

Alcohol Addiction Quiz: 100 Multiple-Choice Questions

1. What is alcohol addiction also commonly called?

- A. Hypertension
- B. Alcohol Use Disorder
- C. Osteoporosis
- D. Anemia

2. Which organ is most directly affected by excessive alcohol consumption?

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

3. Which neurotransmitter is heavily involved in alcohol addiction?

- A. Dopamine
- B. Insulin
- C. Melatonin
- D. Histamine

4. What is a common sign of alcohol dependence?

- A. Drinking only water
- B. Craving alcohol
- C. Increased exercise
- D. Reduced appetite for sweets

5. Which term describes needing more alcohol to achieve the same effect?

- A. Withdrawal
- B. Detoxification
- C. Tolerance
- D. Abstinence

6. Which symptom may occur during alcohol withdrawal?

- A. Tremors
- B. Improved balance
- C. Better concentration
- D. Hair growth

7. What is binge drinking?

- A. Drinking water rapidly
- B. Drinking heavily in a short period
- C. Drinking coffee daily
- D. Avoiding alcohol entirely

8. Which condition can result from long-term alcohol abuse?

- A. Cirrhosis
- B. Improved memory
- C. Perfect vision
- D. Increased lung capacity

9. Which age group is at risk for alcohol addiction?

- A. Only older adults
- B. Only teenagers
- C. People of all ages
- D. Only athletes

10. What is one psychological effect of alcohol addiction?

- A. Anxiety
- B. Increased energy permanently
- C. Perfect emotional control
- D. Instant memory improvement

11. Which vitamin deficiency is common in chronic alcoholism?

- A. Vitamin C
- B. Vitamin D

- C. Thiamine
- D. Vitamin K

12. What is delirium tremens?

- A. A mild headache
- B. Severe alcohol withdrawal syndrome
- C. A stomach infection
- D. A sleep disorder unrelated to alcohol

13. Which factor can increase the risk of alcohol addiction?

- A. Family history
- B. Eating vegetables
- C. Sleeping regularly
- D. Reading books

14. Which brain function is impaired by alcohol?

- A. Judgment
- B. Hair color
- C. Fingerprint formation
- D. Bone length

15. Which medication may help treat alcohol addiction?

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

16. What does "blackout" mean in alcohol use?

- A. Losing electricity
- B. Temporary memory loss due to intoxication
- C. Falling asleep naturally
- D. Losing eyesight permanently

17. Which social problem is commonly linked to alcohol addiction?

- A. Improved relationships
- B. Financial difficulties
- C. Better job performance
- D. Increased productivity

18. Which of the following is a depressant?

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

19. Which condition involves drinking despite harmful consequences?

- A. Alcohol Use Disorder
- B. Seasonal allergies
- C. Arthritis
- D. Astigmatism

20. What is detoxification?

- A. A workout program
- B. The process of clearing alcohol from the body
- C. Drinking more alcohol
- D. A vitamin supplement

21. Which symptom may suggest alcohol intoxication?

- A. Slurred speech
- B. Sharp reflexes
- C. Perfect balance
- D. Faster reading skills

22. What is a common emotional consequence of alcohol addiction?

- A. Depression
- B. Increased confidence forever

- C. Constant happiness
- D. Enhanced memory

23. Which treatment approach includes group support?

- A. Alcoholics Anonymous
- B. Surgery
- C. Radiation therapy
- D. Chemotherapy

24. Which body system does alcohol primarily affect?

- A. Nervous system
- B. Skeletal system only
- C. Hair follicles only
- D. Nail beds only

25. Which drinking behavior increases addiction risk?

- A. Frequent heavy drinking
- B. Drinking water daily
- C. Eating balanced meals
- D. Exercising weekly

26. What is a common physical sign of chronic alcoholism?

- A. Liver enlargement
- B. Improved vision
- C. Taller height
- D. Increased muscle mass automatically

