

Addiction: 100-Question Multiple-Choice Quiz

1. What is addiction?

- A. A temporary mood change
- B. A chronic condition involving compulsive substance use or behaviors despite harmful consequences
- C. A lack of intelligence
- D. A minor personality flaw

2. Which brain chemical is strongly associated with reward and addiction?

- A. Dopamine
- B. Calcium
- C. Hemoglobin
- D. Insulin

3. Which of the following is considered a behavioral addiction?

- A. Gambling disorder
- B. Pneumonia
- C. Arthritis
- D. Hypertension

4. Tolerance means:

- A. Avoiding substances entirely
- B. Needing more of a substance to achieve the same effect
- C. Having an allergic reaction
- D. Recovering from addiction

5. Withdrawal symptoms occur when:

- A. A person exercises regularly
- B. Substance use is reduced or stopped after dependence develops
- C. A person drinks water
- D. Someone sleeps too much

6. Which substance is classified as a stimulant?

- A. Cocaine
- B. Heroin
- C. Alcohol
- D. Benzodiazepines

7. Which substance is an opioid?

- A. Nicotine
- B. Heroin
- C. LSD
- D. Caffeine

8. Which factor can increase the risk of addiction?

- A. Genetics
- B. Peer pressure
- C. Trauma
- D. All of the above

9. Which age group is particularly vulnerable to addiction because the brain is still developing?

- A. Older adults
- B. Adolescents
- C. Infants
- D. Toddlers

10. Which disorder commonly occurs together with addiction?

- A. Depression
- B. Anxiety
- C. PTSD
- D. All of the above

11. Alcohol primarily affects which body system?

- A. Nervous system

- B. Digestive system only
- C. Skeletal system
- D. Endocrine system only

12. Nicotine is found in:

- A. Tobacco products
- B. Milk
- C. Bread
- D. Fruit juice

13. Which is a common sign of addiction?

- A. Loss of control over use
- B. Improved financial stability
- C. Better concentration at all times
- D. Reduced cravings

14. What is relapse?

- A. Permanent recovery
- B. Returning to substance use after a period of abstinence
- C. A medication side effect
- D. An allergic reaction

15. Which medication may help treat opioid addiction?

- A. Methadone
- B. Penicillin
- C. Ibuprofen
- D. Acetaminophen

16. Which of the following is a depressant?

- A. Alcohol
- B. Cocaine
- C. Methamphetamine
- D. Nicotine

17. Which drug is commonly associated with hallucinations?

- A. LSD
- B. Alcohol
- C. Nicotine
- D. Caffeine

18. What is detoxification?

- A. Increasing substance use
- B. Removing toxic substances from the body while managing withdrawal
- C. Exercising excessively
- D. A type of surgery

19. Which professional may help treat addiction?

- A. Counselor
- B. Physician
- C. Psychologist
- D. All of the above

20. Which organization is known for peer support in recovery?

- A. Alcoholics Anonymous
- B. NASA
- C. FIFA
- D. UNESCO

21. Cravings are:

- A. Mild preferences only
- B. Strong urges to use a substance or engage in a behavior
- C. Signs of physical fitness
- D. A type of infection

22. Which of the following can be a trigger for relapse?

- A. Stress

- B. Certain social settings
- C. Exposure to substances
- D. All of the above

23. Which organ is heavily damaged by chronic alcohol use?

- A. Liver
- B. Skin
- C. Thyroid
- D. Spleen only

24. Which statement about addiction is true?

- A. It only affects weak people
- B. It is a medical condition influenced by many factors
- C. It can be cured instantly
- D. It affects only adults

25. Opioid overdose can cause:

- A. Increased breathing rate
- B. Respiratory depression
- C. Improved alertness
- D. Hyperactivity

26. Naloxone is used to:

- A. Treat diabetes
- B. Reverse opioid overdose
- C. Lower blood pressure
- D. Cure addiction permanently

27. Which substance is most associated with lung cancer risk?

- A. Tobacco
- B. Caffeine
- C. Water
- D. Vitamin C

28. Addiction can negatively affect:

- A. Relationships
- B. Employment
- C. Physical health
- D. All of the above

29. Which therapy helps individuals change unhealthy thought patterns?

- A. Cognitive behavioral therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Occupational screening

30. Which drug is highly addictive and releases large amounts of dopamine?

- A. Methamphetamine
- B. Aspirin
- C. Antacid
- D. Antibiotics

31. Physical dependence means:

- A. The body adapts to a substance and experiences withdrawal without it
- B. A person enjoys exercise
- C. Someone eats healthy foods
- D. The immune system becomes stronger

32. Which of the following may help prevent addiction?

- A. Education
- B. Strong family support
- C. Healthy coping skills
- D. All of the above

33. What does binge drinking mean?

- A. Drinking only water
- B. Consuming a large amount of alcohol in a short time
- C. Drinking coffee daily
- D. Avoiding alcohol

