

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-occurring 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 change.
 - 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 stigma-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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