

# Cheap Nursing CEUs

## Understanding and Addressing Substance Use: A Comprehensive Guide for Healthcare Professionals

**1. A nurse is comparing two patients: one consumed three beers at a single party without impairing function, the other repeatedly loses jobs, relationships, and legal standing due to drinking. Which feature best distinguishes substance use disorder from substance misuse?**

- A. Use in a quantity or frequency that risks harm to self or others
  - B. Temporary overuse during a special occasion
  - C. Repeated use despite occupational, social, familial, or legal consequences
  - D. Use to cope with stress or negative emotions
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**2. Which phrasing in a patient record reflects person-centered, non-stigmatizing language?**

- A. Chronic alcoholic
  - B. Drug junkie
  - C. Person with an alcohol use disorder
  - D. Clean patient
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**3. Impairment of which brain region most directly reduces executive control and decision making in addiction?**

- A. Nucleus accumbens
  - B. Basal ganglia
  - C. Prefrontal cortex
  - D. Extended amygdala
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**4. According to DSM-5 criteria, how many symptoms must an individual exhibit to be diagnosed with severe substance use disorder?**

- A. Six or more symptoms
  - B. Four to five symptoms
  - C. Two to three symptoms
  - D. One symptom
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**5. Which scenario describes a protective factor against developing a substance use disorder?**

- A. Adolescent with a consistent optimistic outlook
- B. Teen who begins substance use in a high-stress environment
- C. Adult with early exposure to peer substance use

D. Child with delayed prefrontal cortex maturation

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**6. Which evidence-based treatment modality provides tangible rewards for abstinence milestones?**

- A. Cognitive behavioral therapy
  - B. Dialectical behavior therapy
  - C. Motivational interviewing
  - D. Contingency management
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**7. A nurse plans an intervention that empowers patients through accurate information and decision-making. Which action fits this goal?**

- A. Monitoring vital signs hourly
  - B. Providing tailored psychoeducation about the disorder
  - C. Imposing a strict abstinence contract
  - D. Conducting unstructured peer discussions
- 

**8. Which screening tool is a 10-item self-administered questionnaire with items scored 0–4 for identifying risky alcohol use?**

- A. AUDIT
  - B. CAGE
  - C. DAST
  - D. ASSIST
- 

**9. Spending several hours each day obtaining cocaine and neglecting family is an example of which DSM-5 substance use category?**

- A. Risky use
  - B. Impaired control
  - C. Physical dependence
  - D. Social problems
- 

**10. Ketamine is classified pharmacologically as which type of hallucinogen?**

- A. Psychedelic
  - B. Stimulant
  - C. Depressant
  - D. Dissociative drug
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**11. Which scenario illustrates the DSM-5 criterion of 'continued use despite interpersonal problems' (social problems)?**

- A. Continuing substance use even when family arguments worsen

- B. Using a substance in physically dangerous situations
  - C. Needing higher doses for the same effect
  - D. Experiencing withdrawal when not using
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**12. Which genetic variation is most likely to reduce risk for alcohol use disorder by causing adverse reactions to alcohol?**

- A. Dopamine transporter gene variant
  - B. GABA receptor polymorphism
  - C. ALDH2 gene variant that slows metabolism causing flushing
  - D. Prefrontal cortex development gene variant
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**13. Which phrase is most appropriate when documenting a newborn experiencing withdrawal from maternal opioid use?**

- A. Newborn with neonatal opioid withdrawal syndrome
  - B. Addicted baby
  - C. Drug-exposed infant
  - D. Junky neonate
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**14. Which term is outdated and likely to perpetuate stigma when referring to substance use disorder?**

- A. Substance use disorder
  - B. Person with an SUD
  - C. Drug misuse
  - D. Junkie
- 

**15. Which harm reduction strategy helps prevent transmission of bloodborne infections among people who inject drugs?**

- A. Mandating abstinence programs
  - B. Providing sterile needle exchange services
  - C. Restricting access to syringes
  - D. Removing injection equipment from circulation
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**16. Which medication is an opioid antagonist approved to treat both alcohol use disorder and opioid use disorder?**

