

- ___ 9. Which 3 factors have been indicated by data as risk factors for alcoholism?
- A. Heavy binge drinking, genetics and adolescent drinking C. Heavy binge drinking, childhood trauma and genetics
B. Genetics, environment and poverty D. Genetics, childhood trauma and adolescent drinking
- ___ 10. According to some estimates, alcohol abuse in the United States is perhaps the number one cause of brain damage.
- A. True B. False
- ___ 11. Prolonged abstinence from alcohol appears to allow some reversal of structural brain damage.
- A. True B. False
- ___ 12. Wernicke's Encephalopathy (WE) is a fatal disorder caused by what vitamin deficiency?
- A. Calcium C. Potassium
B. Magnesium D. Thiamin
- ___ 13. As a result of alcohol abuse, the stress hormone cortisol is known to increase through a variety of mechanisms.
- A. True B. False
- ___ 14. Research has shown that mice that don't drink alcohol lack what opioid receptor?
- A. mu C. kappa
B. delta D. phi
- ___ 15. What is the other known name for behavioral sensitization?
- A. Reward pathways C. MK-801
B. Reverse tolerance D. None of the above
- ___ 16. **Gender, Ethnicity & Culture**
The phenomenon where women need to drink less than men, for a shorter amount of time, to have the same adverse impact is known as "telegraphing".
- A. True B. False
- ___ 17. What percentage of the human brain is composed of water?
- A. 40% C. 80%
B. 75% D. 90%

- ___ 18. One study of veterans with alcoholic liver disease found that African Americans appear to be at greater risk for infectious diseases and have higher mortality rates.
A. True B. False
- ___ 19. What population was found to have the highest cirrhosis mortality rates?
A. African American males C. White Hispanic males
B. White females D. Asians
- ___ 20. Mexican-Americans tend to have a lower level of arrests for DUI offenses than other populations.
A. True B. False
- ___ 21. Much of what has been known in the past about alcohol use among American Indians was anecdotal, stereotypical and fueled by bias according to a senior research scientist at Colorado University.
A. True B. False
- ___ 22. **Genetics & Other Risk Factors**
This neurotransmitter is a key modulator influenced by genetics, early stress experiences, and alcohol:
A. Dopamine C. Cortisol
B. Serotonin D. None of the above
- ___ 23. Serotonergic dysfunction has been linked to a number of psychiatric disorders as well as alcoholism.
A. True B. False
- ___ 24. The primary role of serotonin appears to be that of an inhibitor.
A. True B. False
- ___ 25. Individuals may be able to identify their risk of developing alcoholism through a noninvasive measure of this electrical brain activity:
A. P300 C. ERP
B. Event-related potential D. All of the above
- ___ 26. Studies have shown that people who have an anxiety disorder, but are not anxious at the time of testing, have high P300 amplitudes, suggesting they may be at risk for anxiety disorders and alcoholism.
A. True B. False

- ___ 27. What hormone is manufactured within the endogenous opioid system of the brain and produces euphoria much like morphine?
A. A-4
B. P-300
C. B-E
D. None of the above
- ___ 28. Genetic factors are believed to contribute to what percentage of the risk of developing alcoholism?
A. 40%
B. 55%
C. 60%
D. 75%
- ___ 29. This part of the brain, critical for judgement and decision making, is considered corrupted by addiction.
A. Cerebellum
B. Hippocampus
C. Executive cortex
D. Brain stem
- ___ 30. Some genes are used or “turned on” in each cell. This is known as **gene expression**.
A. True
B. False
- ___ 31. Genetic differences in individuals play no role in alcohol sensitivity.
A. True
B. False
- ___ 32. Two enzymes important in metabolizing alcohol are **ADH** and **ADLH**.
A. True
B. False
- ___ 33. **Mental Health**
New research has found that adult male alcoholics with antisocial personality disorder have abnormally low emotional responsiveness.
A. True
B. False
- ___ 34. Which childhood disorder is a precursor to antisocial personality disorder and a major risk factor for adolescent alcohol and drug use?
A. ADD
B. ADHD
C. Conduct Disorder
D. PTSD
- ___ 35. Research indicates that childhood abuse is an important factor for the presence of comorbid anxiety disorders in alcoholics, particularly regarding:
A. Social Phobia
B. Agoraphobia
C. Post Traumatic Stress Disorder
D. All of the above
- ___ 36. Due to inadequate screening measures in alcoholic patients, this disorder is often under diagnosed:

- ___ 46. The most common form of osteoporosis occurs in elderly women and is caused by a deficiency in progesterone.
A. True B. False
- ___ 47. Sensitivity to this mineral in alcoholics is a contributing factor in the elevation of blood pressure.
A. Sodium C. Calcium
B. Potassium D. Magnesium
- ___ 48. Chronic alcohol abuse damages hormones that regulate the body's water and electrolyte balance.
A. True B. False
- ___ 49. **Pregnancy, Prenatal Exposure & Parenting**
Alcohol-related birth defects are closely associated with an alteration in the functioning of this hormone gland:
A. Pituitary gland C. Adrenal gland
B. Pineal gland D. Thyroid gland
- ___ 50. According to the U.S. Department of Health and Human Services, 1996 data revealed what percent of women used alcohol during pregnancy?
A. 5% C. 18%
B. 12% D. 25%
- ___ 51. Prenatal alcohol exposure is the leading cause of known origin for mental retardation in the industrialized world.
A. True B. False
- ___ 52. In Denmark, all pregnant women are offered and most take advantage of free prenatal care at centers run by the government.
A. True B. False
- ___ 53. The ADH2*2 allele provides no protection against and/or resistance to developing Fetal Alcohol Syndrome.
A. True B. False
- ___ 54. **Prevention, Intervention & Treatment**
According to Michael Fleming, director of the Family Medicine Research Program at the University of Wisconsin-Madison, if physicians spend 5 to 10 minutes talking to their patients about alcohol use, what percent of their patients will significantly decrease their alcohol use?
A. 5% to 10% C. 25% to 30%

B. 15% to 20%

D. 35% to 40%

- ___ 55. The CAGE screening instrument outperformed the RAPS4 among populations examined.
A. True B. False
- ___ 56. In-person brief interventions are best directed toward those who are alcohol dependent rather than those who engage in hazardous drinking and/or abuse of alcohol.
A. True B. False
- ___ 57. **Violence & Injury**
According to the National Coalition Against Domestic Violence, 33 percent of American women experience domestic violence.
A. True B. False
- ___ 58. According to a study published in the January 2001 issue of *Alcoholism: Clinical and Experimental Research*, among working-age adults who are not substance abusers, women are much less likely to be injured than men.
A. True B. False
- ___ 59. According to the same study, by age 50 researchers found that substance abusers were significantly more likely to get injured if they were women.
A. True B. False
- ___ 60. Once considered a personality defect, we now know that there is a genetic basis for the predisposition to addiction in many individuals.
A. True B. False