



Continuing Education Quiz for Counselors

You can earn two nationally certified continuing education (CE) hours by reading the indicated articles and completing the multiple-choice quiz below. This is an open-book exam. Complete the quiz by circling **one or more** of the multiple-choice answers. Be sure to answer all questions; unanswered questions will be scored as incorrect. You must score at least 70 percent to earn CE hours. Please note that we must receive your quiz by March 31, 2006.

Neurobiology of Cocaine Addiction—page 4

1. The most important site of cocaine-induced pleasure and euphoria is:

- a. the nucleus accumbens (NAc)
- b. the hippocampus
- c. the frontal cortex
- d. none of the above.

2. Which of the following statements about Δ FosB is not true?

- a. A molecule of Δ FosB lasts for 6 to 8 weeks.
- b. Δ FosB plays a role in the genetic machinery that determines very basic properties of a cell.
- c. Δ FosB is not naturally present in the NAc.
- d. Blocking the buildup of Δ FosB reduced addictive behaviors in mice.

3. Which of the following is a cocaine-related neurobiological change that appears to last for many months after the last cocaine exposure?

- a. Buildup of dopamine in the NAc.
- b. High levels of Δ FosB accumulation.
- c. An alteration in the physical structure of nerve cells in the NAc.
- d. None of the above.

Mood Disorders and Substance Use Disorder: A Complex Comorbidity—page 13

1. Some of the potential explanations for the high reported co-occurrence of substance abuse and mood disorders are:

- a. overlapping neurobiological pathways
- b. underlying genetic factors
- c. diagnostic confounding
- d. all of the above.

2. When performing a diagnostic assessment of a patient with potential co-occurring mood and substance abuse disorders, it is important to:

- a. keep in mind that a patient's symptoms may be directly caused by intoxication or withdrawal from the drug they have been abusing, in which case they will likely remit soon
- b. be aware that patients with substance-induced mood disorders will have affective difficulties that are more severe and long-lasting than those normally associated with intoxication or withdrawal
- c. perform a thorough check on the patient's personal and family history
- d. all of the above.

3. Studies indicate that some of the consequences for individuals with comorbid substance use and mood disorders are:

- a. worse treatment outcomes than those individuals with only one or the other
- b. a reduced chance of achieving 6 months of continuous abstinence
- c. a lower likelihood of suicide
- d. all of the above.

Methadone Treatment at Forty—page 25

1. Compared to those of the past, today's methadone patients can be described as:

- a. sicker
- b. better informed about the medication and its use
- c. less likely to have multiple addictions
- d. all of the above.

2. The goals of methadone treatment are to:

- a. relieve the patient's narcotic craving
- b. block the euphoric effects associated with heroin
- c. improve the patient's health and quality of life
- d. all of the above.

3. Some general ways the methadone treatment field has evolved over the last 40 years are:

- a. a gathering consensus endorsing methadone maintenance as a chronic, potentially lifelong treatment
- b. increased attention to comorbid conditions and co-occurring addictions
- c. complete elimination of the stigmatization of methadone patients and their treatment
- d. increased interest in methadone treatment among highly skilled doctors.

This issue of *Science & Practice Perspectives* has the following objectives for drug abuse treatment providers and researchers:

- To provide an overview of the current status of the methadone treatment modality, as well as summarize its history and potential for the future;
- To outline the emerging picture of the neurobiology of cocaine addiction; and
- To explore the possible explanations for and treatments of the common co-occurrence of mood disorder and substance use disorder.

Please rate the following on a 1 to 5 scale, by circling the appropriate number:

1. To what extent did these articles accomplish these learning objectives?

| | | |
|------------|------------|------------|
| Completely | Adequately | Not at All |
| 1 | 2 | 3 |
| 4 | 5 | |

2. To what extent did you learn something useful to your profession?

| | | |
|------------|------------|------------|
| Completely | Adequately | Not at All |
| 1 | 2 | 3 |
| 4 | 5 | |

3. Was the information well presented?

| | | |
|------------|------------|------------|
| Completely | Adequately | Not at All |
| 1 | 2 | 3 |
| 4 | 5 | |

Please print legibly, copy page, and mail with your \$25 payment to: Perspectives CE Quiz, MasiMax Resources, Ste. 175, 1375 Piccard Drive, Rockville, MD 20850. Quiz and payment must be received by March 31, 2006.

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I certify that I have answered the test questions without any help.

Signed _____ Date _____

Check VISA MasterCard

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Make checks payable to MasiMax Resources, Inc. In about 6 weeks you will receive notification of the results and, if you score 70 percent or higher, a certificate of completion. The National Institute on Drug Abuse, publisher of *Science & Practice Perspectives*, is a NAADAC-approved provider of continuing education home study.