

Health: The Basics, 12e (Donatelle)

Chapter 7 Recognizing and Avoiding Addiction and Drug Abuse

1) People with a physiological dependence on a substance, such as an addictive drug, will experience

- A) withdrawal but not tolerance.
- B) tolerance but not withdrawal.
- C) neither tolerance nor withdrawal.
- D) both tolerance and withdrawal.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Addiction?

Learning Outcome: 7.1

2) James is no longer able to feel the same effect from his drug of choice with his regular dose; he needs to increase the amount of the drug to feel the desired effect. This demonstrates

- A) withdrawal.
- B) tolerance.
- C) adjustment.
- D) intolerance.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is Addiction?

Learning Outcome: 7.1

3) Which of the following is an example of a process addiction?

- A) compulsive gambling
- B) regular Internet use
- C) alcoholism
- D) a disciplined exercise routine

Answer: A

Diff: 2

Skill: Understanding

Section: Addictive Behaviors

Learning Outcome: 7.2

4) Using a drug for a purpose other than that for which it is intended is

- A) drug abuse.
- B) drug use.
- C) drug misuse.
- D) drug tolerance.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

5) Chelsea occasionally takes aspirin to relieve a headache. Chelsea is

- A) using an over-the-counter (OTC) drug.
- B) engaging in drug abuse.
- C) likely to develop cross-tolerance.
- D) using a transdermal drug.

Answer: A

Diff: 3

Skill: Applying

Section: What Is a Drug?

Learning Outcome: 7.3

6) A substance intended to affect the structure or function of the body or mind through chemical action is

- A) an illicit drug.
- B) a prescription drug.
- C) a synergistic drug.
- D) a drug.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

7) Which of the following is TRUE about routes of drug administration?

- A) Drugs can't be absorbed through the skin.
- B) Intravenous injection is the most dangerous method of administration.
- C) The least effective route of administration is by inhalation.
- D) Drugs taken orally reach the bloodstream faster than drugs taken by inhalation.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

8) The fastest-acting method of injection is

- A) inunction.
- B) intramuscular.
- C) intravenous.
- D) subcutaneous.

Answer: C

Diff: 1

Skill: Remembering

Section: What Is a Drug?

Learning Outcome: 7.3

9) Using a nicotine patch for smoking cessation is an example of which route of administration?

- A) injection
- B) oral ingestion
- C) transdermal
- D) inhalation

Answer: C

Diff: 1

Skill: Remembering

Section: What Is a Drug?

Learning Outcome: 7.3

10) All of the following are true about suppositories EXCEPT that

- A) they are designed to melt at body temperature.
- B) they are inserted into the vagina or anus.
- C) they enable a drug to be released into the bloodstream.
- D) they have a short life span and become inactive within an hour.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

11) David spends four hours a day lifting weights and is at the point of obsession about his fitness routine to the extent that he will miss classes and outings with friends so he can go to the gym. He most likely suffers from which of the following disorders?

- A) bipolar disorder
- B) anorexia nervosa
- C) exercise addiction
- D) bulimia

Answer: C

Diff: 3

Skill: Applying

Section: Addictive Behaviors

Learning Outcome: 7.2

12) Addictive substances and behaviors

- A) have the potential to produce a positive mood change.
- B) eventually lose their hold on a person over time.
- C) do not necessarily have negative consequences.
- D) involve some type of substance abuse.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is Addiction?

Learning Outcome: 7.1

13) Jason doesn't see that his addiction to heroin is self-destructive. He is experiencing

- A) obsession.
- B) compulsion.
- C) loss of control.
- D) denial.

Answer: D

Diff: 3

Skill: Applying

Section: What Is Addiction?

Learning Outcome: 7.1

14) Which of the following is TRUE about gambling addictions?

- A) Gambling problems do not tend to become worse over time.
- B) Gambling problems are greater among individuals with high socioeconomic status.
- C) Most compulsive gamblers seek a high from the excitement even more than from money.
- D) People with a compulsive gambling disorder and people who abuse drugs have entirely different cravings and highs.

