

# Instructor's Manual and Test Bank

*for*

McNeece and DiNitto

# Chemical Dependency *A Systems Approach*

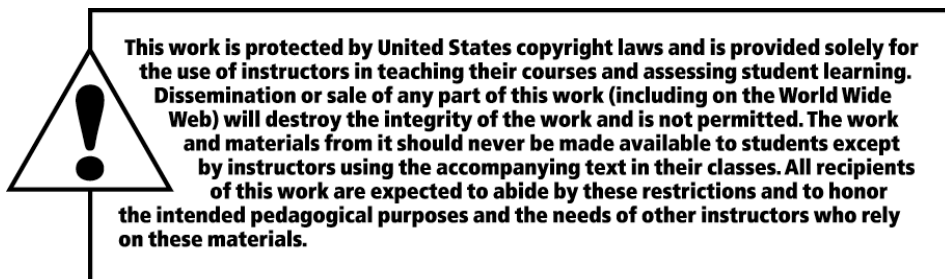
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## Chapter 1

# *Definitions and Epidemiology of Substance Use, Abuse, and Disorders*

### CHAPTER SUMMARY

The most widely used drugs in the United States are legal drugs. Tobacco and alcohol are by far the most popular drugs among both genders and all races and ethnic groups. Marijuana is the most popular illicit drug, preferred by about three-fourths of all illicit drug users. Recent surveys indicate that tobacco use continues to slowly decline, while consumption of alcohol remains relatively stable. The first national survey to estimate the incidence of illicit drug use was conducted in 1971, but estimates of drug use based on retrospective reports indicate that an upward trend began in the mid 1960s (Gfroerer & Brodsky, 1992). Annual marijuana use increased from about 553,000 new users in 1965 to a peak of around 3.2 million new users in 1976 and 1977. Total illicit drug use peaked in 1979, at about 25 million users (SAMHSA, 2000). Illicit drug use among youths doubled between 1992 and 1995, declined in 1997 and 1998, and has held relatively stable since then (SAMHSA, 2001 and 2008b). Club drugs and steroids continue to be popular among younger users, although the usage rates of any single club drug are highly variable from year to year, with newer “designer” drugs displacing many of the older drugs.

### LEARNING OBJECTIVES

- Students will be able to define terms associated with substance use, abuse, and disorders.
- Students will be able to discuss the variation and imprecision in the use of these definitions among professionals.
- Students will be able to understand the incidence and prevalence of legal and illegal substance use.

### DISCUSSION PROMPTS

1. Do you agree with the author that the term *substance* is technically more appropriate than the term *drug*? Why or why not? Consider the reason why people use substances.
2. What is the difference between substance *use*, *misuse*, and *abuse*? Consider and discuss the reasons why these different terms might be applied. Use examples.

3. Do you consider chemical dependency to be a disease? Use alcoholism as an example to describe the various reasons why substance abuse may or may not be considered a disease. Consider the definitions and descriptions of alcoholism from various authorities such as the American Psychiatric Association, the National Council on Alcoholism and Drug Dependence, the World Health Organization, and researchers Bowman, Jellinek, Pattison, Sobell, and Sobell.
4. Why do you think alcohol, tobacco, and marijuana are the most widely used substances in the United States? Consider historical use, availability, and legal status, among other potential reasons.
5. Why do you think age, education, gender, or ethnicity make a difference in whether or not a person may use or abuse drugs? Consider the statistics given in this chapter, and discuss potential reasons why a person might start to use drugs based on these demographics (eg, peer pressure, expectations, social roles, genetics).

## CLASSROOM ACTIVITIES/OUT-OF-CLASS ASSIGNMENTS

1. Report on Drug Use and Abuse in Native American Indian Cultures. Have students write a report up to two pages long on the ritual/religious use of drugs and the incidence and prevalence of drug abuse in Native American Indian cultures. The report should include the students' reflections on the significance of the difference between the drug use and abuse.
2. Definition/Description Game. Group students into pairs, one person on team A and the other on team B. Assign each student 4 terms to define/describe (write down without partner seeing); assign different terms to the students in each pair. Then have the pairs quiz each other on the definitions/descriptions (use of books permitted, but you may establish a 20-second time limit, kept by the quizzier). With one point given for each correct definition/description, which team wins? Terms to assign: alcohol addiction (Jellinek/Bowman), alcoholism (WHO), alpha alcoholic, beta alcoholic, chronic alcoholism (Jellinek/Bowman), CNS depressants, CNS stimulants, delta alcoholic, epsilon alcoholic, ethanol, gamma alcoholic, hallucinogens, heavy drinking (NIAAA), methanol, opiates, sedative-hypnotics, substance abuse (APA).

