

Why is alcohol considered to be the most dangerous drug?

- a. It has the harshest withdrawal symptoms
- b. It is the most addictive
- c. People are more likely to overdose on alcohol than any other drug
- d. It is the easiest drug to get

In general, why is it that women achieve higher levels of blood alcohol concentration than men after the same amount of alcohol?

- a. In general, women have less body water than men
- b. Women's livers are smaller so they can't get rid of the alcohol quick enough
- c. Higher levels of estrogen cause a decrease in the rate of metabolization of alcohol in women.
- d. This is false; men achieve higher levels of blood alcohol concentration than women after the same amount of alcohol.

In the elderly, the regular use of alcohol:

- a. speeds up the process of deterioration of the brain and other vital organs
- b. is less harmful than when they were younger because they have built up a tolerance.
- c. is more dangerous because it is more likely that it could react with another drug being taken.
- d. Both a and c

Where is alcohol absorbed into the bloodstream?

- a. in the liver
- b. in the kidneys
- c. in the digestive tract
- d. in the lungs

Long-term heavy use of alcohol has been shown to reduce the sex drive of some men. Why?

- a. alcohol elevates the level of hormones that metabolizes testosterone
- b. sperm cells become so "drunk" they can't be ejaculated
- c. alcohol decreases blood flow to the periphery including male sex organs
- d. while drinking, even good-looking women look ugly

Alcohol or Ethanol is changed into two different chemicals before it is broken down into energy, carbon dioxide, and water. What are they?

- a. Alcohol dehydrogenase and Acetaldehyde
- b. Acetaldehyde and Aldehyde dehydrogenase
- c. Acetaldehyde and Acetyl Coenzyme A
- d. Aldehyde dehydrogenase and Acetyl Coenzyme A

Withdrawal symptoms of caffeine include

- a. excessive alertness
- b. headaches and drowsiness
- c. delusions of grandeur
- d. none of the above, caffeine is not addictive

People with which of the following personality traits, are more likely to be heavy caffeine users?

- a. extroverts
- b. people who engage in sensation seeking activities
- c. people who use other drugs
- d. all of the above

Caffeine has been used as a therapeutic treatment for _____.

- a. asthma
- b. high blood pressure
- c. flu
- d. nausea

People who are addicted to caffeine are more likely to

- a. be extremely stressed and frequently depressed
- b. be highly involved in religious activities
- c. suffer from low blood pressure
- d. be highly educated and active in social events

What is the most common withdrawal effect from quitting caffeine?

- a. Fatigue
- b. Constipation
- c. hyperactivity
- d. headache

During which of the following periods would *it not* be a good idea to use caffeine?

- a. In a study group
- b. While driving
- c. Before a doctors appointment
- d. during pregnancy

Which of the following is an effect of caffeine on the body?

- a. increased heart beat
- b. increased need to urinate
- c. increased alertness
- d. all of the above

What are the behavior effects of sedative-hypnotic drugs?

- a. moderates excitement
- b. depress behavior
- c. induce calmness
- d. all of the above

The taking of sedatives such as barbiturates with alcohol is very dangerous because

- a. alcohol is a stimulant and barbiturates are sedatives
- b. since the same enzyme breaks both drugs down, the effect of each is increased
- c. heavy drinkers of alcohol can develop allergies to barbiturates
- d. alcohol increases the tolerance of barbiturates, and causes addiction

A baby born to a mother who abuses sedatives is easy to identify because they

- a. will sleep too much after they are born
- b. may suffer from withdrawal symptoms
- c. tend to be excessively larger than normal
- d. are usually born long after their due date

The most prevalent inhibitory neurotransmitter found in the human nervous system is

- a. dopamine
- b. gamma-aminobutyric acid (GABA)
- c. serotonin
- d. acetylcholine

Which of the following benzodiazepines has been made illegal because of its use in sexual assaults?

