

Alcoholism Update Post Test
Text: Beyond the Influence: Understanding and Defeating Alcoholism
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Course Description: Based on the latest scientific research, this course clearly explains the neurological nature of the disease of alcoholism and reveals why some people drink addictively and others do not. Includes updated treatment methodology.

Course Objectives: Upon completion of this course, the participants will be able to:

1. recall the steps to take for an intervention.
2. discuss how to find the right treatment program.
3. explain which psychological approaches work best.
4. recognize why spirituality is essential to recovery.
5. identify new insights into relapse prevention.
6. integrate diet, exercise, and nontraditional treatments such as acupuncture.

A. The Problem

01. Addiction to alcohol is:

- a. often psychological.
- b. physiological and involves profound chemical disruptions in the brain.
- c. both a. and b. above
- d. none of the above

02. Alcohol is:

- a. an addictive drug and anyone who drinks regularly for a long enough period of time will become physically addicted to it.
- b. a selectively addictive drug; only a minority of drinkers will experience the need or desire to consume alcohol in sufficient quantities and over a long enough period of time to become physically addicted to it.
- c. both a. and b. above
- d. none of the above

03. Choose the correct answer:

- a. People become alcoholics because they have psychological or emotional problems that they try to relieve by drinking.
- b. Alcoholics have basically the same psychological problems as nonalcoholics before they start drinking, but these problems are aggravated by addiction to alcohol.
- c. both a. and b. above
- d. none of the above

04. Choose the correct answer:

- a. If people would drink responsibly they would not become alcoholics.
- b. Many responsible drinkers become alcoholics.
- c. both a. and b. above
- d. none of the above

05. Choose the correct answer:

- a. Some alcoholics can learn to drink normally as long as they limit the amount.
- b. Alcoholics who by definition suffer from a permanent brain addiction, can never safely return to drinking.
- c. both a. and b. above
- d. none of the above

06. Alcohol is a stimulant.

- a. True
- b. False
- c. both a. and b. above
- d. unknown

07. Alcohol is a sedative.

- a. True
- b. False
- c. both a. and b. above
- d. unknown

08. Alcohol is a tranquilizer.

- a. True
- b. False
- c. both a. and b. above
- d. unknown

09. Alcohol is an anesthetic.

- a. True
- b. False
- c. both a. and b. above
- d. unknown

10. Alcohol is beneficial to health.

- a. True
- b. False
- c. both a. and b. above
- d. unknown

11. Alcohol is an addictive drug.

- a. True
- b. False
- c. both a. and b. above
- d. unknown

12. Who wrote *Drunkenness a Vice, Not a Disease*?

- a. J. E. Todd
- b. Kenneth Blum
- c. Donald Goodwin
- d. Olivier Civelli

13. Who began a series of experiments focusing on the nature of alcohol's actions on the nervous system, which were published in the 1970's?

- a. J. E. Todd
- b. Kenneth Blum
- c. Donald Goodwin
- d. Olivier Civelli

14. Who published studies conducted with adopted children of alcoholics and nonalcoholics?

- a. J. E. Todd
- b. Kenneth Blum
- c. Donald Goodwin
- d. Olivier Civelli

15. Who sent Blum the D2 gene probe?

- a. J. E. Todd
- b. Kenneth Blum
- c. Donald Goodwin
- d. Olivier Civelli

16. _____ published *Actions of Alcohol*.

- a. Wallgren and Barry
- b. DSM-IV
- c. Board of Directors of the National Council on Alcoholism and Drug Dependence and the American Society of Addiction Medicine
- d. Ketcham and Ashbury

17. The _____ lists seven diagnostic criteria for substance dependence.

- a. Wallgren and Barry
- b. DSM-IV
- c. Board of Directors of the National Council on Alcoholism and Drug Dependence and the American Society of Addiction Medicine
- d. Ketcham and Ashbury

18. Which definition of alcoholism is limited to one paragraph?

- a. Wallgren and Barry
- b. DSM-IV
- c. Board of Directors of the National Council on Alcoholism and Drug Dependence and the American Society of Addiction Medicine
- d. Ketcham and Ashbury

19. Which definition of alcoholism is limited to two paragraphs?

- a. Wallgren and Barry
- b. DSM-IV
- c. Board of Directors of the National Council on Alcoholism and Drug Dependence and the American Society of Addiction Medicine
- d. Ketcham and Ashbury

20. Intense pleasure associated with drinking is a symptom of:

- a. Early Stage Alcoholism.
- b. Middle Stage Alcoholism.
- c. Late Stage Alcoholism.
- d. none of the above

