

Ch1: Why Worry About Substance Misuse or Substance Use Disorders (SUDs)?

1. According to your text, use of which of the following substances has remained fairly constant in society, despite widespread knowledge of their dangers and the various types of tolls these drugs can bring?

- a. Alcohol and tobacco
- b. Marijuana and LSD
- c. Cocaine and heroin
- d. Anabolic steroids and inhalants

ANSWER: a

2. The direct and indirect cost of substance use disorders totals what percentage of the average state's budget?

- a. 5%
- b. 10%
- c. 15%
- d. 20%

ANSWER: c

3. Which of the following is an example of how the impact of SUDs is contributing to the rising cost of healthcare?

- a. Approximately 20–25% of patients seen by primary care physicians have SUDs.
- b. Substance misuse and SUDs can cause or exacerbate more than 70 health conditions.
- c. Approximately one million hospital emergency room visits are the result of illicit drug use.
- d. All of these answers are correct.

ANSWER: d

4. Adults with substance use disorders are more likely to have been physically abused and neglected as children than their peers without substance use disorders.

- a. True
- b. False

ANSWER: True

5. According to Leamon et al. (2008), at least what percentage of the world's population has used at least one psychoactive substance at some point in their lives?

- a. 5%
- b. 25%
- c. 50%
- d. 75%

ANSWER: c

6. According to a 2015 study, what percentage of the population will meet the criteria for physical addiction at some point in their lives?

- a. 2 %
- b. 5 %
- c. 10 %
- d. 14 %

ANSWER: c

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7. Besides alcohol and tobacco, which of the following is the most commonly used drug in the world?

- a. Methamphetamine
- b. Marijuana
- c. Cocaine
- d. Opioids

ANSWER: b

8. Women are more likely to develop an alcohol abuse disorder than men.

- a. True
- b. False

ANSWER: False

9. At which rank are the drug use disorders positioned as the leading cause of death in adults around the world?

- a. third
- b. fourth
- c. sixth
- d. eighth

ANSWER: c

10. Each day in the United States, approximately how many people will try an illicit drug for the first time?

- a. 2,000
- b. 4,000
- c. 8,000
- d. 10,000

ANSWER: c

11. As a hospital administrator, what percentage of hospital admissions would be related to alcohol use/misuse?

- a. 5–10%
- b. 15–20%
- c. 25–30%
- d. 35–40%

ANSWER: d

12. What percentage of psychiatric hospital admissions are not associated with drug or alcohol abuse?

- a. 8–10%
- b. 15–20%
- c. 25–30%
- d. 25–50%

ANSWER: d

13. Estimates suggest that alcohol use disorders cost the world economy how much each year?

- a. \$264 billion
- b. \$375 billion

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- c. \$600 billion
- d. \$880 billion

ANSWER:

d

14. The annual estimated global economic impact of illicit drug use is thought to be how much?

- a. \$98 million
- b. \$250 billion
- c. \$880 billion
- d. \$950 billion

ANSWER:

c

15. Most physicians are under-trained in recognizing and treating substance misuse.

- a. True
- b. False

ANSWER:

True

16. Around the world, heroin is trafficked in how many countries?

- a. Approximately 15
- b. Between 30 and 35
- c. Approximately 55
- d. At least 99

ANSWER:

d

17. For most individuals, experimentation with the illicit use of drugs lasts how long?

- a. It occurs only once.
- b. It initiates a slow, but inevitable, advance into addiction.
- c. It runs a course of use that usually lasts 5–10 years.
- d. It lasts for less than a year.

ANSWER:

d

18. Despite having more contact with patients with substance use disorders than doctors do, what professionals still lack adequate training on caring for patients with SUDs in their education programs?

- a. Physician assistants
- b. Nurses
- c. Pharmacy techs
- d. Dental hygienists

ANSWER:

b

19. In recent years, the number of people around the world who use cocaine has _____.

- a. doubled
- b. gone down
- c. tripled
- d. stayed stable

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ANSWER: d

20. What percentage of the population of the United States currently uses tobacco?

- a. 10%
- b. 20%
- c. 30%
- d. 40%

ANSWER: b

21. Globally, how many deaths annually are the result of tobacco use?

- a. 1 million
- b. 3 million
- c. 5 million
- d. 8 million

ANSWER: d

22. Alcohol is thought to contribute to approximately what percentage of all motor vehicle accidents?

- a. 30%
- b. 40%
- c. 50%
- d. 60%

ANSWER: b

23. Annually, one in how many of all deaths in the United States can be directly traced to smoking-related illnesses?

- a. two
- b. three
- c. five
- d. ten

ANSWER: c

24. Two decades ago, 74% of psychologists surveyed reported what regarding their training in the identification or treatment of addictions?

- a. No formal training
- b. Confidence in their minimal training
- c. Adequate training
- d. Extensive training

ANSWER: a

25. The opioid epidemic has created an increase in training in nursing education programs.

- a. True
- b. False

ANSWER: True

26. Discuss the costs of alcohol use/abuse/addiction in general economic terms and in healthcare expenditures, providing
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information for both the United States and the world.