- a. diazepam (Valium)
- b. flunitrazepam (Rohypnal)
- c. alprazolam (Xanax)
- d. lorazepam (Ativan)

Why did the use of inhalants such as glue expand rapidly in the 1960's

- a. glue became less expensive and more available
- b. the media described glue sniffing in detail; including its effects and how to "sniff glue."
- c. the effects and methods of sniffing glue were available on the internet
- d. the media reported that the effects of fluorocarbons had little or no side effects

Huffing involves

- a. breathing extremely heavy as if you were trying to blow down a house
- b. inhaling the drug directly from the container
- c. soaking the chemical in a cloth and holding directly on the face or placing the cloth in your mouth
- d. b and c

The use of inhaled substances can be identified by which of the following symptoms:

- a. slurred speech
- b. delusions
- c. disorientation
- d. all of the above

Nitrous oxide is sometimes referred to as "laughing gas" because

- a. inhaling it produces a state of excitement and can make you laugh
- b. the person who discovered it was named Sir Joseph Laughing
- c. inhaling the gas causes you to do silly things that cause others to laugh at you
- d. a and b

What was the first known type of inhalant used by young people at the beginning of the 1960s in the United States?

- a. Chloroform
- b. Hair Spray
- c. Glue
- d. nitrous oxide

The first time use of some inhalants can result in

- a. tolerance to the substance
- b. death
- c. withdrawal symptoms
- d. bipolar disorder

Which of the following is not a frequent result of the use of inhalants during late adolescence?

- a. more frequent use of inhalants as an adult
- b. possible damage to lungs and airways
- c. possible brain damage
- d. none of the above, all are probable

When nicotine is absorbed into the blood stream, it is usually absorbed

- a. through the skin mucosa
- b. by inhalation to the lungs
- c. through the lining of the mouth
- d. all of the above

What is the scientific name of the tobacco plant cultivated in most of the world?

- a. nicotiana tabacum
- b. smokus tobaccus
- c. nicotiana tobasco
- d. nicotine rustica

What are three most health damaging chemicals in tobacco smoke?

- a. nicotine, tar, and carbon monoxide
- b. nicotine, carbon dioxide, and hydrochloric acid
- c. oxygen, carbon dioxide, and nitrogen
- d. only nicotine and tar

How many Americans die of tobacco related illnesses each year?

- a. 400,000
- b. 100,000
- c. 10,000,000
- d. 1,000,000

What are some of the short-term consequences frequently seen in young smokers?

- a. Coughing
- b. increased frequency and severity of illnesses like asthma, colds, and bronchitis
- c. addiction to nicotine
- d. all of the above

You are young and healthy now, but if you smoke, how many minutes does each cigarette take off your life?

- a. 1 minute
- b. 5 minutes
- c. 10minutes

What are some of the common symptoms of nicotine withdrawal?

- a. irritability, weight gain, and sleep disturbances
- b. hallucination and delusions
- c. depression and feeling lethargic
- d. confusion and disorientation

What is a main contributor to the euphoric feeling induced by cocaine use?

- a. An accumulation of dopamine in the synapses, due to blocked reuptake.
- b. A reduction in dopamine in the synapses, due to antagonists
- c. The yummy taste.
- d. A high concentration of happy molecules.

Why are people worried about giving the drug Ritalin to children when it seems to help many of them deal with ADHD?

- a. Ritalin is a psychomotor stimulant, with a propensity for addiction and abuse.
- b. Drugs similar to Ritalin have been known to cause long-term changes in brain chemistry.
- c. Neither a nor b.
- d. Both a and b.

Psychomotor stimulants were frequently used by truck drivers, soldiers, and pilots because they tend to increase

- a. physical fitness
- b. Sleep
- c. Alertness and physical activity
- d. feelings of happiness

What were amphetamines originally developed to treat originally?

- a. sleep disorders
- b. General illnesses
- c. Asthma
- d. heart disorders

Amphetamine was developed as a synthetic substitute for _____ because doctors were afraid that this natural drug could not be produced fast enough to meet the need.

- a. Ephedrine
- b. Cocaine
- c. Morphine
- d. lithium carbonate

What is the most widely used psychomotor stimulant in history?

- a. Cocaine
- b. Hallucinogens
- c. Caffeine

Where does cocaine come from?

- a. Coca leaves
- b. Poppy seeds
- c. Cocoa

What are the effects that psychomotor stimulants produce?

