Mindful Continuing Education

Exploring Substance Use in Women

Summary

1. Sex differences, which result from biological factors such as sex chromosomes and hormones, influence how people perceive themselves and how they interact with others.

A. True
B. False

Sex and Gender Differences in Substance Use

2. Which of the following is an accurate statement about sex and gender difference in substance use?

A. Although men are more likely than women to use almost all types of illicit drugs, illicit drug use is more likely to result in emergency department visits or overdose deaths for women than for men
B. For most age groups, men have higher rates of use or dependence on illicit drugs than women, but women have higher rates of alcohol use or dependence than men
C. Statistically, men are much more likely than women to develop a substance use disorder
D. Women may be more susceptible than men to craving and relapse, which are key phases of the addiction cycle

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Marijuana Use Disorder

3. While both men and women with marijuana use disorder tend to experience at least one other mental health disorder and low rates of seeking treatment, women tend to experience:

A. A greater severity of the disorder
B. Antisocial personality disorder
C. Anxiety and panic attacks
D. Additional substance used disorders

Heroin

4. Research suggests that women tend to use smaller amounts of heroin and for less time, and are less likely than men to inject it; however, they may inject heroin because of social pressure and:

A. Sexual partner encouragement
B. Because of the immediate rush it provides
C. It provides a “bigger bang for the buck”
D. Because dependence has increased so other methods are less effective

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Substance Use While Pregnant and Breastfeeding

5. Regular use of some drugs can cause neonatal abstinence syndrome (NAS), in which the baby goes through withdrawal upon birth, and although most research in this area has focused on the effects of opioids, data has shown that use of alcohol, barbiturates, benzodiazepines, and caffeine during pregnancy may also cause the infant to show withdrawal symptoms at birth.

A. True
B. False

Illegal Drugs-Marijuana

6. Each of the following is an accurate statement about marijuana use and pregnancy EXCEPT:

A. Although there is no human research connecting marijuana use to the chance of miscarriage, animal studies indicate that the risk for miscarriage increases if marijuana is used early in pregnancy
B. Extensive evidence clearly suggests that long-term marijuana use elevates the risk of premature birth
C. Some associations have been found between marijuana use during pregnancy and future developmental and hyperactivity disorders in children
D. Researchers theorize that elevated levels of carbon dioxide might restrict fetal growth in women who use marijuana during pregnancy

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Stimulants

7. In a large, longitudinal study of children prenatally exposed to methamphetamine, exposed children had increased emotional reactivity and anxiety/depression, were more withdrawn, had problems with attention, and:

A. They showed symptoms of irritability, hyperactivity, tremors, high-pitched cry, and excessive sucking at birth
B. They experienced seizures and gastrointestinal problems in infancy

C. They showed cognitive problems that could lead to poorer academic outcomes
D. They were more likely to have behavioral disorders, aggressiveness, and a lack of social inhibition

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Sex and Gender Differences in Substance Use Disorder Treatment

8. While there are more men than women in treatment for substance use disorders, women are more likely to seek treatment for dependence on sedatives such as anti-anxiety and sleep medications.

A. True
B. False

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9. Substance use disorders may progress differently for women than men as demonstrated by which of the following?

A. Women typically enter substance use disorder treatment with less severe medical and behavioral problems than men, but with more severe social and psychological problems
B. Women typically enter substance use disorder treatment with less severe psychological and behavioral problems than men, but with more severe social and medical problems
C. Women typically enter substance use disorder treatment with less severe behavioral problems than men, but with more severe social, psychological, and medical problems
D. Women typically enter substance use disorder treatment with more severe medical, behavioral, social, and psychological problems than men

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Substance Use Disorder Treatment for Mothers and Their Babies While Pregnant or Breastfeeding

10. State laws generally require that pregnant women receive priority admission into publicly funded substance use disorder treatment programs, allowing them to bypass insurance constraints and gain immediate admission when a bed in a residential program is available.

A. True
B. False

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11. Newborns of substance-using mothers must be monitored for symptoms of withdrawal and provided with proper treatment if necessary, and such treatment depends primarily on:

A. The type of substances involved
B. The severity of symptoms
C. Treatment services available
D. The overall health of the baby

Treating Opioid Use Disorders in Pregnant Women

12. For pregnant mothers who are dependent on opioids, the only FDA approved medication to treat them is:

A. Methadone
B. Buprenorphine
C. Extended release naltrexone
D. There is currently no FDA medication approved to treat opioid-dependent pregnant women

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Other Sex and Gender Issues for Women Related to Substance Use

13. The authors report that, compared with patients who have either disorder alone, patients who have both a substance use disorder and another mental health condition often have symptoms that are more persistent, severe, and:

A. Resistant to treatment
B. Disparate
C. Inexplicable
D. Disturbing

The Importance of Including Women in Research

14. While it is critical to include women in research pertaining to substance misuse, in the past women were not included in most clinical research because they often had too many competing time demands to participate in research studies and because:

A. Hormone production and its impact may interfere with study results
B. Men are considered to be the “norm” when conducting research and therefore study results of men can be best translated to the real world
C. They are more biologically complicated
D. Women tend to be more problematic and expensive test subjects

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