PART ONE: Questions

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

1. **Addiction/substance use disorder is a chronic disease that can be compared to other chronic diseases such as diabetes, heart disease, and hypertension (high blood pressure).**

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

2. **Stigma is spread in many ways within communities including:**
   a. **The way individuals talk about or talk to people with an addiction**
   b. **The attitudes and opinions about community members have about addiction**
   c. **Policies that suggest addiction is a choice or moral failing**
   d. **The acceptance of using certain substances (like alcohol) but not others**

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

3. **Stigma delays people getting help which reduces early diagnosis and treatment and can lead to isolation for people with an addiction.**

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

4. **Stigma is never spread in health care settings by professionals including doctors, nurses, admission staff, and emergency and ambulatory workers.**

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

5. **Stigma within the legal system (jail, courts, probation) often is the result of the criminalization of the disease of addiction.**

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

6. What of the following words or phrases are stigmatizing?
   - ☐ They were clean for 2 years and relapsed last month
   - ☐ Dirty drug screen
   - ☐ Drug use or drug misuses
   - ☐ Drug abuse
   - ☐ Actively using
   - ☐ Addict, junkie, user
   - ☐ Former addict
   - ☐ Person in recovery
   - ☐ Person with an addict

PART TWO: Answers/Discussion

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

1. **Addiction/substance use disorder is a chronic disease that can be compared to other chronic diseases such as diabetes, heart disease, and hypertension (high blood pressure).**

   STRONGLY DISAGREE DISAGREE NO OPINION AGREE (*STRONGLY AGREE*)

   Answer/Discussion: Stigma is spread through language. For example, it is best practice to not use insulting words like 'disturbed,' 'psycho,' or 'nuts' when speaking about someone with an addiction or who uses substances. A stigmatizing attitude would be the perception that parents of a child with a substance use disorder are at fault and must be 'bad' parents. A policy that stigmatizes could be not hiring people with a criminal record or people who have an addiction, even if they are in recovery.

2. **Stigma is spread in many ways within communities, including:**
   a. **The way individuals talk about or talk to people with an addiction**
   b. **The attitudes and opinions community members have about addiction**
   c. **Policies that suggest addiction is a choice or a moral failing**
   d. **The acceptance of using certain substances (like alcohol) but not others**

   STRONGLY DISAGREE DISAGREE NO OPINION AGREE (*STRONGLY AGREE*)

   Answer/Discussion: Because of a fear of being labeled or judged, people who use substances will often lie about their use to their primary care doctor and loves ones, which delays a person receiving help at earlier stages of the disease.

3. **Stigma delays people getting help which reduces early diagnosis and treatment and can lead to isolation for people with an addiction.**

   STRONGLY DISAGREE DISAGREE NO OPINION AGREE (*STRONGLY AGREE*)

   Answer/Discussion: Because of a fear of being labeled or judged, people who use substances will often lie about their use to their primary care doctor and loved ones, which delays a person receiving help at earlier stages of the disease.

4. **Stigma is never spread in health care settings by professionals including doctors, nurses, admission staff, and emergency and ambulatory workers.**

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

   Answer/Discussion: Several studies have shown that general practitioners hold high levels of stigma towards people with a substance use disorder. This is because they do not often work with individuals with SUD and do not have proper training. This carries forward to the ER where studies show that emergency department staff often view patients with SUDs as challenging, violent, and aggressive. This perception is often due to the lack of education on the symptoms of the disease.

5. **Stigma within the legal system (jail, courts, probation) often is the results of the criminalization of the disease of addiction.**

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

   Answer/Discussion: The criminal justice system is an important part of our society. They interact with individuals with SUDs daily. Unfortunately, individuals with SUD experience stigma at all stages in the criminal justice system, from arrest to incarceration, to community supervision. Stigma can be found in how the incarcerated are treated, the lack of support for withdrawal and cravings while in jail, the policies regarding setbacks (relapse) and medicated assisted recovery (MAR), and the attitude toward having a "dirty" drug test which is heavily stigmatized language.

6. **Which of the following words or phrases are stigmatizing?**
   Answer/Discussion: The highlighted words are stigmatizing and alternative word choices are provided.

   ☑They were clean for 2 years and relapsed last month - They did not use for 2 years and used again last month.

   ☑Dirty drug screen – Tested positive for substances.

   ☐Drug use or drug misuse – This is appropriate and non-stigmatizing language.

   ☑Drug abuse – Replace with use or misuse.

   ☐Actively Using – This is appropriate and non-stigmatizing language.

   ☑Addict, junkie, user – Replace with person-first language: a person with a substance use disorder or a person who uses substances.

   ☑Former addict – Replace with person in recovery.

   ☐Person in recovery – This is appropriate and non-stigmatizing language.

   ☐Person with an addiction – This is appropriate and non-stigmatizing language.

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

The Center for Community Engagement is funded in full or in part through a State Opioid Response Grant (TI085769) to the Illinois Department of Human Services, Division of Behavioral Health and Recovery, from the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.