- a. Tiredness
- b. Wakefulness
- c. Increase in motor activity

The use of amphetamines produce this effect in the brain

- a. inhibits the release of neurotransmitters in the brain
- b. it causes a release of dopamine, and noradrenalin from storage vesicles
- c. increases levels of neurotransmitters

An amphetamine was the active ingredient in what type of pills?

- a. Tylenol
- b. Diet pills
- c. Sleeping pills

Which is the most prominent characteristic of psychomotor stimulants withdrawal?

- a. Depression
- b. Fever
- c. Insomnia
- d. anxiety

Which of the following disorders *has not* been treated using Amphetamines?

- a. high blood pressure
- b. weight loss
- c. narcolepsy
- d. ADHD

In recent years, Amphetamine related arrests have

- a. decreased
- b. increased
- c. remained the same

Methadone is _____.

- a. A maintenance drug intended to help addicts quit using heroin.
- b. A maintenance drug intended to help people quit using cocaine
- c. A synthetic drug used by addicts when heroin is not available
- d. Meth that's already been a done with.

Opium is obtained from the immature bulb of the _____.

- a. Papaver Somniferum plant
- b. cactus flower lophophor williamsii
- c. Opium tree
- d. Papas Sniffernum

What are two of the primary psychoactive chemicals in opium?

- a. heroin and morphine
- b. morphine and codeine
- c. codeine and theophylline
- d. morphine and lidocaine

_____ is about 10 times more lipid soluble than morphine. It gets to the brain a lot faster and in higher concentrations than any other opiates.

- a. Codeine
- b. Heroin
- c. Opium

Which is the most widely abused opiate pain reliever in the United States?

- a. Tylenol® with codeine
- b. morphine
- c. codeine

What is the route that delivers opiates into the bloodstream the fastest?

- a. intramuscular injection
- b. subcutaneous injection
- c. intravenous injection

Contains alkaloids needed to produce morphine, codeine, heroin, and it was used in past for diarrhea and as a tranquilizer.

- a. Opium
- b. Morphine
- c. Codeine

Alkaloid found in raw opium providing less analgesia than morphine an is used to relieve moderate pain and coughing.

- a. Morphine
- b. Codeine
- c. Heroin

One of the first uses of Opium was to treat patients with diarrhea. What did opium do to the digestive system that eventually resulted in its use declining?

- a. It speeded up digestive activity
- b. it interfered with urination
- c. it caused constipation
- d. none of the above, it was never used for diarrhea

What was the first antipsychotic drug which was discovered?

- a. Clozapine
- b. lithium carbonate
- c. Risperidone
- d. Chlorpromazine

Can the same antipsychotic drug be used for every patient?

- a. yes, as long as they have they have the same diagnosis
- b. no, regardless of a similar diagnosis, patients can respond very differently to drugs
- c. yes, if they have the same diagnoses, the same drug can correct the chemical imbalance
- d. no, all patients respond best to different combinations of drugs

Are antipsychotic drugs addictive?

- a. Yes, people enjoy the feelings of being in control.
- b. Yes, they activate areas of the brain that produce a calming effect
- c. No, because after a patient is better, they can stop taking them
- d. No, they do not have positive side effects, and do have negative side effects

Why are depot injections used as an alternative to the administration of antipsychotic drugs?

- a. the drug gets into the blood stream faster
- b. the effects of the injections are more powerful
- c. to prevent patients from not taking the drug as prescribed.
- d. they are not an alternative for antipsychotic drugs, only for antidepressants

Antipsychotic drugs are referred to as a group of drugs that are used to treat

- a. Psychosis
- b. Schizophrenia
- c. Bipolar disorder
- d. None of the above

Hallucinations and delusions

- a. positive symptoms of schizophrenia
- b. negative symptoms of schizophrenia
- c. are side effects of antipsychotics
- d. none of the above

Affective flattening, alogia, and avolition are

- a. negative symptoms of schizophrenia
- b. positive symptoms of schizophrenia
- c. positive symptoms of bipolar disorder
- d. negative symptoms of bipolar disorder

What were the two first types of antidepressants developed?

