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Correct answers located at the end of the chapter.

MULTIPLE CHOICE - Choose the one alternative that best completes the statement or answers the question.

1) During the period of the COVID-19 epidemic in the United States (between December 2019 and the early 2020s), unemployment:
   A) increased significantly
   B) decreased significantly
   C) remained at roughly the same level throughout
   D) rose and fell erratically and significantly from month to month
   E) none of the above

2) During the late twenty-teens into the early 2020s, deaths as a result of drug-induced overdoses in the US:
   A) rose sharply
   B) declined sharply
   C) remained at about the same level
   D) rose sharply, then fell just as sharply
   E) none of the above

3) Global warming is likely to:
   A) increase the rate of violent crime around the world
   B) decrease the rate of violent crime around the world
   C) have no effect on violent crime world-wide
   D) have an unknown effect on crime around the world
   E) none of the above

4) Over the past few years, around the world, illicit drug use has:
   A) been on the rise
   B) been on a decline
   C) remained at the same level
   D) decreased then increased erratically from year to year
   E) none of the above

5) Most of the residents of New York State, where the sale of cannabis is legal in authorized pot shops:
   A) approve of the legal sale of cannabis
   B) disapprove of the legal sale of cannabis
   C) has no attitude toward the legal sale of cannabis one way or the other
   D) refuse to answer question about the legal sale of cannabis
   E) one of the above

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6) According to NIDA (the National Institute on Drug Abuse), studies indicate that the use of marijuana, hallucinogens, and alcohol in the US was:
   A) higher than during any other year in the nation's recorded history
   B) lower than during any other year in the nation's recorded history
   C) remained at the same level throughout the nation's recoded history
   D) remain unknown throughout the nation's recorded history
   E) none of the above

7) The drug that is referred to as the "new heroin" is:
   A) heroin
   B) marijuana
   C) LSD
   D) alcohol
   E) fentanyl

8) Humanity's discovery of psychoactive drugs dates back to:
   A) the nineteenth century
   B) the Renaissance
   C) ancient Rome
   D) the paleolithic era
   E) none of the above

9) The "domestication" of psychoactive drug use—the process of using psychoactive substances that typically entails that relatively little disruption and harm in the user's life and in the society at large:
   A) cannot and will not ever take place
   B) took place in the nineteenth century
   C) has taken place for some drugs in some locales
   D) cannot ever be known about
   E) none of the above

10) One aspect of the social "taming" or domestication of smoking tobacco cigarettes is currently taking place as a result of:
   A) arresting all smokers
   B) legally requiring all smokers to engage in a quit smoking educational program
   C) banishing smokers from designated places of public assembly
   D) ignoring smokers smoking
   E) none of the above

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11) The use of which of the following drugs is in the process of becoming domesticated?
    A) heroin
    B) methamphetamine
    C) marijuana
    D) cocaine
    E) none of the above

12) Most at least one-time illicit drug users:
    A) are experimenters
    B) become addicts
    C) go on to use drugs regularly but do not become addicts
    D) never use again
    E) none of the above

13) The COVID-19 pandemic, which broke originally broke out in China in December 2019, and in the US in January 2020, impacted on illicit drug use in what way?
    A) It totally disrupted illicit drug distribution.
    B) It caused 80-100,000 deaths by drug overdose.
    C) It created an immunity from drug overdose.
    D) It had no impact on illicit drug use whatsoever.
    E) none of the above

14) For a period of time, in the United States, COVID-19:
    A) decreased alcohol consumption
    B) increased alcohol consumption
    C) has had no impact on alcohol consumption whatsoever
    D) has had an unknown impact on alcohol consumption
    E) none of the above

15) Archeological and paleontological research indicates that humans began intentionally self-administering an intoxicated state:
    A) more recently than the devising of writing
    B) more recently than the founding of cities
    C) in all likelihood, as long as humans have existed
    D) in ancient Greek and Roman times
    E) none of the above

16) Archeological evidence suggests that humans discovered the distillation of alcohol and the effects that drinking it produced roughly:
    A) a million years ago
    B) 100,000 years ago
    C) 12,000 or so years ago
    D) 1,000 years ago
    E) none of the above

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17) Paleontological and archeological evidence suggests that humans discovered the effects of marijuana roughly:
A) a million years ago
B) 100,000 years ago
C) 10,000 years ago
D) 1,000 years ago
E) none of the above

18) Paleontological and archeological evidence suggests that humans discovered the effects of tobacco roughly:
A) a million years ago
B) 100,000 years ago
C) 6,000 years ago
D) 500 years ago
E) none of the above

19) Paleontological and archaeological evidence suggests that humans discovered the effects of opium roughly:
A) a million years ago
B) 100,000 years ago
C) 3,400 years ago
D) 250 years ago
E) None of the above

20) Humans possess the neurological wiring that possesses the *potential* for motivating_____ to seek an altered state of consciousness.
A) all of us
B) some of us
C) none of us
D) an unknown proportion
E) none of the above

21) The extent of drug use and abuse has_____ over the past few years:
A) risen
B) declined
C) remained stable
D) remained unknown and unknowable
E) none of the above

