Mindful Continuing Education

Fundamentals of Substance Use Disorders for Mental Health Professionals

1. Which of the following statements best describes a substance use disorder (SUD)?

A. A lifestyle choice that results from poor decision making.
B. A moral failing caused by lack of willpower.
C. A chronic, relapsing condition characterized by compulsive substance use despite harmful consequences.
D. An acute mental health crisis requiring hospitalization.

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2. According to the research, what percentage of a person's vulnerability to substance use disorders may be influenced by genetic factors?

A. 10-20%
B. 25-35%
C. 40-60%
D. Over 80%

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3. Which of the following is a common risk factor for developing a substance use disorder?

A. Regular exercise and healthy eating habits.
B. Family history of substance use disorder.
C. Low levels of stress and strong support.
D. Participation in faith-based communities.

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4. The term "co-occuring disorders" refers to:

A. The presence of multiple medical conditions without any substance use.
B. A diagnosis of two or more mental health conditions only.
C. Simultaneous occurrence of a substance use disorder and one or more mental health conditions.
D. Sequential treatment of unrelated disorders at different stages.

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5. Which of the following tools is commonly used for screening alcohol use?

A. DAST-10
B. AUDIT
C. GAD-7
D. PHQ-9

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6. What is a core strategy used in Motivational Interviewing (MI)?

A. Reflective listening and exploring ambivalence about chance.
B. Giving direct advice and persuading the client to stop using.
C. Confronting the client with negative consequences of their behavior.
D. Requiring clients to set abstinence goals at the start of treatment.

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7. Which of the following statements about Medication-Assisted Treatment (MAT) is true?

A. MAT includes FDA-approved medications like buprenorphine, methadone, and naltrexone.
B. MAT is only effective for alcohol use disorder.
C. MAT should never be combined with behavioral therapies.
D. MAT is considered harmful and should be avoided in outpatient care.

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8. Harm reduction approaches aim to:

A. Force clients to stop using substances immediately.
B. Eliminate substance use entirely before any engagement with treatment.
C. Punish clients who relapse during treatment.
D. Reduce negative consequences associated with substance use, even if abstinence is not the client's goal.

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9. Which of the following language choices align with the person-first sigma-reducing communication?

A. Addict.
B. Alcoholic.
C. Drug Abuser.
D. Person with a substance use disorder.

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10. What is the key difference between cultural competence and cultural humility?

A. Cultural humility involves lifelong learning, self-reflection, and addressing power imbalances, whereas cultural competence implies mastery of knowledge.
B. Cultural competence requires no further learning once achieved, while cultural humility is ongoing.
C. Cultural competence involves understanding one's own culture only, while cultural humility involves focusing on other cultures.
D. Cultural competence encourages assuming similarities across cultures, while cultural humility promotes assuming differences.

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