

**ALCOHOL: USE AND ABUSE  
FINAL QUIZ**

1. In the United States, what is the average age than an adolescent tried their first drink?
  - a. 12
  - b. 13
  - c. 15
  - d. 16
  
2. A person who tries to keep a problem drinker from experiencing any negative consequences of his/her behavior is:
  - a. a good friend
  - b. a codependent
  - c. helping the person overcome their negative drinking patterns
  - d. most likely a member of the person's family
  
3. When compared with their classmates who don't drink, adolescents who drink:
  - a. are no different
  - b. remember 10% more of what they learn in school
  - c. remember 10% less of what they learn in school
  - d. remember different things, but no more or no less
  
4. If you are creating a plan for overcoming a drinking problem, it should include:
  - a. a list of all the things the person with the problem is doing wrong
  - b. a specific and detailed plan of what alcohol a person should or should not drink
  - c. a designated person to help evaluate progress and maintain accountability
  - d. the opinions of everyone who know this person
  
5. Which of these is not always a sign of alcohol abuse?
  - a. The amount of alcohol someone can drink without becoming drunk
  - b. Continued use of alcohol despite their family being upset with them
  - c. Missing a test in their class because they were too hungover
  - d. Repeat arrests for driving while intoxicated
  
6. For women, more than \_\_\_\_\_ drink/s per day can be harmful to their health.
  - a. 1
  - b. 2
  - c. 3
  - d. 4

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7. All of the following are reasons why communication is difficult with someone who has a drinking problem except:
  - a. Heavy drinkers may be consumed with trying to get, drink, and recover from alcohol.
  - b. Hangovers can make some drinkers very irritable and hard to be around.
  - c. Drinking breaks down communication synapses in the brain.
  - d. People who drink may find it necessary to lie to cover up their drinking.
  
8. When talking to someone about their drinking problem, you should always
  - a. approach them with care and concern
  - b. make sure they understand you are serious and will implement consequences if they don't listen to you
  - c. c) confront them only with facts from research
  - d. take a mental health professional with you
  
9. What percentage of college students are estimated to be addicted to alcohol?
  - a. 10%
  - b. 15%
  - c. 25%
  - d. 50 %
  
10. Which one of the following is a good way to deal with someone who has a drinking problem?
  - a. Punish the person who is drinking by restricting their access to money
  - b. Help them by calling their school to say they are sick if they can't come due to a hangover.
  - c. Drive them to bars to prevent them from driving drunk.
  - d. Call your local Alanon or Alateen chapter to find out what you can do to help yourself.
  
11. You should seek help from a medical professional when trying to get someone to quit drinking because:
  - a. People become violent when they are not allowed to drink.
  - b. It is impossible to tell if someone is drinking too much without the professional opinion of a doctor.
  - c. Withdrawal from alcohol can be fatal if not managed medically.
  - d. Only a medical professional can express care and concern in the appropriate way.
  
12. Which group of people is at the greatest risk for developing an addiction to alcohol?
  - a. Men
  - b. African-Americans
  - c. People who start drinking before the age of 21
  - d. Hispanic-Americans

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13. Alcohol is involved in two-thirds of all cases involving this type of crime:
- Robbery
  - Homicide
  - burglary of a habitation
  - sexual assault
14. People who drink too much often risk losing important relationships in their lives because of everything except:
- lost of trust in relationships
  - a lack of kindness in their interactions with other people
  - their families become codependent with them
  - a breakdown in communication
15. Sometimes, the best way to overcome a drinking problem is to:
- Stop drinking slowly by tapering off you alcohol intake over a period of weeks.
  - Stop drinking at all, or total abstinence.
  - Change the type of alcohol that you drink. For example, if you drink whiskey, you should only drink beer for a while.
  - Limit the days that you drink. For example, only drink on Friday and Saturday.
16. Which of the following is NOT always a characteristic of alcohol addiction?
- Increasing tolerance
  - Loss of control in how much someone drinks
  - Continued drinking despite negative consequences
  - Drinking everyday
17. If someone begins to drink before the age of 15, they are \_\_\_\_ times more likely to use cocaine then someone who waits until the age of 21.
- 10
  - 20
  - 40
  - 50
18. Which of these is a reason why a friend might NOT want to confront someone about their drinking?
- They have been drinking with the person.
  - They are worried about the person's relationship with their family.
  - They can see that the person's health is getting worse.
  - They know that the person has been missing class regularly due to hangovers.

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19. If you are creating a plan for overcoming a drinking problem, it should include:
- a list of all the things the person with the problem is doing wrong
  - a specific and detailed plan of what alcohol a person should or should not drink
  - a designated person to help evaluate progress and maintain accountability
  - the opinions of everyone who know this person
20. If you are an underage drinker, you should:
- Be sure that your parents are aware of your drinking.
  - Tell you roommate or best friend if you feel guilty about your drinking.
  - Stop drinking.
  - Know your legal rights.
21. In 2006, 1.6 million adolescents needed professional treatment for:
- an eating disorder
  - drug abuse
  - suicidal thoughts
  - an alcohol problem
22. With a blood alcohol content of 0.50 or more, a person is at risk for:
- Passing out
  - Coma or death
  - Blacking out
  - Needing to “sleep it off”
23. Drinking alone is a sign that someone:
- Might have a problem with alcohol
  - Has alienated all of their friends due to their drinking
  - Is being enabled by others
  - Doesn't care about their relationships
24. In 2000, \_\_\_% of 15-20 year olds that were killed in automobile accidents were drunk.
- 5%
  - 10%
  - 36%
  - 21%
25. Even at a blood alcohol content level of \_\_\_\_, some people begin to feel or act differently.
- .10
  - .05
  - .09
  - 1.02