22) Between the nineteen-teens and early 2020s, binge drinking in the United States:
A) has increased
B) has decreased
C) remains stable
D) remains unknown
E) none of the above

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23) Although the concept of a "drug" can be defined in different ways and in different contexts, in this book, the author regards the most useful definition as based on the concept of
   A) medical utility
   B) the capacity to cause death by overdose
   C) psychoactivity
   D) illegality
   E) none of the above

24) Most of New York State's adult population_____the recent legalization of cannabis:
   A) approves of
   B) disapproves of
   C) has no attitude about
   D) has an unknown attitude about
   E) none of the above

25) In 2023, NIDA (the National Institute on Drug Abuse) announced the result of a national survey that indicated that the use of marijuana, hallucinogens, and alcohol were:
   A) higher than during any other year in the nation's recorded history
   B) lower than during any other year in the nation's recorded history
   C) stable during all other years in the nation's recorded history
   D) remained unknown
   E) none of the above

26) Evidence indicates that between 2010 and 2013, the number of deaths as a result of drug overdoses:
   A) nearly tripled
   B) remained the same
   C) declined
   D) remained unknown
   E) none of the above

27) The most rapid and efficient route of administration of administering a psychoactive drug is:
   A) injecting it directly into the heart
   B) injecting it directly into a vein
   C) smoking it
   D) swallowing it
   E) smoking it

28) Marijuana is:
   A) soluble in water and therefore can be injected IV
   B) not soluble in water and therefore cannot be injected IV
   C) usually administered by swallowing it
   D) usually taken in conjunction with another drug, such as heroin or cocaine
   E) none of the above

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29) Which of the following statements is true?
A) Given that smoking is the typical method of using marijuana, a very high proportion of users become dependent on it.
B) In spite of the fact that smoking is the typical method of smoking marijuana, a remarkably low proportion of users becoming physiologically dependent on it.
C) Most people who use marijuana eat it, therefore its use rarely results in dependence.
D) Marijuana is one of the most reinforcing drugs known to humanity; it has a remarkably high potential for producing a dependency.
E) none of the above

30) Heroin has the capacity of shutting down heartbeat and the breathing mechanism.
A) One way of taking it without overdosing is microdosing.
B) There is no way of taking heroin in any quantity without endangering one's life.
C) One way of taking it without overdosing it is by taking it in combination with cocaine.
D) Remarkably, with respect to overdosing, heroin is an extremely safe drug to take.
E) none of the above

31) Taking two or more drugs at the same time and producing multiple times higher effects is referred to by pharmacologists as:
A) madness
B) a psychopathology
C) synergy
D) the additive effect
E) none of the above

32) Human psychoactive drug taking began:
A) during paleolithic times
B) during the archeological era
C) during the ancient Roman era
D) only 100 years ago
E) when humans first observed animals consuming psychoactive substances

33) According to the author of this text,_____ alcohol consumption is "domesticated":
A) most
B) no
C) all
D) an unknown proportion
E) none of the above

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34) In a number of areas of the United States, marijuana:
A) is in the process of becoming domesticated.
B) is already completely domesticated.
C) will never be domesticated
D) will never be understood with respect to domestication.
E) none of the above

35) Marijuana has been legally recognized as medication in:
A) all states of the United States
B) no states of the United States
C) some states but not in others
D) The legalization of marijuana as medication in the United States is unknowable.
E) none of the above

36) Synergy is defined as:
A) simply taking two or more drugs at the same time
B) abstention from taking drugs
C) as a result of taking two or more drugs, experiencing a multiplier effect
D) taking two or more drugs at the same time but experiencing an antagonistic effect, that is, that the effects of one drug nullifies or cancels out the effects of the other
E) none of the above

37) Stimulants:
A) slow down, inhibit, or obtund signals passing through the CNS (central nervous system)
B) speed up signals passing through the CNS (central nervous system)
C) have no effect on the CNS (central nervous system)
D) have a completely unknown effect on the CNS (central nervous system)
E) none of the above

38) Sedatives and hypnotics:
A) slow down, inhibit, or obtund signals passing through the CNS (central nervous system)
B) speed up signals passing through the CNS (central nervous system)
C) have no effect on the CNS (central nervous system)
D) have an unknown impact on the CNS (central nervous system)
E) none of the above

39) Opiates are also referred to as:
A) stimulants
B) hallucinogens
C) psychedelics
D) hypnotics
E) cannabis

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40) The author of this text argues that the hallucinogens/psychedelics are:
A) hardly ever abused
B) are frequently abused
C) drugs whose abuse is unknown
D) abused by some users but not others
E) none of the above

41) Of all illicit drugs, among drug takers, which of the following is the least commonly taken within the past 30 days?
A) marijuana
B) cocaine
C) LSD
D) methamphetamine
E) alcohol

ESSAY. Write your answer in the space provided or on a separate sheet of paper.

42) Which of the definitions of what a drug is that were discussed in the book makes the most sense to you? Why? Is it necessary to regard one definition as superior to the others, and why?