Answer: C

Diff: 2

Skill: Understanding

Section: Addictive Behaviors

Learning Outcome: 7.2

15) Lisa is aware that her best friend, Kim, has a drinking problem. Lisa continually makes excuses for her and often completes Kim's homework to protect her from flunking out of school. Lisa's behavior is an example of

- A) enabling.
- B) reinforcing.
- C) intervening.
- D) compulsion.

Answer: A

Diff: 3

Skill: Applying

Section: What Is Addiction?

Learning Outcome: 7.1

16) Psychoactive drugs have which type of effect on the body?

- A) They potentiate the effect of other drugs on the nervous system.
- B) They enhance, suppress, or interfere with the actions of neurotransmitters.
- C) They speed up energy metabolism and body movements.
- D) They depress or slow all body functions.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

17) The so-called pleasure circuit

- A) is activated when the pituitary gland releases hormones related to pleasure into the bloodstream.
- B) includes the central nervous system, the endocrine system, and the immune system.
- C) spans the brain, sensory receptors in the skin, and motor neurons attached to muscles.
- D) is also known as the mesolimbic dopamine system.

Answer: D

Diff: 1

Skill: Remembering

Section: What Is a Drug?

Learning Outcome: 7.3

18) Which of the following is TRUE about over-the-counter drugs?

- A) Some require a prescription.
- B) They are monitored under the care of a physician.
- C) They can be abused.
- D) They cannot be abused.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

19) Mikail is attempting to reduce his caffeine consumption. Which of the following drinks that he consumes daily has the highest amount of caffeine per serving?

- A) black tea
- B) regular cola
- C) energy drink
- D) gourmet coffee

Answer: D

Diff: 1

Skill: Remembering

Section: Common Drugs of Abuse

Learning Outcome: 7.5

20) Which of the following is a sign of codependent behavior?

- A) joining an addict in a destructive behavior, such as regularly getting drunk at parties
- B) having a history of substance abuse during the teen years
- C) trying to encourage an addicted family member or friend to get help
- D) striving to meet another person's needs in an obsessive and unhealthy way

Answer: D

Diff: 2

Skill: Understanding

Section: What Is Addiction?

Learning Outcome: 7.1

21) According to research, each of the following factors increases the risk of substance abuse among students EXCEPT

- A) genetics and family history of addiction.
- B) substance use in high school.
- C) participation in college sports.
- D) mental health problems.

Answer: C

Diff: 2

Skill: Understanding

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

22) If you have questions about synergistic drug interactions involving prescription medications, you should talk to a

- A) pharmacist or physician.
- B) fitness trainer.
- C) therapist.
- D) naturopath.

Answer: A

Diff: 3

Skill: Applying

Section: What Is a Drug?

Learning Outcome: 7.3

23) According to research, which of the following is a protective factor that can influence students to avoid drugs?

- A) mental health problems
- B) positive expectations about drugs
- C) sorority and fraternity membership
- D) having a healthy social network

Answer: D

Diff: 2

Skill: Understanding

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

24) Heroin has a

- A) high potential for addiction and limited medical use.
- B) high potential for addiction and no accepted medical use.
- C) low potential for addiction and no accepted medical use.
- D) high potential for addiction and accepted medical use.

Answer: B

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

25) A large dose of cocaine can cause

- A) increased heart rate and blood pressure.
- B) decreased heart rate and blood pressure.
- C) increased appetite and fatigue.
- D) a sustained high.

Answer: A

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

26) Stimulants such as Ritalin or Adderall are commonly prescribed to treat

- A) insomnia.
- B) ADHD.
- C) hypertension.
- D) anxiety.

Answer: B

Diff: 1

Skill: Remembering

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

27) Which of the following statements is TRUE of cocaine?

