

UGANDA MARTYRS UNIVERSITY
SCHOOL OF ARTS AND SOCIAL SCIENCES
DEPARTMENT OF DEVELOPMENT STUDIES
MASTER IN MENTAL HEALTH COUNSELING PSYCHOLOGY
MHC 2102: Addiction & Substance Abuse
SUPPLEMENTARY/ SPECIAL EXAMINATION

Date: Wednesday 7th August 2024

Time: 9:30am-12:30pm

INSTRUCTIONS

- Write your registration number on each page and be precise in your answers.
- This paper is made of FOUR sections. Read instructions for each section carefully
- Answer all numbers in section A and B and answer one question each from Sections in C and D

SECTION A (25 MARKS: Each question is one mark)

Instructions: Please attempt all questions and circle the MOST appropriate answer

1. Which of the following models of addiction originates from the Behavioral theories
 - a. Moral
 - b. Criminal Justice
 - c. Choice
 - d. All the above
 - e. None of the above
2. Psychodynamic view of addiction assumes:
 - a. addiction is not a disease but symptoms of an underlying problem, such as an unresolved issue from childhood, weak attachment with a parent, or an expression of hostility.
 - b. addiction is a behavior that is learned through patterns of reinforcements and punishments.
 - c. addiction is part of compulsive personality trait that is inherited.
 - d. addiction is a social response to pressures from systems in one's social environment.
 - e. addiction develops among people with a well- functioning ego.
3. Socio-cultural theories of substance abuse suggest:
 - a. the cause of substance abuse problems within a culture is a genetic defect within the culture.
 - b. there are different patterns of use and AOD (Alcohol or Drug Addiction) problems among diverse socio-cultural groups of subgroups: for example, people from cultures with high levels of ambivalence toward substance abuse tend to have greater problems with substance abuse.
 - c. the subconscious controls urges such as cravings for substances that produce euphoric effects.
 - d. most illicit drug use is caused by lack of punishment by parents of children who use illicit drugs.

- e. illicit drug use could be lowered by the use of high levels of chlorine in the water system.
4. Which theoretical perspective or model of helping supports the use of medical detoxification for a person who is dependent on barbiturates?
- Physiological.
 - Psychoanalytic.
 - Cognitive.
 - Radical Social Work.
 - Trans-theoretical.
5. Most genetic explanations of Alcohol or Drug addiction suggest that:
- a positive reinforcement for substance use will increase the likelihood of compulsive use.
 - some people may be predisposed to addiction through inheritance of particular Physiological or Psychological traits.
 - early childhood trauma can cause genetic abnormalities that can cause addiction.
 - if both of one's parents are alcoholic, then a child is guaranteed to be alcoholic.
 - people who have Levi genes are more likely to develop alcoholism.
6. A harm- reduction approach to drug problems refers to:
- Prohibiting drugs by criminalizing possession and trafficking.
 - Promoting abstinence through education
 - Helping people avoid or minimize the problem associated with drug use, even if they choose to continue to use drugs.
 - Encouraging people to use more drugs as a paradoxical intervention.
 - Praying for salvation from the sins of drug addiction.
7. Which of the following persons is both physically and psychologically dependent on alcohol?
- Alcoholic.
 - Social drinker.
 - Problem drinker.
 - Enabler.
8. Marijuana is a unique compound which contains over 200 chemicals. One particular chemical, however, is the main psychoactive chemical that makes marijuana "go". The name of this psychoactive compound is:
- Tetrahydroisoquinolone.
 - Cannabinol.
 - Trideltagammanase.
 - Cannabis Sativa.
9. What is the most common method for administration of marijuana?
- Eating.
 - Smoking.
 - Injection.
 - Free basing.
10. When assessing the signs and symptoms of alcohol withdrawal, all of the following may be noted EXCEPT:

- a. restlessness, irritability, anxiety, agitation.
 - b. tremor, elevated heart rate, increased blood pressure.
 - c. decreased sensitivity to sounds, oversensitivity to tactile sensations.
 - d. decreased appetite, nausea, and vomiting.
11. 2Which symptom is seen in the early stage of alcoholism?
- a. Sneaking drinks.
 - b. Development of tolerance.
 - c. Preoccupation with alcohol.
 - d. Relief drinking.
 - e. All of the above.
12. Heroin withdrawal is associated with all of the following symptoms except:
- a. craving.
 - b. insomnia.
 - c. anxiety.
 - d. increased appetite.
 - e. tears and runny nose.
13. The addictive element in cigarettes is:
- a. tobacco.
 - b. nicotine.
 - c. tar.
 - d. carbon monoxide.
 - e. all of the above.
14. An effect on cocaine that contribute to its abuse potential is its:
- a. long half-life.
 - b. long duration of action.
 - c. short duration of action.
 - d. slow absorption in the brain.
 - e. All the above
15. A Neuron is:
- a. A nerve cell in the brain that sends messages to and receives messages from other cells
 - b. Chemicals that send messages from one neuron to another
 - c. A and B
 - d. All the above
 - e. None of the above
16. A person who experiences strong desire or sense of compulsion to take a psychoactive substance; and or difficulties in controlling substance-taking behaviour in terms of its onset, termination, or levels of use is said to be undergoing
- a. Withdrawals symptoms
 - b. Psychological tolerance
 - c. Physiological dependency
 - d. Craving
 - e. None of the above

