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COUNSELING INDIVIDUALS WITH CO-OCCURRING ADDICTIVE AND MENTAL DISORDERS: A COMPREHENSIVE APPROACH

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Chapter 2
Understanding Drugs of Abuse and Addiction

True/False

1. In the United States, more individuals died from drug overdoses in the year 2021 than at any other point in recorded history.
   ***a. True**
   b. False

   Over 107,000 individuals died from drug overdoses in the United States in 2021, which is the largest number recorded for deaths by drug overdose.

2. The opioid epidemic is the only epidemic related to psychoactive substances that counselors need to be aware of.
   a. True
   ***b. False**

   While the opioid epidemic is (and has been) a crisis in the United States, it is not the only addiction epidemic that counselors need to be concerned about. Counselors need to be concerned about all addictive substances, not only opioids.

Multiple Choice

3. All of the following are classified as central nervous system stimulants EXCEPT:
   a. Amphetamines
   b. Methamphetamine
   c. Cocaine
   ***d. Cannabis**

   Cannabis is not classified as a central nervous system stimulant. Although at times it may have stimulating effects for the user, it is classified as a psychedelic.

4. Short-term effects of methamphetamine use include:
   ***a. A sense of euphoria, appetite suppression, increased heart rate**
   b. A sense of euphoria, increased appetite, slowed breathing
   c. Decreased energy, decreased body temperature, and an increased heart rate
   d. A sense of despair, decreased energy, decreased body temperature

   Methamphetamine use will generally increase many bodily functions and lead to a general sense of euphoria. An exception to this is a user's appetite, which is suppressed by methamphetamine (and other amphetamine) use.

5. All of the following are common street names for prescription stimulants:

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a. Addies
b. Vitamin R
c. Zannies
d. Study Buddies

"Zannies" is a street name for Xanax, a benzodiazepine which is not a stimulant, it is a depressant.

6. Which of the following is a central nervous system depressant:
   a. Alcohol
   b. Heroin
   c. Benzodiazepines
   d. All of the above

   Alcohol, heroin, fentanyl, morphine, and benzodiazepines are all central nervous system depressants. In addition, there are many other substances that are classified as CNS depressants, including many prescription medications.

7. If a user injects a substance directly into their bloodstream, how long will it take until the effects are felt?
   a. 7 to 10 seconds
   b. 15 to 30 seconds
   c. 2 to 3 minutes
   d. 5 or more minutes

   Injecting a substance is the second fastest way for a user to feel the effects, following inhalation which is the fastest route.

8. Which is the only behavioral addiction to be formerly classified in the Diagnostic and Statistical Manual?
   a. Gambling disorder
   b. Internet gaming disorder
   c. Sex addiction
   d. Love addiction

   Gambling disorder is the only non-substance addictive disorder currently in the diagnostic manual as of 2013.

9. Which model of addiction suggests that addiction is a consequence of a user's own personal choices and failings?
   a. Biopsychosocial model
   b. Humanistic model
   c. Brain disease model
   d. Moral model

   While the moral model of addiction has become quite outdated it continues to be a contributing factor in how individuals perceive addiction by placing blame on the individual person. The model perpetuates stigma in this way.

10. What concept is demonstrated when a person needs to take more of a substance to gain the same effects over time?
    a. Withdrawal
    b. Abstinence
    c. Tolerance
    d. Sublimation

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Tolerance is when a user needs to take more of a substance to gain the same effects over time—something that builds with regular use (Inaba & Cohen, 2007). This can be very dangerous as it requires more of a substance to feel the effects and puts the user at risk for overdose.

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