

Addiction: 100-Question Multiple-Choice Quiz with Answers

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

Answer: B

Explanation: Addiction is considered a chronic brain disorder characterized by compulsive use of substances or engagement in behaviors despite negative physical, emotional, social, or legal consequences.

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

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

Answer: A

Explanation: Dopamine plays a major role in the brain's reward system. Addictive substances often increase dopamine levels, reinforcing repeated use.

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

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

Answer: A

Explanation: Gambling disorder is recognized as a behavioral addiction because it involves compulsive behavior that activates reward pathways similarly to substances.

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

Answer: B

Explanation: Tolerance develops when the body adapts to a substance, requiring higher doses to produce the original effect.

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

Answer: B

Explanation: Withdrawal symptoms occur because the body has adapted to the substance and reacts negatively when it is removed.

6. Which substance is classified as a stimulant?

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

Answer: A

Explanation: Cocaine stimulates the central nervous system, increasing alertness, energy, and heart rate.

7. Which substance is an opioid?

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

Answer: B

Explanation: Heroin is an opioid drug derived from morphine and can cause strong physical dependence and overdose risk.

8. Which factor can increase the risk of addiction?

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

Answer: D

Explanation: Addiction risk is influenced by a combination of genetic, environmental, psychological, and social factors.

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

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

Answer: B

Explanation: Adolescent brains are still developing, especially areas involved in judgment and impulse control, making teens more vulnerable to addiction.

10. Which disorder commonly occurs together with addiction?

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

Answer: D

Explanation: Mental health disorders often co-occur with addiction, a situation known as dual diagnosis or co-occurring disorders.

11. Alcohol primarily affects which body system?

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

Answer: A

Explanation: Alcohol depresses the central nervous system, affecting coordination, judgment, memory, and reaction time.

12. Nicotine is found in:

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

Answer: A

Explanation: Nicotine is the addictive chemical found in cigarettes, cigars, chewing tobacco, and many vaping products.

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

Answer: A

Explanation: A hallmark of addiction is the inability to consistently control substance use or behavior.

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

Answer: B

Explanation: Relapse is common in addiction recovery and does not mean treatment has failed.

15. Which medication may help treat opioid addiction?

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

Answer: A

Explanation: Methadone is a medication used in medication-assisted treatment to reduce opioid cravings and withdrawal symptoms.

16. Which of the following is a depressant?

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

Answer: A

Explanation: Alcohol slows activity in the brain and central nervous system, making it a depressant.

17. Which drug is commonly associated with hallucinations?

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

Answer: A

Explanation: LSD is a hallucinogen that can alter perception, mood, and thinking.

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

Answer: B

Explanation: Detoxification, or detox, is the process of safely clearing substances from the body.

19. Which professional may help treat addiction?

- A. Counselor
- B. Physician

- C. Psychologist
- D. All of the above

Answer: D

Explanation: Addiction treatment often involves a team of healthcare and mental health professionals.

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

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

Answer: A

Explanation: Alcoholics Anonymous provides peer support through a structured recovery program.

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

Answer: B

Explanation: Cravings are intense desires that can trigger continued substance use or relapse.

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

Answer: D

Explanation: Emotional stress, environments, and exposure to substances can all trigger relapse.

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

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

Answer: A

Explanation: Long-term alcohol use can cause liver diseases such as fatty liver, hepatitis, and cirrhosis.

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

Answer: B

Explanation: Addiction is a complex medical condition involving biological, psychological, and environmental influences.

25. Opioid overdose can cause:

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

Answer: B

Explanation: Opioids slow breathing, and overdose can lead to respiratory failure and death.

26. Naloxone is used to:

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

Answer: B

Explanation: Naloxone rapidly reverses opioid overdose by blocking opioid receptors.

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

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

Answer: A

Explanation: Smoking tobacco is a major risk factor for lung cancer and other respiratory diseases.

28. Addiction can negatively affect:

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

Answer: D

Explanation: Addiction often disrupts multiple areas of life, including health, work, finances, and relationships.

29. Which therapy helps individuals change unhealthy thought patterns?

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

Answer: A

Explanation: Cognitive behavioral therapy helps people recognize and change harmful thoughts and behaviors.

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

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

Answer: A

Explanation: Methamphetamine strongly stimulates dopamine release, contributing to intense addiction potential.