21. Acquired tolerance is a symptom of:

- a. Early Stage Alcoholism.
- b. Middle Stage Alcoholism.
- c. Late Stage Alcoholism.
- d. none of the above

22. Preoccupation with alcohol is a symptom of:

- a. Early Stage Alcoholism.
- b. Middle Stage Alcoholism.
- c. Late Stage Alcoholism.
- d. none of the above

23. Blackouts are a symptom of:

- a. Early Stage Alcoholism.
 - b. Middle Stage Alcoholism.
 - c. Late Stage Alcoholism.
 - d. none of the above
24. Personality disintegration is a symptom of:
- a. Early Stage Alcoholism.
 - b. Middle Stage Alcoholism.
 - c. Late Stage Alcoholism.
 - d. none of the above
25. Denial is a symptom of:
- a. Early Stage Alcoholism.
 - b. Middle Stage Alcoholism.
 - c. Late Stage Alcoholism.
 - d. none of the above
26. MMPI research found:
- a. college students who developed alcoholism had profiles in the normal range.
 - b. MMPI scores of former college students hospitalized for alcoholism were in the pathological range.
 - c. both a. and b. above
 - d. none of the above
27. George Vaillant's fifty-two year prospective study of alcoholics, found that the "alcohol personality" is:
- a. inherited.
 - b. linked to the D2 gene.
 - c. caused by the disease of alcoholism.
 - d. all of the above
28. Craving is a symptom of:
- a. Early Stage Alcoholism.
 - b. Middle Stage Alcoholism.
 - c. Late Stage Alcoholism.
 - d. none of the above
29. Medical complications are a symptom of:
- a. Early Stage Alcoholism.
 - b. Middle Stage Alcoholism.
 - c. Late Stage Alcoholism.
 - d. none of the above
30. Loss of control is a symptom of:
- a. Early Stage Alcoholism.
 - b. Middle Stage Alcoholism.
 - c. Late Stage Alcoholism.
 - d. none of the above
31. What percentage of alcoholics attempt suicide at least once?
- a. 1 percent
 - b. 15 percent
 - c. 40 percent
 - d. 70 percent
32. Problem drinking is:

- a. defined by how much you drink.
- b. determined by the problems you experience when you drink.
- c. both a. and b. above
- d. none of the above

33. Responsible drinkers:

- a. don't have problems with alcohol.
- b. may experience problems when they drink.
- c. both a. and b. above
- d. none of the above

34. Problem drinking:

- a. is somewhere on the midpoint of the continuum between social drinking and alcoholism
- b. can change over time.
- c. both a. and b. above
- d. none of the above

35. Which of the following statements is true?

- a. Problem drinkers and alcoholics are the same thing – it is just a matter of degree.
- b. While it's true that most (if not all) alcoholics can also be described as problem drinkers, not all (or even, perhaps, most) problem drinkers are alcoholics.
- c. both a. and b. above
- d. none of the above

B. The Solution

36. The National Council on Alcoholism and Drug Dependence (NCADD) Questionnaire has how many questions?

- a. 4
- b. 20
- c. 24
- d. 26

37. The Johns Hopkins University Drinking Scale has how many questions?

- a. 4
- b. 20
- c. 24
- d. 26

38. The Michigan Alcoholism Screening Test (MAST) has how many questions?

- a. 4
- b. 20
- c. 24
- d. 26

39. The landmark study at Seattle's Harborview Medical Center found what percentage of acutely intoxicated patients were chronic alcoholics?

- a. 25 percent
- b. 50 percent
- c. 75 percent
- d. none of the above

40. As early as 1873, Minnesota:

- a. imposed a tax on saloons.
 - b. built and operated a “treatment center for inebriates.”
 - c. both a. and b. above
 - d. none of the above
41. The oldest freestanding nonmedical chemical dependency treatment center in Washington State is:
- a. Willmar State Hospital.
 - b. Pioneer House.
 - c. Sundown M Ranch.
 - d. none of the above
42. The biggest problem with Antabuse therapy is:
- a. lack of craving suppression.
 - b. high dropout rates.
 - c. both a. and b. above
 - d. none of the above
43. In short-term studies published in 1992, naltrexone reduced relapse rates to what percent?
- a. 7
 - b. 18
 - c. 23
 - d. 57
44. What percent of patients on Acamprosate had been continuously abstinent in the 1996 Lancet article?
- a. 7
 - b. 18
 - c. 23
 - d. 57
45. SSRI’s have been shown to reduce drinking:
- a. from 6.0 daily drinks to 5.5 drinks per day.
 - b. from 25 ounces of whiskey per day to 19 ounces of whiskey per day.
 - c. both a. and b. above
 - d. none of the above
46. What percentage of alcoholics suffer from ongoing or preexisting psychological disturbances?
- a. A lesser percentage than found in the nonalcoholic population.
 - b. The same percentage found in the nonalcoholic population.
 - c. A greater percentage than found in the nonalcoholic population.
 - d. unknown
47. Marc Schuckit’s summarization of extensive research found that people who later on develop severe drinking problems are _____ likely than others in the general population to have had severe depression, severe anxiety conditions, or psychotic conditions prior to the development of their alcohol and drug disorders.
- a. less
 - b. not more
 - c. more
 - d. unknown
48. Theme-Oriented Groups are used in:
- a. Early Sobriety.
 - b. Stage Two.
 - c. Stage Three.
 - d. none of the above