- A) It is a central nervous system depressant.
- B) It is an anesthetic and a stimulant.
- C) It is sometimes prescribed in moderation as an antidepressant.
- D) It is available in only one form.

Answer: B

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

28) Which of the following is NOT true of methamphetamine?

- A) It can produce a high lasting over 8 hours when smoked.
- B) It is inexpensive and highly addictive.
- C) It takes long-term use to develop tolerance.
- D) It can be snorted, smoked, injected, or orally ingested.

Answer: C

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

29) Opioids are also called

- A) depressants.
- B) stimulants.
- C) narcotics.
- D) hallucinogens.

Answer: C

Diff: 1

Skill: Remembering

Section: Common Drugs of Abuse

Learning Outcome: 7.5

30) Marijuana today is

- A) not subject to state or federal drug laws.
- B) not able to be orally ingested.
- C) less of a health risk than it used to be.
- D) much more potent than it was in the 1960s.

Answer: D

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

31) The most noticeable effect of the THC in marijuana is

- A) bloodshot eyes.
- B) a slouched posture.
- C) quick reactions.
- D) decreased thirst and appetite.

Answer: A

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

32) Long-term effects of marijuana include all the following EXCEPT

- A) increased risk of testicular cancer in males.
- B) increased risk of lung disorders.
- C) increased production of testosterone in males.
- D) increased risk of developing serious mental health problems.

Answer: C

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

33) Marijuana is administered therapeutically for all of the following reasons EXCEPT

- A) to reduce the muscle pain and spasticity caused by multiple sclerosis.
- B) to control side effects of chemotherapy such as nausea and vomiting.
- C) to forestall loss of lean muscle mass due to AIDS-wasting syndrome.
- D) to reduce appetite for weight control.

Answer: D

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

34) Marijuana use presents clear dangers to those driving motor vehicles (as well as others on the road) because it

- A) negatively affects night vision.
- B) slows reaction time and impedes decision making.
- C) alters color and depth perception.
- D) may cause seizures.

Answer: B

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

35) Morphine, codeine, and heroin are all

- A) available over the counter.
- B) opioids.
- C) amphetamines.
- D) available by prescription.

Answer: B

Diff: 1

Skill: Remembering

Section: Common Drugs of Abuse

Learning Outcome: 7.5

36) All of the following drugs are used to treat opioid addiction EXCEPT

- A) methadone.
- B) naltrexone (Trexan).
- C) buprenorphine (Temgesic).
- D) methamphetamine.

Answer: D

Diff: 1

Skill: Remembering

Section: Treating and Reducing Drug Abuse

Learning Outcome: 7.6

37) The most popular form of LSD is

- A) a powder that is snorted.
- B) blotter acid that is swallowed or chewed.
- C) a pill that is swallowed.
- D) a liquid that is injected into the veins.

Answer: B

Diff: 1

Skill: Remembering

Section: Common Drugs of Abuse

Learning Outcome: 7.5

38) Mescaline

- A) is derived from a cactus.
- B) takes effect very fast.
- C) is a depressant.
- D) has a pleasant, sweet taste.

Answer: A

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

39) Which of the following is TRUE about psilocybin?

- A) It is the active chemical in a type of grass.
- B) Its physical effects wear off in 1-2 hours.
- C) It can cause hallucinations.
- D) It is similar to marijuana in its physical effects.

Answer: C

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

40) Which of the following is NOT true about PCP?

- A) It can cause nausea and vomiting and reduce heart and respiratory rate.
- B) It was first used as an anesthetic.
- C) Its effects are unpredictable.
- D) It is still used by doctors in some states.

Answer: D

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

41) Ecstasy is a stimulant and a(n)

- A) mild hallucinogen.
- B) antidepressant.
- C) narcotic.
- D) anesthetic.

Answer: A

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

42) Which of the following is TRUE about inhalants?

- A) The products used are illegal for purchase by minors.
- B) They reach the bloodstream 10 minutes after inhalation.
- C) Doses are difficult to control because of individual lung capacities.
- D) The effects last for days.