43) Do any classifications of drugs into types other than the one presented in this book make sense? In what way and for what purposes?

44) Many introduction to drug use adopt a stance toward the topic that is strongly negative, that is, its central theme is "Don't use psychoactive drugs." Why is that? Does that position make more sense than a more "objective" stance? Which do you prefer and why?

45) From the perspective of psychoactivity, alcohol is a drug and was discussed as such in this book. Do you think that that position softens the message that all "drugs" are harmful and should be treated as such? Elaborate on your argument.

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46) Does the inclusion of the human discovery of the effects of psychoactivity of drugs in and among the other human transformative achievements—such as the discovery of fire, agriculture, language, a just and humane legal system, universal and compulsory education, the wheel, invention of the car, music, art, empirical science, and so on—diminishes their value or elevates that of taking psychoactive substances? Explain your position.

47) Along the same lines, do you believe that the book's inclusion of the *domestication* of drugs—the domestication of *some* drugs during *some* periods of history—is a pedagogically useful topic? Why or why not?

48) Do you believe that the author's position on tobacco cigarettes is biased or too negative to be objective? As compared with, say, marijuana, do you believe this is a useful position to take or is it likewise biased?

49) A number of states in the United States have been decriminalizing or legalizing marijuana as medicine; do you believe this opens the door for the legalization of recreational cannabis? Why or why not?

50) Why is the ED/LD ratio an important and useful concept in the psychopharmacological study of drug use?

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Answer Key

Test name: Chapter 01

1) A
2) A
3) A
4) A
5) A
6) A
7) E
8) D
9) C
10) C
11) C
12) A
13) B
14) B
15) C
16) C
17) C
18) C
19) C
20) A
21) A
22) A
23) C
24) A
25) A
26) A
27) E
28) B
29) B
30) A
31) C
32) A
33) A
34) A
35) C
36) C
37) B
38) A
39) D
40) D
41) C
42) Essay
43) Essay
44) Essay
45) Essay
46) Essay
47) Essay
48) Essay
49) Essay
50) Essay

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Chapter 1
An Introduction to Drug Use

Chapter Summary

There's something in the human central nervous system (CNS) that motivates humans to seek the altered states of consciousness. Not everyone seeks an altered state, but they all have the neurological wiring to achieve it. Human paleolithic ancestors foraged for food and hence encountered and consumed plant substances that had effects that were considerably different from food. Thousands of years ago, humans discovered that some of these substances altered the workings of the mind. Some societies subsequently found that such a transformation could assist the users in a spiritual quest. Others simply found the experience pleasant. But whatever the motive, it is clear that drugs are psychoactive, humans like to take drugs because of their psychoactive effects. Drugs also have side effects, some of which can be unpleasant, potentially harmful, or even lethal. Drugs can be defined both materially as well as socially. The various definitions of drugs focus on three relevant drug contexts: its medical utility, its illegality, and its psychoactivity. What drugs do depends on whether one looks at its short-term effects ("acute" effects) or the long-term effects ("chronic: effects). There is also a distinction between the effective dose of a drug as well as its lethal dose. Individuals who take drugs also become tolerant to its effects over time and need increasingly larger doses to achieve the same effect—known as drug Tolerance. The factors that influence drug action include the route of administration, dose, potency and purity, and drug mixing. Drugs are classified into different categories or types of substances according to their psychoactive effects. These categories are stimulant; depressants or sedative/hypnotics; opiates/narcotics; hallucinogens/psychedelics; marijuana/cannabis; ecstasy/MDMA; and dissociative anesthetics. The objective of this chapter is to explain how natural, inherent, chemical properties of substances influence what drugs do to the human mind and, hence, why and how they are taken. The perspectives on the study of human drug consumption can be divided into two categories: pathology orientation and the impartial, unbiased, or "objective" perspective. According to pathology researchers and commentators, drugs as recreation, by its very nature, constitutes abuse; it is unnatural, abusive, and medically risky, and should be avoided. To the impartial author or researcher, recreational drug use is not inherently or by its very nature "abuse." Only when getting high entails inappropriate or excessive use does it become "abuse."

Chapter Outline

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I. Altered States of Consciousness
II. What Is a Drug?
  A. Medical Utility
  B. Illegality
  C. Psychoactivity
  D. Defining Drugs: A Summary
III. Several Basic Pharmacological Concepts
  A. The Acute-Chronic Distinction
  B. The ED/LD Ratio
  C. Drug Tolerance
IV. Factors that Influence Drug Action
  A. Route of Administration
  B. Dose
  C. Potency and Purity
  D. Drug Mixing
V. A Classification of Drugs and Their Effects
  A. Stimulants
  B. Sedative/Hypnotics
  C. Opiates/Narcotics
  D. Hallucinogens/Psychedelics
  E. Marijuana/Cannabis
  F. Ecstasy/MDMA
  G. Disassociative Anesthetics: PCP and Ketamine
VI. A Final Thought on Psychoactive Drug Use
VII. Summary
VIII. Account: Interview with John, an Advertising Executive
IX. Questions
X. References

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