34. Which of the following is a symptom of alcohol withdrawal?

- A. Tremors
- B. Sweating
- C. Anxiety
- D. All of the above

35. Which drug category includes marijuana?

- A. Cannabis
- B. Opioid
- C. Sedative
- D. Antibiotic

36. Which behavior is associated with severe addiction?

- A. Continuing use despite harm
- B. Better decision-making
- C. Improved memory
- D. Greater impulse control

37. Which of the following can occur during recovery?

- A. Relapse
- B. Emotional stress
- C. Cravings
- D. All of the above

38. Which stimulant is commonly consumed worldwide?

- A. Caffeine
- B. Heroin
- C. Morphine

D. Ketamine

39. Which factor may protect against addiction?

- A. Strong social support
- B. Chronic stress
- C. Trauma exposure
- D. Isolation

40. What is medication-assisted treatment?

- A. Surgery for addiction
- B. Using medications combined with counseling and therapy
- C. Using vitamins only
- D. A type of physical exercise

41. Which opioid medication can reverse overdose temporarily?

- A. Naloxone
- B. Aspirin
- C. Insulin
- D. Epinephrine

42. Which substance can impair driving ability?

- A. Alcohol
- B. Marijuana
- C. Sedatives
- D. All of the above

43. Which of the following is a risk factor for relapse?

- A. Untreated mental illness
- B. High stress
- C. Social pressure
- D. All of the above

44. Addiction affects the brain's:

- A. Reward pathways
- B. Decision-making systems
- C. Memory processes
- D. All of the above

45. Which of the following is a long-term effect of methamphetamine use?

- A. Dental problems
- B. Memory issues
- C. Anxiety
- D. All of the above

46. Which type of therapy often involves group discussions and support?

- A. Group therapy
- B. Radiation therapy
- C. Occupational licensing
- D. Physical therapy

47. What is a common symptom of nicotine withdrawal?

- A. Irritability
- B. Increased appetite
- C. Cravings
- D. All of the above

48. Which of the following is true about relapse?

- A. It can be part of the recovery process
- B. It means treatment always failed
- C. It is impossible to recover after relapse
- D. It affects only severe addiction

49. Which drug may cause slowed breathing and drowsiness?

- A. Opioids
- B. Caffeine

- C. Nicotine
- D. Cocaine

50. Which statement best describes recovery?

- A. A one-time event
- B. A lifelong process of managing health and wellness
- C. Something impossible after addiction
- D. A punishment

51. Which substance is associated with "blackouts" during heavy use?

- A. Alcohol
- B. Vitamin D
- C. Antibiotics
- D. Ibuprofen

52. Which of the following can increase overdose risk?

- A. Mixing substances
- B. Using higher doses
- C. Reduced tolerance after abstinence
- D. All of the above

53. Which drug is often smoked in cigarette form?

- A. Tobacco
- B. Aspirin
- C. Penicillin
- D. Insulin

54. Which term describes a strong desire to continue using a substance?

- A. Craving
- B. Detoxification
- C. Abstinence
- D. Prevention

55. Which of the following is a possible consequence of addiction?

- A. Financial problems
- B. Legal issues
- C. Health complications
- D. All of the above

56. Which approach focuses on identifying triggers and coping skills?

- A. Cognitive behavioral therapy
- B. Surgery
- C. Radiation
- D. Dialysis

57. Which population may experience stigma related to addiction?

- A. People with substance use disorders
- B. Athletes only
- C. Teachers only
- D. Children only

58. Which of the following can support recovery?

- A. Counseling
- B. Support groups
- C. Stable housing
- D. All of the above

59. Which drug class includes Xanax and Valium?

- A. Benzodiazepines
- B. Opioids
- C. Hallucinogens
- D. Antibiotics

60. What is abstinence?

- A. Controlled use only
- B. Avoiding the use of a substance entirely
- C. Taking extra medication
- D. Increasing dosage gradually

61. Which neurotransmitter is linked to pleasure and reinforcement?

- A. Dopamine
- B. Sodium
- C. Iron
- D. Potassium

62. Which of the following may be used to treat alcohol use disorder?

- A. Naltrexone
- B. Insulin
- C. Morphine
- D. Penicillin

63. Which substance is most likely to cause severe withdrawal requiring medical supervision?

- A. Alcohol
- B. Water
- C. Fruit juice
- D. Vitamins

64. Which of the following is a healthy coping strategy?

- A. Exercise
- B. Meditation
- C. Talking with supportive people
- D. All of the above

65. Addiction can affect which area of the brain responsible for judgment?

- A. Prefrontal cortex

- B. Cerebellum only
- C. Retina
- D. Pancreas

66. Which of the following is true about peer pressure?

- A. It can influence substance use
- B. It only affects adults
- C. It has no impact on behavior
- D. It improves recovery automatically

67. Which term describes needing a drug to feel "normal" ?

- A. Dependence
- B. Hydration
- C. Recovery
- D. Prevention

68. Which of the following may occur during opioid withdrawal?

- A. Muscle aches
- B. Nausea
- C. Anxiety
- D. All of the above

69. Which of these is a possible warning sign of substance misuse?

- A. Secretive behavior
- B. Sudden mood changes
- C. Declining performance at work or school
- D. All of the above