17. Which of the following is not a Criteria of Addiction Diagnosis using DSM-V
- The substance is often taken in larger amounts or over a longer period than was intended.
 - Persistent desire or unsuccessful effort to cut down or control use of the substance.
 - Spend great deal of time on activities necessary to obtain the substance, use the substance, or recover from its effects.
 - Craving
 - None of the above
18. Tom has used alcohol for over 10 years. Every once in a while, he drinks moderate amounts among friends and rarely experiences alcohol related problems. He is most likely at the
- Experimentation stage of use
 - Occasional stage of use
 - Habitual stage of use
 - Dependency stage of use
 - Addiction stage of use
19. The following are features of Circumstantial substance use except:
- Happens often when an individual is motivated to achieve a desirable effect as a way of coping with something circumstantial.
 - Use occasionally for fun or to be social.
 - Experiencing problems because of use at this level.
 - Not experiencing problems because of use at this level.
 - Daily or almost daily use.
20. The major three elements of treatment include;
- Assessment. Counselling and Education.
 - Assessment. Counselling and Disciplining.
 - Assessment. Disciplining and Education.
 - Disciplining. Counselling and Education.
21. Recovery capital is defined as;
- The sum of personal and social resources at one's disposal for addressing drug dependence and chiefly, bolstering one's capacity and opportunities for recovery.
 - The amount of money a person needs to recover
 - The ability of a person to solve his/her problems creatively.
 - Strength based tools that will help a recovering person never to relapse.
22. The following models of addiction belong to the same category except
- Disease
 - Biological
 - Medical
 - Pharmacological
 - Choice
23. Which of the following condition doesn't justify addiction as a disease
- Presence of Signs and symptoms
 - Presence of etiological agents

- c. Other causes including genetic factors
- d. None the above

33. An inpatient medical unit is appropriate for treating a person with AUD who:

- a. drinks daily and has missed work.
- b. has no support system.
- c. has experiences seizures.
- d. has recently been arrested for a felony offense.
- e. has experienced blackouts.

21. Bob is a case manager in an intensive inpatient treatment facility. He recently was assigned a client, Mary, who presents not only with alcoholism but has also been diagnosed with AIDS. To assist Mary in her treatment and recovery needs, Bob would probably need to have knowledge of all of the following areas except:

- a. AIDS epidemiology and transmission routes.
- b. the disease's clinical progression.
- c. new medication used in treatment regimens
- d. available social services for AIDS clients.

SECTION B (25 MARKS)

This section requires short answers to be written in the provided spaces. Please be precise

26. How does the common use of the term drug differ from the way it is used in medicine and pharmacology? (3marks)

27. Why is coffee referred to as a drug? (1 marks)

28. How is an unborn child likely to be affected by a mother using the following substances (3 marks)

a) Cocaine

b) Methamphetamine and

c) Heroin exposure

29. Define the following terms as used in neuroscience (4marks)

a) Receptor

b) Synapse or synaptic cleft

c) Neurotransmitters

d) Transporters

30. Describe the functions of the following parts on a neuron (3 marks)

a) Axon Tip

b) Dendrites and

c) Axon

31. Mention at least two elements of a family system (2 marks)

32. State four characteristics of a functional family (4marks)

33. Distinguish between screening and Assessment for Substance Use Disorder (1marks).

34. The following are ways in which people look at treatment. Briefly explain these ways; (2Marks)

a) The setting

b) Components of treatment

35. With examples distinguish between positive and negative recovery capital (2marks)

SECTION C (25 Marks)

(Attempt ONE question from this section. Write your answers on separate answer sheets)

Either

36. You need to prepare a policy paper on addiction prevention and treatment interventions for the special populations. Highlight the groups you would prioritize clearly stating the reasons for your approach.

Or

37. Using the COM-B model, explain how you would prevent addiction in your area.

SECTION D (25 Marks)

(Attempt ONE question from this section. Write your answers on separate answer sheets)

Either

38. Use the case study below to design an appropriate case management plan for the client

Harriet is 25 years old and has been a sex worker since she was 16. Her mother was also a sex worker and died of AIDS a year ago. Harriet started drinking at age 12. She has used a variety of drugs over the years. She spent 2 years in a rehabilitation center when she was 20 but stayed in recovery only 9 months. She tried to change her life at that point, but she could not find a job that lasted. Harriet eventually went back to sex work and was soon using drugs again. She says sex work is difficult without being high. She started injecting heroin 4 years ago. She is currently homeless but stays with friends when she can. Her mother's death has scared her, but she hasn't been tested for HIV. She is ambivalent about being tested. She knows she should be tested, but she is worried the test results will be positive for HIV. Harriet occasionally goes to a drop-in center. She has told a worker that she feels "tired and old" and wants to get out of sex work. She recently found a job in a shop, but she continues to see old clients from time to time for extra money. She has attempted to stop her heroin use on her own but cannot make it through withdrawal. She doesn't fully trust the drop-in center staff or volunteers and feels hopeless. Still, she continues to visit the drop-in center.

Or

39. You are appointed as a manager of a treatment and rehabilitation centre for Substance Users. The centre has been long criticized for its ineffectiveness. Prepare a position paper to the directors on the reforms you would initiate to enable treatment effectiveness.

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