3. Informal Research on Drug Use in Student's Circle. Have students create a questionnaire to poll friends and relatives on their legal and illegal drug use, and have them report the findings. The point of the exercise is for the student to determine how drug use affects them personally, and *no* identifying factors should be included in the submitted report. The student *should* include a discussion of how the results affected his or her understanding of the pervasiveness of legal and/or illegal drug use in our society. The questionnaire might include demographics such as age, gender, education, ethnicity, and geographic area; type of drugs used (prescription pharmaceuticals, alcohol, tobacco, illegal drugs); and time frames of drug use (within the last X days/months/years).

## ASSESSMENT FOR IN-CLASS USE

The following assessment has been created for in-class use. This assessment is available through Pearson's MyTest website—allowing for easy access for creating your own tests. This assessment is also offered in a Blackboard/Angel/D2L/WebCT package. *Please contact your local Pearson sales representative to learn about the options available. Visit <http://www.pearsonhighered.com/relocator>.*

### *Multiple Choice Questions*

*Difficulty: 1 = Easy; 2 = Medium; 3 = Challenging*

Choose the best possible answer for each of the following.

1. According to Jellinek and Bowman, alcohol addiction is a disorder characterized by a(n) \_\_\_\_\_.
  - A. tolerance to alcohol
  - B. awareness of a compulsion to drink
  - C. urgent craving for alcohol
  - D. persistent use despite physical and legal problems

*Answer: C  
Difficulty: 2*

2. According to Jellinek and Bowman, chronic alcoholism includes \_\_\_\_\_.
  - A. drinking alcoholic beverages to the extent that it interferes with health or social or economic functioning
  - B. all physical and psychological changes resulting from the prolonged use of alcoholic beverages
  - C. regularity in the repertoire of drinking behavior
  - D. continued use of alcohol despite persistent or recurrent social or interpersonal problems caused or exacerbated by the effects of alcohol

*Answer: B  
Difficulty: 2*

3. Narcotics \_\_\_\_\_ the central nervous system.
  - A. stimulate brain activity and
  - B. depress brain activity but not
  - C. stimulate brain activity but not
  - D. depress brain activity and

*Answer: D  
Difficulty: 1*



4. \_\_\_\_\_ define(s) both alcoholism and drug addiction as diseases.
- A. Medical professionals tend to
  - B. The World Health Organization
  - C. Social workers tend to
  - D. The American Psychiatric Association

*Answer: A*  
*Difficulty: 2*

5. Which drugs continue to be the most popular with young users?
- A. Club drugs and steroids
  - B. Hallucinogens and steroids
  - C. Inhalants and steroids
  - D. Stimulants and steroids

*Answer: A*  
*Difficulty: 2*

6. Suppose you suspect a 15 year old of using drugs. What is the most likely drug he is using, given that this drug was the most commonly used drug among 14 and 15 year olds in 2007?
- A. Opium
  - B. Crack
  - C. Marijuana
  - D. Ecstasy

*Answer: C*  
*Difficulty: 1*

7. Fetal alcohol syndrome is a pattern of defects that can develop in a fetus in association with high levels of alcohol consumption during pregnancy, but not all women who drink alcohol during pregnancy give birth to babies with fetal alcohol syndrome. What is the best advice regarding alcohol for women who are pregnant?
- A. Drink alcohol during pregnancy only under the guidance of your physician.
  - B. Do not drink alcohol during your pregnancy.
  - C. Drink alcohol sparingly during your pregnancy.
  - D. Abstain from alcohol during the first 3 months of your pregnancy.

*Answer: B*  
*Difficulty: 2*

8. With the current trend in tobacco use, which scenario below do you predict will likely happen within the next ten years?
- A. Since tobacco use is slowly rising, all college campuses will designate smoking areas on the premises.
  - B. Since tobacco use is slowly declining, all college campuses will probably ban smoking on the premises.
  - C. Since tobacco is not a popular drug among all races and both genders in the United States, all college campuses will ban smoking.
  - D. Since tobacco is a popular drug among all races and both genders in the United States, all college campuses will designate smoking areas.