Answer: C

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

43) Anabolic steroids are a type of

- A) hallucinogenic drug.
- B) anti-psychotic drug.
- C) ergogenic drug.
- D) testosterone-reducing drug.

Answer: C

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

44) Which of the following is TRUE about steroids?

- A) Use in intercollegiate sports has been increasing over the past two decades.
- B) They are used more by women than men.
- C) They are used to produce a lean and streamlined physique and to enhance aerobic capacity.
- D) Adverse effects include mood swings, elevated cholesterol levels, acne, and hypertension.

Answer: D

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

45) Which type of drug has the potential to alter a person's mood or behavior?

- A) over-the-counter drug
- B) illicit drug
- C) psychoactive drug
- D) recreational drug

Answer: C

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

46) When drugs activate the brain's pleasure circuit, what neurotransmitter is involved?

- A) dopamine
- B) ketamine
- C) melamine
- D) amphetamine

Answer: A

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

47) Chemicals in household products such as varnish, glues, and gasoline are examples of

- A) club drugs.
- B) inhalants.
- C) stimulants.
- D) over-the-counter drugs.

Answer: B

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

48) Bath salts

- A) are powders that release an intoxicating fragrance when poured into hot water.
- B) can cause a rapid drop in blood pressure and heart rate when ingested, snorted, or injected.
- C) can produce anxiety, agitation, hallucinations, and paranoia when used at high doses.
- D) are a relatively new form of MDMA.

Answer: C

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

49) An interaction in which drugs combine in the body to produce extremely uncomfortable reactions is called

- A) antagonism.
- B) synergism.
- C) intolerance.
- D) cross-tolerance.

Answer: C

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

50) The interaction of two or more drugs at the same receptor site in which one blocks the action of the other is

- A) antagonism.
- B) synergism.
- C) intolerance.
- D) cross-tolerance.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

51) The interaction of two or more drugs in which the effects of the individual drugs are compounded or multiplied is

- A) antagonism.
- B) synergism.
- C) intolerance.
- D) cross-tolerance.

Answer: B

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

52) The development of a tolerance to one drug that reduces the effects of another similar drug is

- A) antagonism.
- B) synergism.
- C) intolerance.
- D) cross-tolerance.

Answer: D

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

53) Over-the-counter drugs commonly abused by teens and young adults include

- A) pain relievers, muscle relaxants, and sleep aids.
- B) diuretics, vitamins, and herbal supplements.
- C) cough and cold medicines and diet and sleep aids.
- D) antacids, pain relievers, and diet aids.

Answer: C

Diff: 2

Skill: Understanding

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

54) Stimulants act by increasing the activity of the

- A) autonomic nervous system.
- B) central nervous system.
- C) peripheral nervous system.
- D) parasympathetic nervous system.

Answer: B

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

55) Marijuana smoke and tobacco smoke both contain dangerous substances known as

- A) hallucinogens.
- B) depressants.
- C) stimulants.
- D) carcinogens.

Answer: D

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

56) The excessive use of a drug is

- A) abuse.
- B) dependence.
- C) tolerance.
- D) misuse.

Answer: A

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

57) Diet pills contain ingredients such as caffeine, and can therefore act in what way on the body?

- A) as a hallucinogen
- B) as a stimulant
- C) as a depressant
- D) as a narcotic

Answer: B

Diff: 2

Skill: Understanding

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

58) The process of freeing the body from an addictive substance is known as

- A) mainlining.
- B) counseling.
- C) detoxification.
- D) rehabilitation.

Answer: C

Diff: 2

Skill: Understanding

Section: Treating and Reducing Drug Abuse

Learning Outcome: 7.6

59) Treatment approaches for college students who develop drug addictions include all of the following approaches EXCEPT

- A) private therapy.
- B) group therapy.
- C) extrasensory perception therapy.
- D) nutrition counseling.

