

## Alcohol Problems in Intimate Relationships

### Multiple Choice

Identify the choice that best completes the statement or answers the question.

1. **Alcohol Problems and Your Practice**

**An Alcohol Problems Framework**

DSM-IV recognizes which alcohol use disorder below:

- A. alcohol dependence
- B. alcohol abuse
- C. both of these
- D. neither of these

2. Among professionals, there is an increasing trend to distinguish between “problem drinking” and “alcoholism”.
- A. True
  - B. False

3. According to the authors, risky drinking can be determined by identifying which of the following patterns:

- A. high-volume drinking
- B. high-quantity consumption
- C. any consumption within certain contexts
- D. all of these
- E. none of these

4. According to the authors, a low proportion of individuals, couples and families who present for therapy may be experiencing or may be at risk for alcohol problems.

- A. True
- B. False

5. **Alcohol Problems: The Couple and Family Context**

Data cited in the guide suggests that one in every \_\_\_\_ children in the U.S. is exposed to alcohol abuse or dependence in their family.

- A. 3
- B. 4
- C. 5
- D. 6

6. Which of the following is *not* a family problem stated to co-occur with alcohol problems:

- A. violence
- B. economic insecurity
- C. marital harmony
- D. infidelity

7. **Screening and Problem Assessment**

Which of the following is *not* a screening instrument recommended for use:

- A. The 25-item MAST
- B. The 4-item CAGE
- C. The Science Foundations Tool (SFT)
- D. The 10-item Alcohol Use Disorders Identification Test (AUDIT)

8. Any alcohol assessment should cover all but one of the following domains:

- A. level and pattern of alcohol use
- B. preferences for hard liquor versus beer and wine
- C. dependence symptoms/problem severity
- D. consequences of alcohol use

9. The authors state that “self-reports” of frequency and quantity of alcohol use remain the most reliable indicators of consumption patterns available.

- A. True
- B. False

10. The Drinker Inventory of Consequences is a 50 item check list of adverse drinking consequences providing scores in all areas below but:
- A. transitional
  - B. social
  - C. intrapersonal
  - D. physical
  - E. impulsive
11. **Brief Interventions: Initial Decision Making**  
 Why might you as a therapist decide to ignore or not initially address identified drinking problems in a family?
- A. Another severe problems such as child abuse requires immediate attention
  - B. Time or number of sessions of family availability may be limited
  - C. You fear discussion will result in termination of treatment
  - D. All of the above
12. Treating alcohol problems within the family treatment or through referral requiring considering:
- A. The centrality of drinking to presenting family problems
  - B. Your own expertise and comfort level in managing drinking related problems
  - C. both of these
  - D. neither of these
13. One reason the authors give in favor of involving children in the therapy process is that even young children are aware that alcohol is a unique, special beverage and they can link parental drinking to behavioral changes.
- A. True
  - B. False
14. Which of the following is *not* cited by the authors as one of the major therapeutic principles to use when addressing drinking as an issue in family treatment?
- A. choice
  - B. negative reinforcement
  - C. empathy
  - D. motivation through attention to client goals
15. Which of the following is *not* listed as a common pitfall unique to this family therapy context?
- A. Drinker becomes defensive
  - B. Other family members have negative reactions to *your* empathetic responses to the drinker
  - C. Family members develop an alliance against you to avoid the alcohol issue
  - D. All are listed
16. **Elements of Brief Interventions: When the Drinker is Present**  
 Which is *not* one of the major elements of the brief intervention cited by the authors?
- A. Feedback
  - B. Responsibility
  - C. Follow-up
  - D. Choices
  - E. Involvement of Clergy
17. One component of the sample feedback sheet is a comparison of the drinking client to everyone who drinks in the United States.
- A. True
  - B. False
18. After feedback sessions, client and family reactions tend to be quite predictable with little variation.



'protecting' the drinker

28. In referring clients to community-based services, the first approach is stepped care, in which treatment is initiated at the most restrictive level possible for the client.  
A. True B. False
29. The second approach, patient-treatment matching, is articulated by the American Society of Addiction Medicine through their patient placement criteria, which specifies which of the following dimensions to consider when selecting an initial level of care?  
A. Medical conditions D. Potential for relapse  
B. Severity of dependence and withdrawal E. All of these possibilities  
C. Motivation to change
30. Which of the following professions provide specific certifications indicating competence or expertise in substance abuse treatment?  
A. Psychologists D. Psychiatrists  
B. Physicians E. All of these  
C. Mental health providers
31. What three treatment models have been studied extensively and shown fairly consistent support for being effective?  
A. Cognitive-behavioral therapy D. All of these  
B. MET (Motivational enhancement therapy) E. None of these  
C. Twelve-step facilitation
32. The self help group cited as being widely available, free and as having 'a desire to stop drinking' as its only membership requirement is:  
A. SMART recovery C. AA  
B. Women for Sobriety D. Moderation Management
33. Page A-9 of the Clinical Toolbox provides a copy of what tool?  
A. Steady pattern chart C. The SCID questionnaire  
B. Episodic occasions chart D. The DrInC scoring sheet
34. 12 oz. of beer is listed as the equivalent to 1.5 oz. of brandy on the standard drinks chart.  
A. True B. False

### Multiple Response

*Identify one or more choices that best complete the statement or answer the question.*

35. Please choose one of the options below for receiving your certificate of CEU's.  
A. United States Postal Service C. Fax  
B. E-mail

### Matching

Please evaluate the course by choosing one of the responses below for each question. This data will help us to improve our program and meet certifying organization requirements. Thank you for allowing **QUE** to be your provider.

- A. Excellent
- B. Above Average

- C. Average
- D. Below Average

- 36. The extent to which this course met the objectives
- 37. The adequacy of the author's mastery of the subject
- 38. Efficiency of course mechanics
- 39. The applicability or usability of the information for you
- 40. Website functionality and ease of use
- 41. Availability of course instructors (does the website provide adequate direction on how to access a staff member or instructor if needed for assistance?)

**Short Answer**

- 42. Please provide us with any additional comments or suggestions that would help us to improve the quality of our program:
- 43. How did you find out about QUE?

**Essay**

- 44. Please indicate your mailing address or your Fax # if you chose either of these options for receiving your certificate and a contact phone number
- 45. Indicate your licensing organization, license type and # (ex. BBS, MFT#123456). Returning participants may leave this blank