*Answer: B*  
*Difficulty: 2*

9. Marijuana was once legal in the United States but was prohibited in 1937. Some states currently allow the use of marijuana for medicinal purposes. What are some of the historical uses for marijuana in Mexico that might also justify medicinal use today?
- A. Mild euphoria
  - B. Stimulus for agricultural economy
  - C. Headache remedy, stimulant
  - D. Headache remedy, relaxant

*Answer: D*  
*Difficulty: 1*

10. Which phrase shows the correct ranking of drug use over a lifetime for all races and ages, from most to least used?
- A. Alcohol, tobacco, marijuana, prescription drugs
  - B. Tobacco, alcohol, marijuana, prescription drugs
  - C. Prescription drugs, alcohol, tobacco, marijuana
  - D. Tobacco, alcohol, prescription drugs, marijuana

*Answer: A*  
*Difficulty: 3*

11. Which phrase describes the illicit use of a legal drug?
- A. Religious ritual using alcohol
  - B. Energy enhancement using methamphetamine
  - C. Headache remedy using opium
  - D. Performance enhancement using anabolic-androgenic steroids

*Answer: D*  
*Difficulty: 2*

12. A 45-year-old woman you know drinks two alcoholic beverages every night after work. She gets up the next morning for work and performs her duties successfully. She does not suffer from any physical or psychological problems. She does not drink on weekends. This woman is definitely \_\_\_\_\_.
- A. an alcoholic
  - B. a heavy drinker
  - C. addicted to alcohol
  - D. a problem drinker

*Answer: B*  
*Difficulty: 3*

13. A 45-year-old man you know drinks three alcoholic beverages every night after work. He gets up the next morning for work and performs his duties successfully. He has high blood pressure and gout but does not suffer from any other physical or psychological problems. He does not drink on weekends. This man is \_\_\_\_\_.
- A. definitely an alcoholic
  - B. not a heavy drinker
  - C. definitely addicted to alcohol
  - D. probably a problem drinker

*Answer: D*  
*Difficulty: 3*

14. What is the best rationale for calling alcoholism a disease?
- A. It can be cured.
  - B. Alcohol Anonymous says it is a disease.
  - C. It is a chemical dependency.
  - D. It affects families and those with whom they interact, like a virus

*Answer: C*  
*Difficulty: 2*

15. Eighty-five percent of general practitioners agreed that alcoholism was a disease, whereas only 50 percent of medical school faculty did. What prediction might you make based on this statement?
- A. Medical students will learn from most of their teachers in school that alcoholism is a disease.
  - B. After school, medical students will teach their older colleagues that alcoholism is a disease.
  - C. After school, medical students will learn from their older colleagues that alcoholism is not a disease.
  - D. After school, medical students will learn from their older colleagues that alcoholism is a disease.

Answer: D  
Difficulty: 1

### Essay Questions

1. According to the American Psychiatric Association (APA), *substance abuse* and *substance dependence* are both defined as “a maladaptive pattern of substance use leading to clinically significant impairment or distress.” How does the APA differentiate between *substance abuse* and *substance dependence*? How would you succinctly define each term?
2. Reviewing the list of drugs in Table 1-1, consider your impressions about drug use by 8<sup>th</sup> graders. Then analyze the lifetime use of drugs by 8<sup>th</sup> graders given in the table. Excluding the data for Illicit Drugs, rank the five most-used drugs and the five least-used drugs. Explain your reaction to these rankings based on your impressions before your analysis. Do any of the data surprise you? Do they align with your impressions before analysis?
3. Present an argument either for or against the legalization of marijuana. Consider the statistics and other information provided in this chapter. You may use your knowledge of the issue outside of the information presented in the chapter. For example, consider the validity of marijuana as a “gateway” drug to other, more dangerous drugs. Also consider the historical and current uses of marijuana.
4. Dramatize a short scene in which a parent is speaking to his or her high school student to discourage the student’s use of alcohol or illicit drugs. Use the statistics in this chapter to fortify your script. Then explain the difficulties that a parent might encounter in trying to talk to a child about alcohol or illicit drug use. Consider the difficulties you had in writing your script.

5. Using your own words, compare and contrast the following terms: heavy drinking, problem drinking, alcoholism, binge drinking, alcohol abuse, alcohol addiction. How would you describe responsible drinking?