27. Which mental health condition often coexists with alcohol addiction?

- A. Anxiety disorders
- B. Broken bones
- C. Nearsightedness
- D. Seasonal flu

28. What can happen if severe alcohol withdrawal is untreated?

- A. Seizures
- B. Improved health instantly
- C. Increased flexibility
- D. Better memory

29. Which behavior may indicate problematic drinking?

- A. Hiding alcohol consumption
- B. Drinking water after exercise
- C. Reading nutrition labels
- D. Taking vitamins

30. Which blood alcohol concentration effect is dangerous?

- A. Impaired driving ability
- B. Better coordination
- C. Enhanced concentration
- D. Improved reaction time

31. Which organ can develop pancreatitis from alcohol abuse?

- A. Pancreas
- B. Lungs
- C. Appendix
- D. Thyroid

32. What is a relapse?

- A. Returning to alcohol use after abstinence
- B. Starting a new diet
- C. Exercising more
- D. Completing treatment successfully

33. Which statement about alcohol addiction is true?

- A. It is a chronic medical condition
- B. It only affects weak-minded people

- C. It is always cured quickly
- D. It affects only men

34. Which withdrawal symptom may involve seeing things that are not there?

- A. Hallucinations
- B. Sneezing
- C. Hiccups
- D. Sunburn

35. What role can stress play in alcohol addiction?

- A. It can trigger drinking
- B. It always prevents drinking
- C. It cures addiction
- D. It improves liver function

36. Which hormone-related effect may alcohol cause?

- A. Hormonal imbalance
- B. Perfect hormone regulation
- C. Instant muscle growth
- D. Increased bone length

37. What is one benefit of alcohol recovery programs?

- A. Support and accountability
- B. Guaranteed instant cure
- C. Elimination of all stress
- D. Permanent immunity to cravings

38. Which complication can result from drinking during pregnancy?

- A. Fetal Alcohol Spectrum Disorders
- B. Improved infant growth
- C. Increased infant immunity
- D. Better fetal memory

39. Which area of life is commonly disrupted by alcohol addiction?

- A. Relationships
- B. Gravity
- C. Weather patterns
- D. Eye color

40. Which behavior is part of responsible drinking?

- A. Avoiding drinking and driving
- B. Driving after heavy drinking
- C. Mixing alcohol with dangerous drugs
- D. Ignoring alcohol limits

41. Which age restriction applies to alcohol in the United States?

- A. 18 years old
- B. 19 years old
- C. 21 years old
- D. 25 years old

42. Which condition may develop from alcohol-related malnutrition?

- A. Wernicke-Korsakoff syndrome
- B. Asthma
- C. Cataracts
- D. Kidney stones

43. What is a common barrier to seeking treatment?

- A. Denial
- B. Perfect health
- C. Excessive hydration
- D. Increased motivation

44. Which professional may help treat alcohol addiction?

- A. Addiction counselor
- B. Architect

- C. Mechanic
- D. Pilot

45. Which drinking pattern is considered high risk?

- A. Heavy daily drinking
- B. Drinking water regularly
- C. Eating fruit daily
- D. Walking after meals

46. Which medication can cause dangerous interactions with alcohol?

- A. Sedatives
- B. Vitamin supplements
- C. Saline solution
- D. Calcium tablets

47. Which symptom can indicate liver disease from alcohol?

- A. Jaundice
- B. Improved vision
- C. Increased hearing
- D. Stronger nails

48. Which social consequence may result from alcohol misuse?

- A. Legal problems
- B. Guaranteed promotions
- C. Better attendance
- D. Improved driving record

49. What is sobriety?

- A. Abstaining from alcohol
- B. Drinking only at night
- C. Drinking socially every day
- D. Mixing alcohol with caffeine

50. Which coping strategy may support recovery?

- A. Stress management
- B. Ignoring problems
- C. Drinking more alcohol
- D. Social isolation only

51. Which brain area is strongly linked to addiction reward pathways?

- A. Nucleus accumbens
- B. Appendix
- C. Gallbladder
- D. Cornea

52. Which factor may help prevent relapse?

- A. Ongoing counseling
- B. Avoiding all support
- C. Ignoring triggers
- D. Sleep deprivation

