PART ONE: Questions

Please circle the option that best describes your opinion. Suggested responses and explanations can be found on the next page.

1. **There are differences between those who use substances and those with a substance use disorder or addiction.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

2. **It is very simple to determine who is at risk or vulnerable to the disease of addiction, as the pattern from person to person is always the same.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

3. **Relapse (or setback) rates for people with addiction are far higher than rates for other well-understood chronic medical illnesses such as diabetes, hypertension, and asthma.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

4. **The age that someone starts drinking alcohol or using drugs has no bearing on the risk of addiction or alcoholism developing.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

5. **Withdrawal happens when the body has become dependent on the substance and the substance is no longer available**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

6. **Addiction changes both the brain structure and the function. What began as a choice becomes hardwired for survival.**

   TRUE *FALSE*

PART TWO: Answers/Discussion

Suggested answers are circled and explanations are provided for each question to help in assessing and discussing your answers.

1. **There are differences between those who use substances and those with a substance use disorder or addiction.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Decades ago, it was thought that addiction was a moral failing. For years, research scientists have known that addiction is a complicated disease that affects many systems in the brain and organ itself. While using any substance affects the brain, addiction suggests a more severe turning point where there are structural changes in the brain that are markers of the disease of addiction.

2. **It is very simple to determine who is at risk or vulnerable to the disease of addiction, as the pattern from person to person is always the same.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: As with other diseases, one's vulnerability to the disease of addiction varies from individual to individual. Not one single factor, but several factors contribute to the development of addiction.

3. **Relapse (or setback) rates for people with addiction are far higher than rates for other well-understood chronic medical illnesses such as diabetes, hypertension, and asthma.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Relapse (or setback) rates, or how often symptoms recur, for people with addiction are similar to the rates for other well-understood chronic illnesses such as diabetes, hypertension, and asthma.

4. **The age that someone starts drinking alcohol or using drugs has no bearing on the risk of addiction or alcoholism developing.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: The research tells us that those who begin to use substances before the age of 15 are 5 times more likely to develop an addiction in adulthood. 90% of people with an addiction report using for the first time before the age of 18.

5. **Withdrawal happens when the body has become dependent on the substance and the substance is no longer available.**

   STRONGLY DISAGREE *DISAGREE* *NO OPINION* *AGREE* *STRONGLY AGREE*

   Answer/Discussion: Withdrawal is what happens when the body has become dependent on the substance and the substance is no longer available. Withdrawal is sometimes confused with tolerance. Tolerance is when the body requires more of the substance to experience the same past effect.

6. **Addiction changes both the brain structure and function. What began as a choice becomes hardwired as critical for our survival.**

   TRUE *FALSE*

   Answer/Discussion: True. One of the changes that happens to the brain when someone has an addiction is that our survival hierarchy is rewired. It will die without the substance. This is tied in with the motivation system, which releases dopamine as a reward when we do behaviors that ensure our survival.

   The information contained in this quiz is based on Overdose Lifeline resources.

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