## Chapter 2

### *The Etiology of Addiction*

#### CHAPTER SUMMARY

The most obvious fact about alcohol and drug addiction is that there is no single theory that explains this phenomenon. Some people may be more genetically predisposed than others to become addicted. Others may be more prone to addiction because of their social environment, peer pressure, role models in the family, societal values, and so on. Still others may have one or more personality traits that make them more likely to use or abuse alcohol or drugs. Once use begins, physiological processes such as withdrawal and tolerance make the individual even more prone to continue use.

#### LEARNING OBJECTIVES

- Students will be able to describe several different theories of why people use drugs.
- Students will be able to discuss a four-stage model of alcoholism and a three-stage model of cocaine addiction.
- Students will be able to understand a multicausal model of addiction.

#### DISCUSSION PROMPTS

1. Why might a person who abstains from using a drug for two years experience a reappearance of addiction symptoms when re-exposed to using the drug? Discuss this question in terms of the three primary assumptions on which the disease model of addiction rests (predisposition to use, loss of control over use, progression).
2. Why are there so many theories of addiction? Consider the adequacy of each theory in relation to the complex nature of addiction.
3. What is the moral model of addiction? Is it valid? Why or why not? Consider how moral views on addiction affect social programs.
4. How does a multicausal theory of addiction synthesize pharmacological, experiential, cultural, situational, and personality components? Consider the utility of such an interdisciplinary model in clarifying how the agent, host, and environment interact.
5. How do biological theories of addiction compare with the disease model of addiction? Consider the basis of responsibility for treatment and the terminology used.

## CLASSROOM ACTIVITIES/OUT-OF-CLASS ASSIGNMENTS

1. Theory Description Game. Group students into pairs, one person on team A and the other on team B. Assign each student two theories to describe using three points of description per theory (have them write these down without the partner seeing); assign different theories to the students in each pair. Then have the pairs quiz each other on the three points; the partner must state the theory based on the given points of description (use of books permitted, but you may establish a 10-second time limit, kept by the quizzier). With one point given for each correct theory named, which team wins? Theories to assign: cognitive-behavioral theories, culture-specific theories, genetic theories, learning theory, personality theories, psychodynamic theory, subcultural theories, supracultural theories
2. Alternative Theories Summary. Have students write three paragraphs that summarize the alternative theories of addiction espoused by Fingarette, Peele, and Schaler. Students should then research any additional alternative theories to those studied and may include one or more paragraphs on them in the report.
3. Self Inquiry. Have students perform a self inquiry into their own (or a friend/family member's) experience with substance use. Have them ask themselves (or the friend/family member) why they used the substance. Students should determine which theory or theories make the most sense from their own personal experience. No reporting is required for this activity.

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### *Multiple Choice Questions*

*Difficulty: 1 = Easy; 2 = Medium; 3 = Challenging*

1. Under which theory of addiction does the following fall? The need for variety and the desire to experience pleasure
  - A. Psychodynamic
  - B. Supracultural
  - C. Genetic
  - D. Cognitive-behavioral

*Answer: D  
Difficulty: 1*
  
2. Under which theory of addiction does the following fall? Not having a means for attaining upward economic mobility in a society that expects it
  - A. Psychodynamic
  - B. Supracultural
  - C. Subcultural
  - D. Learning/reinforcement

*Answer: B  
Difficulty: 1*
  
3. Under which theory of addiction does the following fall? Withdrawal symptoms can be avoided by resuming use
  - A. Genetic
  - B. Supracultural
  - C. Subcultural
  - D. Learning/reinforcement

*Answer: D  
Difficulty: 1*



4. Under which theory of addiction does the following fall? The interaction of the substance, the user, and the user's environment
- A. Genetic
  - B. Multicausal
  - C. Subcultural
  - D. Learning/reinforcement

*Answer: B*  
*Difficulty: 1*

5. What are three main categories of the theories of addiction?
- A. Psychodynamic, biological, sociocultural
  - B. Psychological, biological, sociocultural
  - C. Psychological, biological, cultural
  - D. Psychodynamic, neurobiological, sociocultural

*Answer: B*  
*Difficulty: 1*

6. A woman takes a single drink to calm her morning tremors, goes about her day, and resumes drinking in the evening. Each morning, she does not feel a physical craving for alcohol, but she wants to stop her tremors. To help her, the application of which theory seems most appropriate?
- A. Psychodynamic: What was her childhood like?
  - B. Learning: What she has learned she can unlearn.
  - C. Genetic: She may have a metabolic defect that causes the tremors.
  - D. Cognitive-behavioral: She physically needs a drink to physically relax.