53. Which type of therapy is commonly used for alcohol addiction?

- A. Cognitive Behavioral Therapy
- B. Radiation therapy
- C. Occupational licensing
- D. Eye surgery

54. What is a trigger in addiction recovery?

- A. Something that increases urge to drink
- B. A vitamin supplement
- C. A blood test
- D. A type of exercise

55. Which disease risk increases with heavy alcohol use?

- A. Heart disease

- B. Improved immunity
- C. Faster healing always
- D. Increased bone density automatically

56. Which type of drink contains alcohol?

- A. Beer
- B. Orange juice
- C. Milk
- D. Tea

57. Which condition may occur when alcohol replaces healthy meals?

- A. Malnutrition
- B. Increased vitamin storage
- C. Improved digestion
- D. Enhanced immunity

58. Which behavior may indicate loss of control over drinking?

- A. Inability to stop after one drink
- B. Drinking water regularly
- C. Exercising daily
- D. Avoiding bars

59. Which mental effect may occur during intoxication?

- A. Poor decision-making
- B. Enhanced judgment
- C. Better memory storage
- D. Perfect concentration

60. Which support system may improve recovery outcomes?

- A. Family support
- B. Isolation
- C. Avoiding medical care
- D. Skipping therapy

61. Which severe liver condition is linked to alcoholism?

- A. Alcoholic hepatitis
- B. Seasonal allergies
- C. Tendonitis
- D. Eczema

62. What is one possible workplace consequence of alcohol addiction?

- A. Poor job performance
- B. Guaranteed raises
- C. Improved attendance
- D. Faster promotions

63. Which population is especially vulnerable to alcohol poisoning?

- A. Binge drinkers
- B. Professional athletes only
- C. Vegetarians only
- D. Teachers only

64. What is alcohol poisoning?

- A. Dangerous overdose of alcohol
- B. Food allergy
- C. Skin infection
- D. Muscle strain

65. Which symptom may indicate alcohol poisoning?

- A. Slow breathing
- B. Improved alertness
- C. Increased coordination
- D. Sharper memory

66. Which type of environment can support sobriety?

- A. Substance-free environment
- B. High-pressure drinking environment
- C. Constant bar attendance
- D. Peer pressure to drink

67. Which age group has developing brains especially vulnerable to alcohol?

- A. Adolescents
- B. Retirees only
- C. Toddlers only
- D. Middle-aged adults only

68. Which symptom may occur after long-term heavy drinking?

- A. Memory problems
- B. Improved concentration
- C. Enhanced reflexes
- D. Better coordination

69. Which factor may increase relapse risk?

- A. Exposure to drinking cues
- B. Healthy sleep habits
- C. Exercise routines
- D. Medical supervision

70. Which health professional may prescribe medication for AUD?

- A. Physician
- B. Electrician
- C. Chef
- D. Carpenter

71. Which behavior is common in addiction?

- A. Continuing use despite harm
- B. Perfect self-control always
- C. Avoiding risky behavior entirely

D. Instant recovery without treatment

72. Which vitamin supplement is often recommended during alcohol withdrawal?

- A. Thiamine
- B. Vitamin E only
- C. Vitamin A only
- D. Iron only

73. Which emotional issue may contribute to alcohol misuse?

- A. Trauma
- B. Perfect emotional stability
- C. Constant happiness
- D. Lack of stress entirely

74. Which concept describes needing alcohol to feel normal?

- A. Dependence
- B. Nutrition
- C. Flexibility
- D. Endurance

75. Which organ besides the liver is harmed by alcohol?

- A. Brain
- B. Fingernails only
- C. Hair only
- D. Teeth only

76. Which action may help someone with alcohol addiction?

- A. Encouraging professional treatment
- B. Ignoring the problem
- C. Providing alcohol
- D. Shaming the person