ANSWER: Alcohol use and misuse costs the global economy billions of dollars a year and over 250 billion dollars a year in the United States alone. There are costs related to overuse, accidents, death, and violence caused by those abusing alcohol, and more. Healthcare for those who abuse alcohol is also far more expensive.

27. Describe some of the shortcomings in the training of various healthcare workers regarding the identification and treatment of substance abuse disorders (substance use disorders).

ANSWER: Possible answers could include:

- Lack of standardization in training programs: The training programs for healthcare workers may vary in quality and content, leading to inconsistent knowledge and skills among workers.
- Limited training time: The limited training time for healthcare workers may not provide enough opportunity to cover all aspects of substance abuse disorders and their treatments.
- Insufficient focus on evidence-based practices: The training may not adequately cover evidence-based practices for the identification and treatment of substance abuse disorders.
- Inadequate training on assessing and addressing comorbid mental health conditions: Substance abuse disorders often co-occur with mental health conditions, and healthcare workers may need more training on how to assess and address these comorbid conditions.
- Lack of ongoing training: Healthcare workers may need ongoing training to stay updated on the latest developments in the field and to maintain their knowledge and skills.

28. Contrast the historical patterns seen with alcohol/tobacco use with that of the general patterns of use of illicit substances in the United States.

ANSWER: Answers may include:

1. Alcohol and tobacco have been widely used in the United States for centuries and their use has been socially accepted. On the other hand, the use of illicit substances has a shorter history of widespread use and has been stigmatized.
2. Historically, alcohol and tobacco use has been more prevalent among older adults, while the use of illicit substances has been more common among younger adults.
3. The availability of alcohol and tobacco is widespread and regulated, while the availability of illicit substances is more limited and often obtained through illegal means.
4. Alcohol and tobacco use is legal and culturally accepted, while the use of illicit substances is illegal and culturally stigmatized.
5. The use of alcohol and tobacco has been linked to a range of health problems, while the use of illicit substances has been associated with additional public health concerns, such as the spread of infectious diseases and overdose deaths.

29. Describe the tactics politicians use to hide the true cost of the “war” on drugs.

ANSWER: Answers may include:

1. Politicians may reclassify the cost of drug enforcement and incarceration as part of other budget categories, making it difficult to determine the true cost of the “war” on drugs.
2. Politicians may underreport the actual cost of drug enforcement, incarceration, and rehabilitation programs, making it appear that the “war” on drugs is less expensive than it actually is.
3. Politicians may emphasize the benefits of the “war” on drugs, such as reduced drug use, without discussing the cost or limitations of these benefits.
4. Politicians may use vague or misleading language, such as “tough on crime” or “zero tolerance,” to

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describe the “war” on drugs, without discussing the actual cost or outcomes of these policies.

5. Politicians may ignore the long-term costs of the “war” on drugs, such as the costs of incarceration and rehabilitation, and the economic and social impacts on communities affected by drug use.

30. How do substance abuse disorders (substance use disorders) contribute to the rise in healthcare costs?

ANSWER: Answers may include:

1. People with substance abuse disorders often have multiple and complex health problems that require frequent hospitalizations, emergency room visits, and long-term treatments.
2. Substance abuse can lead to the development of chronic health conditions such as liver disease, heart disease, and HIV/AIDS, which require ongoing medical care and treatment.
3. Substance abuse can result in lost work days, decreased work performance, and reduced productivity, leading to a decrease in income and an increase in healthcare costs.
4. Substance abuse can lead to criminal behavior and involvement in the criminal justice system, increasing the cost of incarceration and law enforcement.
5. The need for addiction treatment and recovery services also contributes to the rise in healthcare costs.

31. Discuss the statistics of how substance use disorders are involved with those who are admitted to hospitals in a given year, focusing on a variety of different substances.

ANSWER: Answers may include

1. Alcohol: According to the National Institute on Alcohol Abuse and Alcoholism, approximately 88,000 people die from alcohol-related causes annually, and alcohol is a factor in approximately one in every 10 hospital admissions in the United States.
2. Opioids: The opioid epidemic has been linked to a sharp increase in hospital admissions due to opioid overdose and related complications. In 2017, there were over 47,000 opioid-related overdose deaths in the United States.
3. Benzodiazepines: Long-term use of benzodiazepines, a class of prescription sedatives, can lead to dependence and contribute to hospital admissions due to withdrawal symptoms, overdose, and other complications.
4. Cocaine: Cocaine use can lead to hospital admissions due to heart attack, stroke, and other cardiovascular complications, as well as overdose and other drug-related complications.
5. Methamphetamine: Methamphetamine use can lead to hospital admissions due to a variety of health problems, including heart attack, stroke, and other cardiovascular complications, as well as overdose and other drug-related complications.

32. Which group of professionals often has the most training in working with people with SUDs?

- a. Doctors
- b. Psychologists
- c. Counselors
- d. Nurses

ANSWER:

c