Answer: C

Diff: 1

Skill: Remembering

Section: Treating and Reducing Drug Abuse

Learning Outcome: 7.6

60) Therapeutic communities (TCs) are a type of

- A) outpatient behavioral treatment.
- B) residential treatment.
- C) individual therapy.
- D) 12-step program.

Answer: B

Diff: 2

Skill: Understanding

Section: Treating and Reducing Drug Abuse

Learning Outcome: 7.6

61) As a strategy to curb drug abuse, drug testing by employers is primarily designed to

- A) help drug users.
- B) punish offenders.
- C) identify drug dealers.
- D) address safety concerns.

Answer: D

Diff: 2

Skill: Understanding

Section: Treating and Reducing Drug Abuse

Learning Outcome: 7.6

62) What is "harm reduction" in the context of drug abuse programs?

- A) increasing jail terms for drug abusers
- B) reducing negative consequences of drug use
- C) identifying drug "hot spots" in urban areas
- D) increasing police surveillance in drug-use zones

Answer: B

Diff: 2

Skill: Understanding

Section: Treating and Reducing Drug Abuse

Learning Outcome: 7.6

63) College students who become addicted to gambling face an increased risk for all of the following EXCEPT

- A) failing grades.
- B) serious debt.
- C) smoking.
- D) psychological difficulties.

Answer: C

Diff: 1

Skill: Remembering

Section: Addictive Behaviors

Learning Outcome: 7.2

64) Compulsive buying disorder is often associated with compulsive

- A) eating.
- B) exercise.
- C) lying.
- D) borrowing.

Answer: D

Diff: 4

Skill: Analyzing

Section: Addictive Behaviors

Learning Outcome: 7.2

65) Which of the following is NOT one of the reasons that prescription drug abuse is so common?

- A) The drugs are considered safer.
- B) The drugs are easily accessible.
- C) The drugs have few side effects.
- D) The drugs are relatively inexpensive.

Answer: C

Diff: 4

Skill: Analyzing

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

66) Among American adults, the second most commonly abused type of drug, after marijuana, is

- A) inhalants.
- B) ergogenic drugs.
- C) over-the-counter drugs.
- D) prescription drugs.

Answer: D

Diff: 4

Skill: Analyzing

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

67) Endorphins are hormones that act as "the body's own opioids" in their ability to reduce pain and produce feelings of well-being.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

68) More than 45% of Americans over the age of 12 have tried marijuana.

Answer: TRUE

Diff: 1

Skill: Remembering

Section: Common Drugs of Abuse

Learning Outcome: 7.5

69) Depressants speed up neuromuscular activity and can increase focus and alertness.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

70) Withdrawal and tolerance are key aspects of addiction.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is Addiction?

Learning Outcome: 7.1

71) Marijuana may forestall the loss of lean muscle mass associated with AIDS.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

72) Prescription drug abuse has increased dramatically among college students over the past 10 years.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

73) Mescaline, in the form of dried peyote buttons, has long been used for religious purposes by people native to the southwestern United States and Latin America.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

74) Methadone maintenance does not have the same potential for addiction that heroin does.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

75) A synergistic drug interaction can be dangerous or even deadly.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: What Is a Drug?

Learning Outcome: 7.3

76) GHB is a safe alternative to steroids.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: Common Drugs of Abuse

Learning Outcome: 7.5

77) Psychological dependence, which involves feelings of well-being or euphoria, is completely separate from physiological dependence on a substance.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Addiction?

Learning Outcome: 7.1

78) According to the cycle of psychological addiction, substance use is usually a direct consequence of loss of control.

Answer: FALSE

Diff: 2

Skill: Understanding

Section: What Is Addiction?

Learning Outcome: 7.1

79) Exercise addicts turn to exercise in an attempt to meet needs for nurturance, self-esteem, etc.

Answer: TRUE

Diff: 2

Skill: Understanding

Section: Addictive Behaviors

Learning Outcome: 7.2

80) How would you recognize it if a friend or family member displayed an addictive behavior? Provide information from the chapter to support your response.