77. Which type of craving can occur during recovery?

- A. Psychological craving
- B. Increased appetite for vegetables only
- C. Improved sleep desire only
- D. Reduced stress automatically

78. Which condition may coexist with alcohol addiction?

- A. PTSD
- B. Broken fingernails
- C. Color blindness
- D. Seasonal pollen sensitivity

79. Which effect does alcohol have on reaction time?

- A. Slows reaction time
- B. Permanently speeds it up
- C. Has no effect
- D. Improves athletic ability instantly

80. Which outcome may result from underage drinking?

- A. Increased accident risk
- B. Guaranteed academic success
- C. Improved concentration
- D. Better decision-making

81. Which blood alcohol level effect may become life-threatening?

- A. Respiratory depression
- B. Increased appetite
- C. Dry skin
- D. Mild fatigue

82. Which recovery strategy involves avoiding high-risk situations?

- A. Relapse prevention planning
- B. Ignoring triggers
- C. Sleep deprivation

D. Avoiding counseling

83. Which type of drinking is most associated with accidents?

- A. Heavy intoxication
- B. Drinking water
- C. Herbal tea consumption
- D. Juice intake

84. Which consequence may affect children of parents with alcohol addiction?

- A. Emotional stress
- B. Guaranteed resilience
- C. Improved academic performance automatically
- D. Immunity to mental health problems

85. Which treatment setting provides 24-hour care?

- A. Inpatient rehabilitation
- B. Outpatient counseling only
- C. Fitness center
- D. Library program

86. Which type of therapy may involve family members?

- A. Family therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Physical therapy only

87. Which effect can alcohol have on sleep?

- A. Disrupted sleep quality
- B. Permanent sleep improvement
- C. Elimination of fatigue forever
- D. Guaranteed deep sleep

88. Which risk increases when alcohol is mixed with opioids?

- A. Overdose risk
- B. Improved breathing
- C. Enhanced alertness
- D. Increased coordination

89. Which issue may occur in academic settings because of alcohol misuse?

- A. Declining grades
- B. Guaranteed scholarships
- C. Better memory retention
- D. Perfect attendance

90. Which statement about recovery is accurate?

- A. Recovery is often a long-term process
- B. Recovery always happens instantly
- C. Relapse means treatment failed completely
- D. Treatment never works

91. Which symptom can appear during withdrawal within hours after stopping alcohol?

- A. Anxiety
- B. Improved memory
- C. Enhanced reflexes
- D. Increased coordination

92. Which community resource supports alcohol recovery?

- A. Support groups
- B. Traffic schools
- C. Movie theaters
- D. Shopping malls

93. Which long-term effect may alcohol have on the brain?

- A. Cognitive impairment

- B. Guaranteed intelligence increase
- C. Perfect recall
- D. Faster learning automatically

94. Which strategy can reduce the risk of binge drinking?

- A. Setting drink limits
- B. Drinking rapidly
- C. Skipping meals before drinking
- D. Participating in drinking games

95. Which legal offense is commonly linked to alcohol misuse?

- A. DUI
- B. Tax filing
- C. Library fines
- D. Parking permits

96. Which emotion may increase the urge to drink in some individuals?

- A. Loneliness
- B. Satisfaction
- C. Relaxation only
- D. Confidence only

97. Which approach combines medication and counseling?

- A. Comprehensive treatment
- B. Ignoring symptoms
- C. Self-diagnosis only
- D. Avoiding healthcare

98. Which physical symptom may result from chronic alcohol misuse?

- A. Neuropathy
- B. Improved balance
- C. Better circulation always

D. Increased reflexes

99. Which statement about alcohol addiction treatment is true?

- A. Treatment plans should be individualized
- B. One treatment works for everyone
- C. Therapy is never useful
- D. Recovery support is unnecessary

100. What is the primary goal of alcohol addiction treatment?

- A. Improve health and quality of life
- B. Increase alcohol tolerance
- C. Encourage binge drinking
- D. Avoid medical supervision