49. In large cities, _____ groups can be found specifically created for women alcoholics, gay alcoholics, black alcoholics, alcoholics police officers, teenage alcoholics and so on.
- Early Sobriety
 - Stage Two
 - Stage Three
 - none of the above
50. Heterogenous or “mixed” groups are _____ groups.
- Early Sobriety
 - Stage Two
 - Stage Three
 - none of the above
51. The Gifts of the Spirit include all of the following EXCEPT:
- Sobriety.
 - Gratitude.
 - Tolerance.
 - Forgiveness.
52. What percent of a healthy diet should be protein intake?
- 12 percent
 - 30 percent
 - 55 percent
 - none of the above
53. What percent of a healthy diet should be carbohydrate intake?
- 12 percent
 - 30 percent
 - 55 percent
 - none of the above
54. What percent of a healthy diet should be fat intake?
- 12 percent
 - 30 percent
 - 55 percent
 - none of the above
55. The Harvard Alumni Study found that maximum physical and emotional well-being was obtained by men who expended _____ calories a week in activities.
- 500
 - 1,500
 - 2,500
 - 5,000
56. The Boston Nurses’ Health Study found that women who exercised for one hour four or five times a week had a _____ percent lower risk of heart attack than women who exercised for twenty minutes or less per week.
- 22
 - 44
 - 56
 - none of the above

57. The 1989 Lancet article on acupuncture reported what percentage of the men in the first group completed the eight-week program?
- 2.5 percent
 - 5.2 percent
 - 25.2 percent
 - 52.5 percent
58. The 1989 Lancet article on acupuncture reported what percentage of the men in the “sham” group completed the eight-week program?
- 2.5 percent
 - 5.2 percent
 - 25.2 percent
 - 52.5 percent
59. The 1989 Lancet article on acupuncture reported men in the “sham” group were readmitted _____ as those in the real acupuncture group.
- half as often
 - as often
 - twice as often
 - more than twice as often
60. In the New York City outpatient alcoholism treatment clinic research, how many patients who also received NADA acupuncture completed the program or remained abstinent?
- 6
 - 14
 - 15
 - 16
61. In the New York City outpatient alcoholism treatment clinic research, how many patients who did not receive acupuncture completed the program or remained abstinent?
- 6
 - 14
 - 15
 - 16
62. Which herb has been used for more than two thousand years for treating liver disorders?
- Milk thistle
 - Dandelion
 - Valerian
 - Passionflower
63. Which herb is considered a blood purifier?
- Milk thistle
 - Dandelion
 - Valerian
 - Passionflower
64. Which herb is used worldwide as a calming, tranquilizing agent?
- Valerian
 - Passionflower
 - Skullcap
 - Echinacea

65. Which herb is also effective for insomnia?
- Valerian
 - Passionflower
 - Skullcap
 - Echinacea
66. Which herb is a member of the mint family?
- Valerian
 - Passionflower
 - Skullcap
 - Echinacea
67. Which herb is used for immune support?
- Valerian
 - Passionflower
 - Skullcap
 - Echinacea
68. Which herb is a soluble fiber?
- Guar gum
 - Gentian
 - Devil's Club
 - Dandelion Root
69. Which herb stimulates the digestion and encourages the production of saliva, stomach acid and bile.?
- Guar gum
 - Gentian
 - Devil's Club
 - Dandelion Root
70. Which herb helps to balance blood sugar levels?
- Guar gum
 - Gentian
 - Devil's Club
 - Dandelion Root
71. Which herb is a gentle but powerful liver tonic?
- Guar gum
 - Gentian
 - Devil's Club
 - Dandelion Root
- C. The Future
72. How big is the alcoholic beverage industry?
- \$50-million-a-year
 - \$100-million-a-year
 - \$50-billion-a-year
 - \$100-billion-a-year
73. The drug alcohol kills _____ people every year.
- 16,000
 - 100,000
 - 160,000
 - 600,000