Answer: An addicted person displays symptoms that include compulsion or excessive preoccupation with a particular behavior and an overwhelming need to perform it; a loss of control; negative consequences such as physical damage, legal trouble, financial problems, or academic failure; and denial or an inability to perceive that the behavior is self-destructive.

Diff: 4

Skill: Analyzing

Section: What Is Addiction?

Learning Outcome: 7.1

81) How would you recognize technology addiction in a friend or family member? Provide information from the chapter to support your response.

Answer: A technology addict consistently spends hours online or texting instead of eating, sleeping, studying, or interacting with friends in person. Signs of addiction include sleep deprivation, a disregard for personal health, and neglecting responsibilities and family and friends. They may only feel good when they are connected and are moody or uncomfortable otherwise.

Diff: 4

Skill: Analyzing

Section: Addictive Behaviors

Learning Outcome: 7.2

82) Distinguish between drug misuse and abuse. Provide information from the chapter to support your answer.

Answer: Drug misuse is the use of a drug for a purpose for which it was not intended, such as taking a friend's prescription painkiller for your headache. Drug abuse is excessive use of any drug that may result in serious harm. Both may lead to addiction.

Diff: 4

Skill: Analyzing

Section: What Is a Drug?

Learning Outcome: 7.3

83) Savannah's best friend on campus has a prescription for Adderall to treat her ADHD. She tells Savannah that she has more pills than she needs, and offers some to Savannah for free to help "get her through mid-terms." Identify at least three questions Savannah should ask herself before doing so. Provide information from the chapter to support your answer.

Answer: Answers will vary. Savannah should ask herself why she might consider accepting the drugs. Does she believe that, by accepting her friend's offer, she'll impress or fit in better with her peers? If so, what does that say about her and about her peers? She should also ask herself how she expects taking the drugs will cause her to feel, and what effect the drugs might have on her behavior. She also needs to think about the wider consequences of using the drugs, especially if she begins to rely on them for "successful studying" or even becomes addicted to them, or if she is caught using them. Could she be expelled, risk her current or a future job, or shift the relationship she might have with family members and other friends?

Diff: 3

Skill: Applying

Section: Drug Misuse and Abuse

Learning Outcome: 7.4

84) Do you think marijuana should be used for medicinal purposes? Provide information from the chapter to support your response.

Answer: Answers will vary. It can help control side effects from chemotherapy, it improves appetite, and forestalls the loss of lean muscle mass associated with AIDS-wasting syndrome. It can reduce muscle pain caused by diseases such as multiple sclerosis. It can relieve eye pressure in glaucoma patients. But it can also have negative medical effects, such as lung disorders, and opponents assert that there are many FDA-approved medications that are just as effective in treating the same health problems.

Diff: 4

Skill: Analyzing

Section: Common Drugs of Abuse

Learning Outcome: 7.5

85) Do you think that harm reduction is an important and effective public health measure for reducing the negative consequences of drug abuse? Support your own arguments with information from the chapter.

Answer: Answers will vary. Harm reduction strategies help individuals addicted to drugs as well as the population at large. For example, providing fresh needles and bleach to people who inject drugs reduces their risk for HIV and hepatitis B infection, and reduces their likelihood of transmitting such infections to others. These measures also reduce the costs of health care for the population at large. Similarly, providing medications to support withdrawal from heroin helps move individuals out of addiction, while at the same time reducing rates of drug-related robbery and other crime. As individuals recover, they are better able to seek, obtain, and keep a job, and thereby to contribute to the local economy and to the financial and emotional well-being of their families. Moreover, drug treatment reduces the burden of health care, by reducing the need for costly emergency and critical care services for individuals experiencing the medical complications of severe abuse.

Diff: 5

Skill: Evaluating

Section: Treating and Reducing Drug Abuse

Learning Outcome: 7.6