Alcohol Problems in Family Relationships

1) The primary factor distinguishing alcohol dependence from other alcohol problems.
   - Tolerance
   - Risky drinking
   - Role impairment
   - Family dysfunction

2) According to the article, approximately 1 in ____ Americans engaged in risky drinking patterns within the previous year.
   - 2
   - 3
   - 5
   - 9

3) Family problem/s likely to co-occur with alcohol use disorders.
   - Violence
   - Infidelity
   - Economic insecurity
   - All of the above

4) According to the text, alcohol treatment decisions should be based on a multi-dimensional assessment that includes all of the following except:
   - Consequences
   - Dependence signs
   - Biological background
   - Use patterns

5) Unless the presenting problem is alcohol related, all potential therapy clients should be screened for alcohol related problems.
   - True
   - False

6) Primary goals for initial alcohol assessment include all the following except:
   - Determine whether the drinking is related to the presenting problem.
   - Determine the severity of the alcohol problem.
   - Collect information that will form the basis for feedback.
o Determine if the drinking has a genetic foundation.

7) To make a diagnosis or differential diagnosis, the recommended method of data collection is:
o The 25 item Alcohol Dependence Scale (ADS)
o The 20 item Severity of Alcohol Dependence Questionnaire
o Structured and semi-structured diagnostic interviews
o None of the above

8) A tool that should be considered for obtaining and/or tracking changes in data to drinking consequences.
o The Drinker Inventory of Consequences32 (DrInC)
o The Drinking Consequences Inventory - Revised (DCI-R)
o The Rascal-III Self-Report Inventory
o All of the above

9) Primary goals of alcohol treatment include eliminating alcohol as a factor in the following areas of functioning except:
o Social
o Occupational
o Physical
o Psychological

10) Mild to moderate problem drinking should usually be treated with a brief intervention.
o True
o False

11) Reasons to not immediately address a drinking problem might include:
o A limited number of sessions available.
o Need to address more acute behaviors first (e.g. abuse, suicidality).
o Concern that addressing initially may cause termination of therapy.
o All of the above.

12) If a patient present with immediate medical, psychological, or interpersonal problems the recommended treatment option would be:
o Refer to acute care
- Add a community based self-help support resource
- Conduct a more detailed assessment over the next 2 sessions
- Assign appropriate bibliotherapy

13) A reason not to involve children in alcohol related family intervention might be:
- It is a family secret that should be handled at home
- Concerns for safety of the child speaking out, especially if there is a history of violence
- May provide children with education regarding drinking behaviors
- Young children are unable to link behavioral changes with alcohol abuse

14) For most, the motivation to quit drinking is either present or not and cannot be enhanced.
- True
- False

15) When introducing drinking as a therapeutic issue, it is important to include the following:
- Empathy to both the drinker and the family
- Focus on client and family goals
- Client choices
- All of the above

16) It is usually beneficial to introduce the topic of problem drinking in family therapy assertively with authority.
- True
- False

17) Not mentioned as a pitfall to addressing alcohol problems in the context of family therapy.
- The entire family may build an alliance against the therapist
- The drinker may accept responsibility and remove roles from the others
- There may be negative reactions by non-addicted family members to drinker empathy
- All of the above were mentioned as pitfalls

18) Use of the ___ interviewing style is recommended in addressing drinking.
- Motivational
19) The sample feedback sheet includes a query for the highest number of drinks consumed:
   - Within the last 90 days
   - In a single day
   - Within a week
   - Over the last 1 year

20) According to the BAL estimation chart, a 180 pound adult male will become intoxicated (.08) during his ___ drink.
   - Second
   - Third
   - Fourth
   - Fifth

21) Ultimately, the responsibility for change rests with:
   - The family
   - The drinker
   - The therapist
   - None of the above

22) The second step to the intervention without the drinker present is:
   - Decrease protection for the drinking
   - Family feedback for the drinker
   - Family requests for change
   - Family support for change

23) The first step without the drinker present is:
   - Assessing for safety
   - Discussing consequences of drinking
   - Assessing family roles in maintenance of drinking behaviors
   - None of the above
24) Not listed as an empirically tested approach to family interventions for drinking problems:
   - Alcohol-focused behavioral couples therapy (ABCT)
   - Family systems approaches
   - Conflict reduction approach
   - All were mentioned in the text

25) A referral resource/s mentioned in the course materials.
   - findtreatment.samhsa.gov
   - State alcohol and drug agency
   - 800-622-HELP
   - All of the above

26) The preferred treatment choice for most clients who have social networks that encourage drinking:
   - CBT
   - REBT
   - 12-step
   - Motivational Enhancement Therapy (MET)

27) AA is the most widely available 12 step self-help group and is free of charge.
   - True
   - False

28) Unfortunately, brief interventions on alcohol in family therapy rarely help.
   - True
   - False

29) ___ may be useful in helping identify potential alcohol problems in the family.
   - BAL test results
   - Information from collateral reports
   - The patient's legal record
   - Whether the drinker has ever attended an AA meeting