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

Answer: A

Explanation: Physical dependence develops when the body becomes accustomed to a substance.

32. Which of the following may help prevent addiction?

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

Answer: D

Explanation: Prevention efforts often focus on education, support systems, and healthy coping mechanisms.

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

Answer: B

Explanation: Binge drinking significantly raises blood alcohol concentration and increases health and safety risks.

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

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

Answer: D

Explanation: Alcohol withdrawal may involve tremors, sweating, anxiety, seizures, and other serious symptoms.

35. Which drug category includes marijuana?

- A. Cannabis

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

Answer: A

Explanation: Marijuana comes from the cannabis plant and contains psychoactive compounds such as THC.

36. Which behavior is associated with severe addiction?

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

Answer: A

Explanation: Persistent use despite negative consequences is a key indicator of addiction.

37. Which of the following can occur during recovery?

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

Answer: D

Explanation: Recovery is often a long-term process involving challenges and setbacks.

38. Which stimulant is commonly consumed worldwide?

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

Answer: A

Explanation: Caffeine stimulates the central nervous system and is found in coffee, tea, and energy drinks.

39. Which factor may protect against addiction?

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

Answer: A

Explanation: Positive relationships and support systems can reduce addiction risk.

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

Answer: B

Explanation: Medication-assisted treatment combines medications with counseling to improve recovery outcomes.

41. Which opioid medication can reverse overdose temporarily?

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

Answer: A

Explanation: Naloxone rapidly blocks opioid effects and restores breathing during overdose emergencies.

42. Which substance can impair driving ability?

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

Answer: D

Explanation: Many substances impair coordination, reaction time, and judgment, increasing crash risk.

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

Answer: D

Explanation: Mental health issues, stress, and peer influence can all contribute to relapse.

44. Addiction affects the brain's:

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

Answer: D

Explanation: Addiction alters multiple brain systems related to reward, judgment, and memory.

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

Answer: D

Explanation: Methamphetamine can cause serious dental, neurological, and psychological problems.

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

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

Answer: A

Explanation: Group therapy provides support, accountability, and shared experiences in recovery.

47. What is a common symptom of nicotine withdrawal?

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

Answer: D

Explanation: Nicotine withdrawal commonly causes cravings, irritability, anxiety, and appetite changes.

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

Answer: A

Explanation: Relapse can occur during recovery and may provide opportunities to strengthen treatment strategies.

49. Which drug may cause slowed breathing and drowsiness?

- A. Opioids
- B. Caffeine
- C. Nicotine
- D. Cocaine

Answer: A

Explanation: Opioids depress the nervous system and can dangerously slow breathing.

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

Answer: B

Explanation: Recovery is often an ongoing process involving lifestyle changes, support, and treatment.

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

- A. Alcohol

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

Answer: A

Explanation: Alcohol blackouts involve gaps in memory caused by high levels of intoxication.

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

Answer: D

Explanation: Combining substances, increasing dosage, and loss of tolerance can all increase overdose danger.

53. Which drug is often smoked in cigarette form?

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

Answer: A

Explanation: Tobacco is commonly smoked and contains nicotine, a highly addictive substance.

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

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

D. Prevention

Answer: A

Explanation: Cravings are intense urges that can drive ongoing use or relapse.

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

Answer: D

Explanation: Addiction can impact finances, health, employment, and legal status.

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

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

Answer: A

Explanation: Cognitive behavioral therapy teaches people to recognize triggers and develop healthier coping strategies.

57. Which population may experience stigma related to addiction?

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

Answer: A

Explanation: Stigma can discourage individuals from seeking treatment and support.

58. Which of the following can support recovery?

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

Answer: D

Explanation: Recovery is strengthened by treatment, support systems, and stable living conditions.

59. Which drug class includes Xanax and Valium?

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

Answer: A

Explanation: Benzodiazepines are sedative medications that can be addictive when misused.

60. What is abstinence?

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

Answer: B

Explanation: Abstinence refers to completely refraining from substance use.

61. Which neurotransmitter is linked to pleasure and reinforcement?

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

Answer: A

Explanation: Dopamine helps reinforce rewarding behaviors and plays a central role in addiction.

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

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

Answer: A

Explanation: Naltrexone can reduce alcohol cravings and help support recovery.