74. There are _____ victims of alcohol-related crashes every year.
- 16,000
 - 100,000
 - 160,000
 - 600,000
75. The liquor industry's annual gross is _____ the size of the annual budget of California.
- one third
 - half
 - twice
 - none of the above
76. The liquor industry's annual gross is _____ what the U.S. spends annually for the armed forces.
- one third
 - half
 - twice
 - none of the above
77. The Beer Institute has a _____ budget.
- \$2 million
 - \$2.6 million
 - \$6.5 million
 - \$7.5 million
78. The Wine Institute spends _____ a year.
- \$2 million
 - \$2.6 million
 - \$6.5 million
 - \$7.5 million
79. The Distilled Spirits Council has a _____ budget
- \$2 million
 - \$2.6 million
 - \$6.5 million
 - \$7.5 million
80. Between 1993 and 1998 Big Alcohol handed _____ to U.S. Senators.
- \$2 million
 - \$2.6 million
 - \$6.5 million
 - \$7.5 million
81. In 1997 and 1998, booze merchants gave U.S. representatives _____.
- \$105,000
 - \$400,000
 - \$1.2 million
 - \$1.5 million
82. During the 1992 presidential campaign, Anheuser-Busch gave the Democratic National Committee _____.
- \$105,000
 - \$400,000
 - \$1.2 million
 - \$1.5 million

83. During the 1996 election cycle Anheuser-Busch donated more than _____ to the Democratic party.
- \$105,000
 - \$400,000
 - \$1.2 million
 - \$1.5 million
84. In 1996 Seagram's (the large whiskey distiller) gave the Democratic Party _____.
- \$105,000
 - \$400,000
 - \$1.2 million
 - \$1.5 million
85. In 1950, alcohol taxes represented _____ of total federal revenues.
- 0.5 percent
 - 2.5 percent
 - 6.2 percent
 - 6.5 percent
86. In 1970, alcohol taxes represented _____ of total federal revenues.
- 0.5 percent
 - 2.5 percent
 - 6.2 percent
 - 6.5 percent
87. In 1990, alcohol taxes represented _____ of total federal revenues.
- less than 0.5 percent
 - 2.5 percent
 - 6.2 percent
 - 6.5 percent
88. What percent of males between twelve and twenty who drink alcohol say beer is their beverage of choice?
- 9.1
 - 49
 - 59
 - 80
89. What percent of males between twelve and twenty who drink alcohol say hard liquor is their beverage of choice?
- 9.1
 - 49
 - 59
 - 80
90. Beer accounts for _____ percent of excessive alcohol consumption in the United States?
- 9.1
 - 49
 - 59
 - 80
91. What percent of beer drinkers drink excessively?
- 9.1
 - 49
 - 59
 - 80

92. _____ of beer drinkers could accurately define how many drinks constitute “moderate” drinking.

- Only half
- 53 percent
- 59 percent
- 72 percent

93. _____ of distilled spirits drinkers could accurately define how many drinks constitute “moderate” drinking.

- Only half
- 53 percent
- 59 percent
- 72 percent

94. _____ of wine drinkers could accurately define how many drinks constitute “moderate” drinking.

- Only half
- 53 percent
- 59 percent
- 72 percent

95. _____ of beer drinkers under age twenty-four report binge drinking.

- 30 percent
- 53 percent
- 63 percent
- 72 percent

96. _____ of beer drinkers age twenty-five to forty-four report binge drinking.

- 30 percent
- 53 percent
- 63 percent
- 72 percent

97. _____ of beer drinkers over age forty-five and over report binge drinking.

- 30 percent
- 53 percent
- 63 percent
- 72 percent

98. What percent of Americans will be involved in an alcohol-related automobile accident at some point in their lives?

- 20 percent
- 40 percent
- 60 percent
- 80 percent

99. From 1987 to 1997 alcohol-related deaths:

- increased by one-third.
- increased by one-half.
- decreased by one-third.
- decreased by one-half.

100. In a groundbreaking study conducted at Seattle’s Harborview Medical Center, researchers found _____ of acutely intoxicated patients had evidence of chronic alcoholism.

- one-third
- one-half
- two-thirds
- three-fourths

ALCOHOLISM UPDATE – 30 hours

DESCRIPTION: This advanced course is based on the latest scientific research, clearly explains the neurological nature of the disease and reveals why some people drink addictively and others do not. Includes updated treatment methodology.

OBJECTIVES: Upon completion of this course, the participant will be able to; 1) recall the steps to take for an intervention. 2) discuss how to find the right treatment program, 3) explain which psychological approach works best, 4) recognize why spirituality is essential to recovery, 5) identify new insights into relapse prevention, and 6) integrate diet, exercise, and nontraditional treatments such as acupuncture.

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