70. What is cross-addiction?

- A. Addiction to multiple substances or behaviors
- B. A sports injury
- C. A bacterial infection
- D. A sleep disorder

71. Which substance is commonly linked to vaping?

- A. Nicotine
- B. Calcium
- C. Iron
- D. Vitamin A

72. Which of the following can improve addiction recovery outcomes?

- A. Early treatment
- B. Social support
- C. Ongoing therapy
- D. All of the above

73. Which type of drug slows brain activity?

- A. Depressant
- B. Stimulant
- C. Hallucinogen
- D. Steroid

74. Which of the following is a possible effect of chronic cocaine use?

- A. Heart problems
- B. Stroke risk
- C. Anxiety
- D. All of the above

75. Which statement about addiction treatment is accurate?

- A. One approach works for everyone
- B. Treatment should often be individualized
- C. Treatment is never effective
- D. Counseling is useless

76. Which of the following is a common relapse prevention strategy?

- A. Avoiding triggers
- B. Building support networks
- C. Developing coping skills
- D. All of the above

77. Which behavior may indicate gambling addiction?

- A. Chasing losses
- B. Hiding gambling activity
- C. Financial problems from gambling
- D. All of the above

78. Which of the following may happen during severe alcohol withdrawal?

- A. Seizures
- B. Hallucinations
- C. Delirium tremens
- D. All of the above

79. Which factor can help reduce stigma around addiction?

- A. Education
- B. Compassionate language
- C. Public awareness
- D. All of the above

80. Which of the following is associated with increased overdose deaths?

- A. Fentanyl
- B. Vitamin supplements
- C. Antibiotics
- D. Antacids

81. Which support system can help individuals maintain sobriety?

- A. Family support

- B. Peer recovery groups
- C. Counseling services
- D. All of the above

82. Which of the following can be affected by prenatal substance exposure?

- A. Brain development
- B. Birth weight
- C. Behavior
- D. All of the above

83. Which of the following is an example of harm reduction?

- A. Naloxone distribution
- B. Needle exchange programs
- C. Education on safer practices
- D. All of the above

84. Which mental health condition is commonly linked with substance use disorders?

- A. Anxiety disorders
- B. Depression
- C. PTSD
- D. All of the above

85. Which of the following is true about opioid tolerance?

- A. Higher doses may be needed over time
- B. It prevents overdose completely
- C. It occurs instantly
- D. It guarantees safe use

86. Which statement about adolescent substance use is correct?

- A. It may affect brain development
- B. It has no long-term effects
- C. Teens cannot become addicted

D. It always resolves without treatment

87. Which therapy may involve rewards for healthy behaviors?

- A. Contingency management
- B. Surgery
- C. Chemotherapy
- D. Dialysis

88. Which of the following can contribute to addiction vulnerability?

- A. Family history
- B. Chronic stress
- C. Trauma
- D. All of the above

89. Which drug category includes ecstasy (MDMA)?

- A. Stimulant and hallucinogenic properties
- B. Antibiotic
- C. Opioid only
- D. Antacid

90. Which of the following is a benefit of professional addiction treatment?

- A. Medical supervision
- B. Counseling support
- C. Relapse prevention planning
- D. All of the above

91. Which of the following can happen when substances are mixed?

- A. Increased overdose risk
- B. Dangerous interactions
- C. Greater impairment
- D. All of the above

92. Which term refers to repeated substance use despite harmful consequences?

- A. Substance use disorder
- B. Nutrition
- C. Hydration
- D. Rehabilitation exercise

93. Which of the following may help someone resist peer pressure?

- A. Assertiveness skills
- B. Strong self-esteem
- C. Supportive friendships
- D. All of the above

94. Which of the following can occur with chronic alcohol misuse?

- A. Memory problems
- B. Liver disease
- C. Relationship difficulties
- D. All of the above

Explanation: Chronic alcohol misuse can affect physical health, cognition, and social functioning.

95. Which factor is important in long-term recovery?

- A. Ongoing support
- B. Healthy routines
- C. Stress management
- D. All of the above

96. Which of the following is a sign of opioid overdose?

- A. Slow or stopped breathing
- B. Blue lips or nails
- C. Unresponsiveness
- D. All of the above

97. Which statement about recovery support groups is true?

- A. They can provide accountability and encouragement
- B. They replace all medical care
- C. They are only for severe addiction
- D. They guarantee recovery

98. Which of the following may reduce the risk of addiction relapse?

- A. Identifying triggers
- B. Following treatment plans
- C. Building healthy habits
- D. All of the above

99. Which of the following is true about addiction recovery?

- A. Recovery is possible
- B. Support can improve outcomes
- C. Treatment can help manage addiction
- D. All of the above

100. Which statement best summarizes addiction?

- A. It is a complex but treatable condition
- B. It only affects certain groups of people
- C. It always resolves without help
- D. It is caused by lack of willpower alone