*Answer: B*  
*Difficulty: 2*

7. Suppose you are assisting someone withdrawing from drugs. He tells you that he started using drugs during a celebration with his friends, where he was curious about the drug. He said he continued to use the drug to escape boredom. The application of which theory seems most appropriate ?
- A. Personality
  - B. Supracultural
  - C. Subcultural
  - D. Cognitive-behavioral

*Answer: D*  
*Difficulty: 2*

8. Suppose you are assisting someone withdrawing from drugs. She tells you that she started using drugs to avoid the unpleasant memories of a traumatic event in her life. The application of which theory seems most appropriate?
- A. Cognitive-behavioral
  - B. Genetic
  - C. Learning
  - D. Personality

*Answer: A*  
*Difficulty: 2*

9. A smoker has a variant in his gene for a nicotinic receptor subunit. This is an example of \_\_\_\_\_ theory.
- A. learning
  - B. genetic
  - C. supracultural
  - D. personality

*Answer: B*  
*Difficulty: 1*

10. Which statement best supports the prediction that alcoholism is a genetic disease?
- A. A specific gene that causes alcoholism was already found in 1990.
  - B. Three studies completed in 1998 showed that genetic factors play a greater role than environmental factors.
  - C. In the research, statistical associations between genetic factors and alcoholism are very strong.
  - D. Children of alcoholics are three to seven times more likely to be at risk for developing alcoholism.

*Answer: C*  
*Difficulty: 3*

11. Which statement best supports the prediction that the potential for substance addiction is not based in personality?
- A. Significant personality factors can contribute to addiction.
  - B. Empirical research on personality theories has waned.
  - C. Apart from the relatively rare occurrence of the antisocial personality, alcoholics have not been found to exhibit specific personality traits.
  - D. Underlying personality problems cause substance abuse rather than substance abuse resulting in personality problems.

*Answer: C*  
*Difficulty: 3*

12. Which statement best shows the difference between drug effects and drug experience from a sociocultural perspective?
- A. American Indian peyote user receives spiritual advice; businessperson uses peyote and receives business advice
  - B. American Indian peyote user gets mildly nauseated before receiving spiritual advice; businessperson using it gets very nauseated and receives no advice
  - C. Street user of morphine dulls the pain of an illness and gets high; patient in the hospital uses morphine to dull the pain of an illness and get high
  - D. Street user gets high on morphine; patient in the hospital gets high on morphine

*Answer: B*  
*Difficulty: 2*

13. A person who started drinking three beers per night one year ago finds that he now needs to drink five beers per night to feel the same level of intoxication. At which stage in Jellinek's model is this person?
- A. Prealcoholic symptomatic phase
  - B. Prodromal phase
  - C. Crucial phase
  - D. Chronic phase

*Answer: A*  
*Difficulty: 2*

14. A person who drinks five beers every night, increased from three beers per night one year ago, starts experiencing blackouts when he drinks even more heavily on the weekends. At which stage in Jellinek's model is this person?
- A. Prealcoholic symptomatic phase
  - B. Prodromal phase
  - C. Crucial phase
  - D. Chronic phase

*Answer: B*  
*Difficulty: 2*

15. A man blacks out often after drinking spirits. He lost his job early last year and started drinking at a bar with people who have spent most of their life on welfare. This year his wife left him. He knows his life has gone downhill, and he begins to experience vague religious desires. At which stage in Jellinek's model is this person?
- A. Prealcoholic symptomatic phase
  - B. Prodromal phase
  - C. Crucial phase
  - D. Chronic phase

*Answer: D*  
*Difficulty: 1*

### *Essay Questions*

1. What are Drummonds' three categories of drug craving? Describe each and relate each to one of the types of theories you studied.
2. What are the four stages of Jellinek's model of alcoholism? Describe the characteristics of each stage.
3. What are the three stages of cocaine addiction? Describe each stage. How do they differ or correlate to Jellinek's four stages of alcoholism?
4. Explain the gender differences in addiction according to subcultural theories of addiction. Do you agree or disagree with the validity of these subcultural theories? Why?
5. Present an argument for why a multicausal model is more useful in the treatment of substance addiction than any of the psychological, biological, or sociocultural theories alone. Explain how a multicausal model is similar to the public health model promoted by healthcare and other human service professionals.