
98. Outpatient treatment is to be encouraged.  
a. True  
b. False
99. The National Institute on Alcohol Abuse and Alcoholism supports the medical model concept of alcoholism.  
a. True  
b. False
100. Individuals are encouraged to learn more about the disease of alcoholism.  
a. True  
b. False

## ALCOHOLISM CONCEPTS - 30 hours

**DESCRIPTION:** This introductory course presents medical model alcoholism concepts. This course covers alcohol brain neurochemistry, discusses predisposing factors, genetic findings, stages of the disease, psychological effects of alcoholism, intervention and treatment strategies.

**OBJECTIVES:** Upon completion of this course, the participant will be able to; 1) define the role of neurotransmitters in alcoholism, 2) describe genetic factors in alcoholism, 3) explain the stages of alcoholism, 4) recall psychological effects of alcoholism, 5) identify intervention strategies, and 6) discuss alcoholism treatment trends

**Text:** Under the Influence: A guide to the myths and realities of Alcoholism by Dr. James R. Milan and Katherine Ketcham