Mindful Continuing Education

Tobacco, Nicotine, and E-Cigarette Use, Dependence, and Treatment

What is the Scope of Tobacco Use and its Cost to Society?

1. Each of the following is an accurate statement about smoking rates among vulnerable populations EXCEPT:

A. The 25 percent of Americans with mental disorders, including addiction, account for 40 percent of the cigarettes smoked in the U.S.
B. More than 40 percent of people with a General Education certificate (GED) smoke, which is the highest prevalence of any socioeconomic group
C. Smoking among youth is at a historically high level
D. People who live in rural areas, particularly in the South Atlantic states, use all forms of tobacco at higher rates than people who live in urban areas

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How Does Tobacco Deliver its Effects?

2. Immediately after exposure to nicotine, the smoker receives a rush of adrenaline that stimulates the body and causes an increase in blood pressure, respiration, and heart rate, and that activates reward pathways in the brain.

A. True
B. False

Is Nicotine Addictive?

3. Symptoms from nicotine withdrawal generally peak within a few weeks, and their severity appears to be influenced by frequency and duration of use.

A. True
B. False

What are the Physical Health Consequences of Tobacco Use?

4. In addition to lung disease, cancer, and cardiovascular disease, smoking is also linked to:

A. Type 2 diabetes
B. Impaired immune function
C. Sleep apnea
D. Pancreatitis

What are the Risks of Smoking During Pregnancy?

5. Health and developmental consequences among children who have been exposed to prenatal smoke exposure include poorer lung function, persistent wheezing, and visual difficulties.

A. True
B. False

How Many Adolescents Use Tobacco?

6. According to the authors, which of the following is NOT one of the factors that influences adolescent tobacco use?

A. Smoking levels among peers and within social groups
B. Mental health and recent negative life events
C. Intergenerational patterns of use
D. Overall coping strategies and stress management skills

What are Electronic Cigarettes?

7. E-cigarettes are classified as “tobacco products” because their vapor contains small amounts of tobacco, tar, and other toxic combustion products.

A. True
B. False

E-Cigarettes and Teens

8. National survey data suggest that e-cigarettes were the most commonly used nicotine delivery product among youth, and many young people report experimenting with e-cigarettes out of curiosity, because the flavors appeal to them, and because:

A. They were healthier than cigarettes and could be used anywhere
B. They were more satisfying than cigarettes
C. They were more affordable and easier to get
D. They help them lose or maintain weight

Other Tobacco Products

9. Although hookah users may mistakenly believe it is less addictive or dangerous than cigarettes, one session of hookah smoking exposes users to greater smoke volumes and higher levels of tobacco toxicants than a single cigarette, and it is linked with nicotine dependence and consequences.

A. True
B. False

Are There Gender Differences in Tobacco Smoking?

10. Differences in tobacco use and effects among men and women include:

A. Women tend to smoke for the reinforcing effects of nicotine, whereas men smoke to regulate mood or in response to cigarette-related cues
B. Work on abstinence found that smoking a cigarette with nicotine, as compared to a de-nicotinized cigarette, alleviated the symptoms of withdrawal and negative mood to a greater extent in women than men
C. Research suggests that women experience stronger craving than men in response to environmental clues
D. Although longitudinal data indicates that men and women do not differ in their desire to quit, plans to quit, or quit attempts, women are much less likely to quit successfully than men.

Do People with Mental Illness and Substance Use Disorders Use Tobacco More Often?

11. Smoking is believed to be more prevalent among people with depression and schizophrenia because nicotine may temporarily lessen the symptoms of these illnesses, such as low mood, stress, and:

A. Agitation
B. Anxiety
C. Restlessness
D. Poor concentration

What are Treatments for Tobacco Dependence?-Behavioral Treatments

12. Behavioral counseling is typically provided by specialists in smoking cessation for four to eight sessions, and techniques may incorporate cognitive behavioral therapies, motivational interviewing, mindfulness, telephone support, and web-based services.

A. True
B. False

Medications

13. Some studies suggest that combining Nicotine Replacement Therapy (NRT) with other medication may facilitate cessation, and the most common medications used in this capacity are Wellbutrin and Nortriptyline.

A. True
B. False

Drug Facts-Can a Person Overdose on Nicotine?

14. Nicotine overdose is possible, and usually occurs in young children who accidentally ingest nicotine, with symptoms that include difficulty breathing, vomiting, fainting, headache, weakness, and:

A. Enlarged pupils
B. Confusion
C. Increased or decreased heart rate
D. Dry, hot skin

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