- a. Monoamine Oxidase Inhibitors and Tricyclic Antidepressant
- b. Tricyclic Antidepressant and Selective Serotonin Reuptake Inhibitors
- c. Selective Serotonin Reuptake Inhibitors and Monoamine Oxidase Inhibitors
- d. Monoamine Oxidase Inhibitors and Third-generation Antidepressants

John Cade discovered lithium carbonate effectiveness in the 1950s, but it was not used in the United States until the 1970s because

- a. it was too expensive to manufacture
- b. Cade wouldn't tell anybody about the drug; he was making another competing drug
- c. since lithium is a mineral, no one could make a great deal of money off of it
- d. the FDA would not release it because of high suicide risks

Juanita forgot to take her lithium carbonate this morning. Should she take two doses at noon to make up for the missed dose?

- a. yes, she needs to get her blood levels up quickly
- b. yes, taking a double dose should have no side effects
- c. no, she could become toxic with a double dose
- d. no, missing a dose or 2 will cause no problems

People experiencing bipolar disorder are frequently non-compliant with taking their medication. Why?

- a. mood stabilizers are addictive and they are afraid of becoming addictive
- b. mood stabilizers have side effects they find unpleasant
- c. mood stabilizers are extremely expensive
- d. they feel they are superhuman and need no drugs

What were the first Monoamine Oxidase Inhibitors intended to be used for?

- a. to treat depression
- b. to treat mania
- c. to treat tuberculosis
- d. to treat hemorrhoids

What mental disorder is frequently treated with Lithium Carbonate?

- a. major depression
- b. Bipolar Disorder
- c. reactive depression
- d. Oppositional Defiant Disorder

What is the function of the selective serotonin reuptake inhibitors?

- a. To reduce the symptoms of depression.
- b. To maintain the proper levels of neurotransmitters in the cell.
- c. To maintain the proper amount of serotonin in the synapse.
- d. All of the above

Where is the cannabis plant believed to have originated?

- a. India
- b. China
- c. Europe
- d. Australia

How much longer does the effect of cannabis stay in the body when it is orally administered?

- a. 20 -30 min
- b. 24 hours
- c. 36 hours
- d. 5 – 6 hours

What percentage of cannabis enters into the brain?

- a. less than 5%
- b. less than 10%
- c. less than 4%
- d. less than 1%

How is cannabis usually taken orally?

- a. Mixed in drinks
- b. Baked in brownies or cookies
- c. Taken by itself (chewed and swallowed)
- d. Cooked into other foods

Which of the following has been found to be the most potent hallucinogen?

- a. LSD
- b. Ecstasy
- c. mescaline
- d. cocaine

What is the active chemical responsible for hallucinations resulting from the use of the peyote buttons?

- a. Mescaline
- b. psilocybin
- c. serotonin
- d. Lysergic acid Diethylamide

What is the only religion that is legally allowed to use the peyote buttons in religious ceremonies?

- a. Shinto
- b. Church of the Devine Visions
- c. Native American Church
- d. United Mescaline Congregation

Weeks or months after a hallucinogen is used, the person re-experiences the trips, which can occur after a single dose of the drug, but they are more frequent in those who use the drug chronically. These effect are called:

- a. rebound hallucinations
- b. Dreams
- c. nightmares
- d. flashbacks

Antipsychotic drugs are absorbed into _____ and released _____ into the body?

- a. muscle/ quickly
- b. brain/ slowly
- c. fat tissue/ slowly
- d. brain/quickly

In studies of monkeys and antipsychotic drugs, monkeys learned how to bar press, in order, to:

- a. develop a habit
- b. avoid the infusions of antipsychotic drugs
- c. to receive more antipsychotic drugs
- d. none of the above

What was the first known use for hemp?

- a. bow strings.
- b. treating memory loss
- c. boat ropes.
- d. hallucinations

Cannabis has been used for the treatment of:

- a. insomnia, gonorrhea, and dysentery
- b. good memory, appetite suppressant and tuberculosis
- c. paranoia, multiple personalities, and schizophrenia
- d. malaria, anxiety relief, rheumatism and nausea.

Of the four methods of administration, which of the following is the quickest way to obtain the fastest "high" when using marijuana.

- a. brownies.
- b. joints.
- c. cigars(blunts)
- d. water bong

What are volatile substances?

- a. substances that evaporate rapidly when exposed to air
- b. substances that cause cancer.
- c. Substances that are inhaled daily
- d. all of the above

Inhalants act upon the...