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

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

Answer: A

Explanation: Severe alcohol withdrawal can lead to seizures and delirium tremens, requiring medical care.

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

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

Answer: D

Explanation: Healthy coping strategies help reduce stress and lower relapse risk.

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

- A. Prefrontal cortex
- B. Cerebellum only
- C. Retina
- D. Pancreas

Answer: A

Explanation: Addiction can impair the prefrontal cortex, affecting decision-making and impulse control.

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

Answer: A

Explanation: Peer pressure can contribute to experimentation and ongoing substance use.

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

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

Answer: A

Explanation: Dependence occurs when the body or mind adapts to regular substance use.

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

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

Answer: D

Explanation: Opioid withdrawal can cause uncomfortable physical and emotional symptoms.

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

Answer: D

Explanation: Behavioral changes may signal substance misuse or addiction.

70. What is cross-addiction?

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

Answer: A

Explanation: Cross-addiction occurs when one addiction is replaced or accompanied by another.

71. Which substance is commonly linked to vaping?

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

Answer: A

Explanation: Many vaping products contain nicotine, which is highly addictive.

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

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

Answer: D

Explanation: Comprehensive and continued support improves long-term recovery success.

73. Which type of drug slows brain activity?

- A. Depressant
- B. Stimulant

- C. Hallucinogen
- D. Steroid

Answer: A

Explanation: Depressants reduce central nervous system activity and may impair coordination and judgment.

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

Answer: D

Explanation: Cocaine can damage the cardiovascular and nervous systems.

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

Answer: B

Explanation: Effective treatment plans are often tailored to the individual's needs.

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

Answer: D

Explanation: Recovery plans often include trigger management and support systems.

77. Which behavior may indicate gambling addiction?

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

Answer: D

Explanation: Gambling addiction often involves secrecy, financial distress, and compulsive gambling.

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

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

Answer: D

Explanation: Severe withdrawal symptoms can become life-threatening without medical supervision.

79. Which factor can help reduce stigma around addiction?

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

Answer: D

Explanation: Education and respectful communication help people view addiction as a health condition rather than a moral failing.

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

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

Answer: A

Explanation: Fentanyl is a powerful synthetic opioid associated with a high risk of overdose.

81. Which support system can help individuals maintain sobriety?

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

Answer: D

Explanation: Strong support networks improve recovery and reduce relapse risk.

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

Answer: D

Explanation: Substance exposure during pregnancy can affect fetal growth and development.

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

Answer: D

Explanation: Harm reduction aims to decrease the negative consequences associated with substance use.

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

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

Answer: D

Explanation: Many individuals with addiction also experience mental health conditions.

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

Answer: A

Explanation: Tolerance develops gradually and may increase overdose risk when doses rise.

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

Answer: A

Explanation: Substance use during adolescence can interfere with normal brain development.

87. Which therapy may involve rewards for healthy behaviors?

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

Answer: A

Explanation: Contingency management uses positive reinforcement to encourage recovery behaviors.

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

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

Answer: D

Explanation: Biological and environmental stressors may increase susceptibility to addiction.

89. Which drug category includes ecstasy (MDMA)?

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

Answer: A

Explanation: MDMA has both stimulant and hallucinogenic effects.

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

Answer: D

Explanation: Professional treatment can address medical, psychological, and social aspects of addiction.

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

Answer: D

Explanation: Mixing substances can intensify harmful effects and increase overdose danger.

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

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

Answer: A

Explanation: Substance use disorder involves problematic substance use causing significant impairment.

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

Answer: D

Explanation: Confidence and supportive relationships can help people avoid risky behaviors.

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

Answer: D

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

Answer: D

Explanation: Long-term recovery often requires continuous support and healthy lifestyle habits.

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

Answer: D

Explanation: Opioid overdose is a medical emergency characterized by respiratory depression and loss of consciousness.

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

Answer: A

Explanation: Recovery groups offer peer encouragement and social support.

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

Answer: D

Explanation: Relapse prevention involves planning, treatment adherence, and healthy lifestyle choices.

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

Answer: D

Explanation: Many people successfully manage addiction and maintain recovery with proper support and treatment.

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

Answer: A

Explanation: Addiction is a treatable medical condition influenced by biological, psychological, and social factors.