

1. Which one of the following is NOT one of Prochaska's stages of change?
  - a) action
  - b) contemplation
  - c) precontemplation
  - d) maintenance
  - e) termination
  
2. Which of the following characteristics of drug dependence does motivational enhancement therapy primarily seek to address?
  - a) Craving
  - b) Lack of information about the consequences of drug and alcohol use
  - c) Stress
  - d) Ambivalence
  - e) Impulsive choices
  
3. What is contingency management?
  - a) A type of drug treatment where you discuss different ways your client could relapse, and make plans for how you will handle these situations beforehand.
  - b) Rewarding patients for target behaviors.
  - c) Participation in the drug court system.
  - d) A community treatment program which emphasizes personal responsibility for one's use of drugs, while providing support from a like-minded community
  - e) A part of the 12-step tradition, in which sponsors help new 12-step participants take their first steps into the program.
  
4. Al-Anon is:
  - a) Alcoholics Anonymous
  - b) An offshoot of Alcoholics Anonymous focusing more on street drugs, rather than on alcohol.
  - c) A program based on the 12-steps, designed to support the families of drug and alcohol dependent persons.
  - d) A drug rehab program founded by "Chuck" Dederich in 1958 which later became an known as an alternative community with an emphasis on living a self-examined life, aided by group "truth-telling sessions"; and de-rattled rattlesnakes placed in mailboxes.
  - e) An alternative to Alcoholics Anonymous, but with less emphasis on "a higher power".
  
5. Which statement is true of involvement with AA?
  - a) Recent research literature suggests that involvement with AA clearly is associated with positive outcomes and that AA involvement leads to positive outcomes, rather than simply being a correlate.
  - b) There is no positive correlation between AA attendance and abstinence.
  - c) AA participation seems to help only those who have "hit rock bottom", which has to occur before any meaningful change can start to take place.
  - d) AA participants are required not to use medications like antidepressants.

- e) Missing more than 20% of meetings in 30 days means AA participants have to start over at the prior step they were working on.
6. Based on a recent Alcoholics Anonymous (AA) survey, what percentage of newcomers to AA meetings were referred by physicians?
- a) 8%
  - b) 18%
  - c) 28%
  - d) 50%
  - e) 60%
7. Which is not one of the 12 steps of AA?
- a) Made a list of all persons we had harmed, and became willing to make amends to them all
  - b) Continued to take personal inventory and when we were wrong promptly admitted it.
  - c) Admitted to ourselves we were powerless over alcohol; that our lives had become unmanageable
  - d) Vowed to inform our regular meeting group of any use of alcohol, promptly and without equivocation.
  - e) Made a searching and fearless moral inventory of ourselves.
8. One of your patients is a 40 year old woman who has smoked a pack a day of cigarettes for 20 years. She tells you she is ready to quit smoking, and appears motivated. What is the next step in your plan to assist her?
- a) Prescribe bupropion
  - b) Prescribe scheduled nicotine patches and nicotine gum PRN.
  - c) Ask if she's ready to set a quit date
  - d) Arrange for baseline pulmonary function tests to measure her "before and after" results.
  - e) Prescribe varenicline, then arrange intensive counseling in a group support setting.
9. According to research by Prochaska et al, what percentage of psychiatric patients who smoke have NEVER been advised to quit by a mental healthcare provider?
- a) 10%
  - b) 20%
  - c) 30%
  - d) more than 50%
  - e) psychiatrists should not advise changes in their patients' smoking – they should leave that to primary care physicians.