- a. cardiopulmonary system
- b. endocrine system
- c. respiratory system
- d. central nervous system

Solvents, propellants, fuels, and anesthetics are categorized together because...

- a. origin and history
- b. route of administration
- c. they way the are absorbed
- d. they are not categorized together

When taking methylphenidate (Ritalin), the primary purpose is to:

- a. decrease the level of arousal in the brain
- b. increase the level of arousal in the brain
- c. regulate the blood flow
- d. a and b

The freebase vapor that's produced from cocaine has a much stronger effect than cocaine hydrochloride because:

- a. of the increased lipid solubility of the freebase.
- b. of the decreased lipid solubility of the freebase.
- c. of it's stimulating properties
- d. none of the above

What are the three types of Alcohol?

- a. Isopropyl, Methanol, Ethanol
- b. Methanol, Ethanol, Fermentation
- c. Fermentation, Distillation, acute
- d. Isopropyl, Methanol, Distillation

North America and Pacific Islanders were among the only cultures never to find a way to make alcohol.

- a. True
- b. False

Nicotine is capable of passing through the _____ barrier?

- a. Blood-Brain
- b. Blood-Placenta
- c. blood-capillary
- d. a and b

Nesbitt's Paradox refers to the fact that:

- a. withdrawal symptoms subside with due time
- b. a smoker becomes more attentive in cognitive situations
- c. stressful situations induce smoking
- d. Smokers begin smoking due to peer pressure.

Your friend just failed his third test in a row, he told you he had no energy and was feeling weak and nauseated, you notice that now he has problems performing simple tasks and remembering what he did last night, it's possible that your friend was feeling _____ and may have taken _____ to treat his problem.

- a. cheerful; Certs
- b. bored; nothing
- c. depressed; Prozac
- d. high; Marijuana

Which of the following statements is incorrect?

- a. Benzodiazepines act as anxiolytics in moderate doses.
- b. Benzodiazepines act as sedatives in low doses.
- c. Benzodiazepines act as hypnotics in high doses.
- d. None, they are all correct.

What has been the most widely abused group of prescription drugs?

- a. Barbiturates
- b. Benzodiazepines
- c. Tranquilizers
- d. Ibuprofen

_____ is a loss of memory for events that occurred while under the influence of a drug.

- a. forgetting
- b. a blackout
- c. a fugue
- d. retrograde amnesia

What effects of opiates cause them to have abuse potential?

- a. they produce vivid visual hallucinations
- b. they stimulate motor centers of the brain
- c. they activate reward centers in the brain
- d. they increase sex drive

If a patient is having surgery and the doctor wants the sedating effects to appear more quickly, the doctor would probably give the antipsychotic medication:

- a. orally
- b. by intravenous injection
- c. depot injection
- d. all of the above

There are two major dopamine systems in the brain: the mesolimbic and the nigrostriatal system. The _____ system is implicated in motivation and reinforcement.

- a. mesolimbic
- b. nigrostriatal
- c. extrapyramidal
- d. none of the above

_____ can cause a major problem called agranulocytosis, a potentially fatal suppression of bone marrow activity.

- a. chlorpromazine
- b. clozapine
- c. haloperidol
- d. all of the above

Tardive dyskinesia occurs in about _____ percent of patients who have been receiving the older antipsychotic drugs for many years.

- a. 2%
- b. 50%
- c. 30%
- d. 15%

Which of the following is not a hallucinogen?

- a. LSD
- b. Mescaline
- c. Ecstasy (MDMA)
- d. Marijuana

Which drug triggers an emotional and strange effect in people?

- a. tranquilizers
- b. sedative
- c. hallucinogens

This drug comes in powder form, in capsules, sugar cubes, gelatin squares and paper blotter.

- a. marijuana
- b. LSD
- c. Cocaine

This hallucinogenic cactus is found in parts of México and Texas. It is widely used among Native Americans in religious ceremonies.

- a. peyote
- b. mescaline
- c. iboga

This is a recurrence of a drug-induced hallucinatory experience some time after the drug has been taken.

- a. flashback
- b. Hallucinogen
- c. Ecstasy