- A. Methadone
  - B. Disulfiram
  - C. Naltrexone
  - D. Topiramate
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**17. Which patient would be most appropriately referred to an intensive outpatient program (IOP)?**

- A. Severe use disorder with unstable housing
  - B. Mild misuse with strong social support
  - C. Moderate use disorder needing structured daily sessions at home
  - D. End-stage organ failure requiring acute care
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**18. A brief intervention in a primary care clinic begins with personalized feedback and goal setting. This approach exemplifies which technique?**

- A. Didactic lecture on addiction biology
  - B. Confrontational advice to quit
  - C. Nonjudgmental feedback and collaborative planning
  - D. Immediate referral without discussion
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**19. Which is NOT considered a biological risk factor for substance use disorder?**

- A. Family history of addiction
  - B. Male sex assigned at birth
  - C. Co-occurring ADHD
  - D. Low socioeconomic status
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**20. Which example best illustrates a protective biological factor against alcohol use disorder?**

- A. Early prefrontal cortex development
  - B. High peer resistance skills
  - C. Low neighborhood stress
  - D. ALDH2 variant causing flushing after alcohol
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**21. What is the primary goal of cognitive behavioral therapy (CBT) in treating substance use disorders?**

- A. Eliminate all cravings immediately
  - B. Address family dynamics only
  - C. Identify and alter unhelpful thought and behavior patterns related to use
  - D. Provide group support exclusively
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**22. A patient expresses interest in joining Alcoholics Anonymous. Which referral option aligns best with a 12-step program?**

- A. Peer-led fellowship meetings at a community center
  - B. Individual CBT sessions at the clinic
  - C. Voucher-based contingency management
  - D. Digital self-help app
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**23. The extended amygdala in addiction neuroscience is primarily associated with which process?**

- A. Habit formation
  - B. Reward sensitivity
  - C. Executive decision making
  - D. Stress and negative affect during withdrawal
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**24. Which advantage of digital technologies helps deliver substance use interventions at the moment of greatest vulnerability?**

- A. Replacing all in-person therapy
  - B. Standardizing pharmacotherapy regimens
  - C. Reducing the need for professional training
  - D. Using mobile sensors and machine learning to prompt tailored support
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**25. How many DSM-5 criteria define a mild substance use disorder?**

- A. Two to three criteria
  - B. Four to five criteria
  - C. Six or more criteria
  - D. One criterion
- 

**26. Which statement best describes the relationship between substance use disorders and co-occurring psychiatric disorders?**

- A. Presence of another mental health disorder almost doubles addiction risk
  - B. Co-occurrence rarely affects treatment outcomes
  - C. Substance use always precedes other psychiatric diagnoses
  - D. They are unrelated conditions
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**27. What is a key benefit of office-based buprenorphine maintenance therapy for opioid use disorder?**

- A. Reduces cravings and withdrawal without producing euphoria
  - B. Requires daily inpatient administration
  - C. Causes high levels of sedation
  - D. Leads to rapid discontinuation
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**28. Which statement correctly contrasts LSD and mescaline regarding potency?**

- A. Mescaline is active at microgram doses, LSD requires milligrams
  - B. LSD's effects last days, mescaline's last hours
  - C. LSD is potent at microgram doses whereas mescaline requires hundreds of milligrams
  - D. Mescaline's potency is higher so lower doses suffice
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**29. Which substance is classified as a volatile alkyl nitrite inhalant?**

- A. Paint thinner
  - B. Amyl nitrite (poppers)
  - C. Gasoline
  - D. Nitrous oxide
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**30. Which symptom is characteristic of tobacco withdrawal?**

- A. Seizures and hallucinations
  - B. Severe hypotension
  - C. Irritability and increased appetite
  - D. Bradycardia and hypothermia
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