

Alcohol Addiction Quiz: 100 Multiple-Choice Questions with Answers

1. What is alcohol addiction also commonly called?

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

Answer: B. Alcohol Use Disorder

Explanation: Alcohol addiction is medically referred to as Alcohol Use Disorder (AUD). It involves difficulty controlling alcohol use despite negative consequences.

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

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

Answer: A. Liver

Explanation: The liver processes alcohol. Long-term heavy drinking can cause fatty liver disease, hepatitis, fibrosis, and cirrhosis.

3. Which neurotransmitter is heavily involved in alcohol addiction?

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

Answer: A. Dopamine

Explanation: Dopamine is associated with pleasure and reward. Alcohol increases dopamine release, reinforcing drinking behavior.

4. What is a common sign of alcohol dependence?

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

Answer: B. Craving alcohol

Explanation: Cravings are a hallmark sign of dependence and indicate the brain has become conditioned to alcohol use.

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

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

Answer: C. Tolerance

Explanation: Tolerance develops when the body adapts to alcohol, requiring larger amounts to feel the same effects.

6. Which symptom may occur during alcohol withdrawal?

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

Answer: A. Tremors

Explanation: Tremors, sweating, anxiety, and nausea are common withdrawal symptoms after stopping heavy alcohol use.

7. What is binge drinking?

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

Answer: B. Drinking heavily in a short period

Explanation: Binge drinking involves consuming large amounts of alcohol quickly, often leading to intoxication.

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

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

Answer: A. Cirrhosis

Explanation: Cirrhosis is severe liver scarring caused by chronic liver damage, commonly linked to long-term alcohol misuse.

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

Answer: C. People of all ages

Explanation: Alcohol addiction can affect individuals of any age, though risk factors vary by population.

10. What is one psychological effect of alcohol addiction?

- A. Anxiety
- B. Increased energy permanently

- C. Perfect emotional control
- D. Instant memory improvement

Answer: A. Anxiety

Explanation: Alcohol misuse can worsen anxiety and other mental health conditions over time.

11. Which vitamin deficiency is common in chronic alcoholism?

- A. Vitamin C
- B. Vitamin D
- C. Thiamine
- D. Vitamin K

Answer: C. Thiamine

Explanation: Chronic alcohol use often leads to thiamine deficiency, which can cause neurological complications.

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

Answer: B. Severe alcohol withdrawal syndrome

Explanation: Delirium tremens is a dangerous withdrawal condition involving confusion, hallucinations, fever, and seizures.

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

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

Answer: A. Family history

Explanation: Genetics and family history can significantly increase vulnerability to alcohol addiction.

14. Which brain function is impaired by alcohol?

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

Answer: A. Judgment

Explanation: Alcohol affects the brain's frontal lobe, impairing judgment, decision-making, and impulse control.

15. Which medication may help treat alcohol addiction?

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

Answer: A. Naltrexone

Explanation: Naltrexone can reduce cravings and help people maintain sobriety.

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

Answer: B. Temporary memory loss due to intoxication

Explanation: Alcohol blackouts occur when intoxication prevents the brain from forming memories.

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

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

Answer: B. Financial difficulties

Explanation: Alcohol addiction can contribute to job loss, overspending, and financial strain.

18. Which of the following is a depressant?

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

Answer: A. Alcohol

Explanation: Alcohol is a central nervous system depressant that slows brain activity.

19. Which condition involves drinking despite harmful consequences?

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

Answer: A. Alcohol Use Disorder

Explanation: AUD is characterized by continued alcohol use despite physical, emotional, or social harm.

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

Answer: B. The process of clearing alcohol from the body

Explanation: Detoxification is the medically supervised process of allowing the body to eliminate alcohol safely.

21. Which symptom may suggest alcohol intoxication?

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

Answer: A. Slurred speech

Explanation: Slurred speech commonly occurs because alcohol impairs coordination and nervous system function.

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

- A. Depression
- B. Increased confidence forever
- C. Constant happiness
- D. Enhanced memory

Answer: A. Depression

Explanation: Alcohol addiction is strongly associated with depression and mood instability.

23. Which treatment approach includes group support?

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

Answer: A. Alcoholics Anonymous

Explanation: Alcoholics Anonymous provides peer support and recovery guidance through group meetings.

24. Which body system does alcohol primarily affect?

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

Answer: A. Nervous system

Explanation: Alcohol affects the central nervous system, altering mood, coordination, and thinking.

25. Which drinking behavior increases addiction risk?

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

Answer: A. Frequent heavy drinking

Explanation: Repeated heavy alcohol consumption increases the likelihood of dependence and addiction.

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

- A. Liver enlargement
- B. Improved vision
- C. Taller height

D. Increased muscle mass automatically

Answer: A. Liver enlargement

Explanation: Chronic alcohol use can enlarge and damage the liver.

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

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

Answer: A. Anxiety disorders

Explanation: Anxiety disorders frequently occur alongside alcohol addiction.

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

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

Answer: A. Seizures

Explanation: Severe withdrawal can lead to seizures and life-threatening complications.

29. Which behavior may indicate problematic drinking?

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

Answer: A. Hiding alcohol consumption

Explanation: Secretive drinking often signals shame, loss of control, or dependence.

30. Which blood alcohol concentration effect is dangerous?

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

Answer: A. Impaired driving ability

Explanation: Alcohol slows reaction time and impairs judgment, increasing accident risk.

31. Which organ can develop pancreatitis from alcohol abuse?

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

Answer: A. Pancreas

Explanation: Heavy alcohol use can inflame the pancreas, causing pancreatitis.

32. What is a relapse?

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

Answer: A. Returning to alcohol use after abstinence

Explanation: Relapse refers to resuming alcohol use after a period of recovery.

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

Answer: A. It is a chronic medical condition

Explanation: Alcohol addiction is recognized as a chronic medical condition influenced by biological, psychological, and social factors.

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

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

Answer: A. Hallucinations

Explanation: Severe withdrawal can produce hallucinations and confusion.

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

Answer: A. It can trigger drinking

Explanation: Stress is a common trigger for alcohol misuse and relapse.

36. Which hormone-related effect may alcohol cause?

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

Answer: A. Hormonal imbalance

Explanation: Chronic alcohol use can disrupt hormone production and balance.

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

Answer: A. Support and accountability

Explanation: Recovery programs provide guidance, encouragement, and relapse prevention support.

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

Answer: A. Fetal Alcohol Spectrum Disorders

Explanation: Alcohol exposure during pregnancy can cause developmental and neurological problems in the baby.

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

- A. Relationships
- B. Gravity

- C. Weather patterns
- D. Eye color

Answer: A. Relationships

Explanation: Alcohol addiction can damage trust, communication, and family stability.

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

Answer: A. Avoiding drinking and driving

Explanation: Responsible drinking includes safety precautions such as never driving while intoxicated.

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

Answer: C. 21 years old

Explanation: The legal drinking age in the United States is 21.

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

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

Answer: A. Wernicke-Korsakoff syndrome

Explanation: Severe thiamine deficiency linked to alcoholism can damage the brain.

43. What is a common barrier to seeking treatment?

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

Answer: A. Denial

Explanation: Many individuals minimize or deny the severity of their drinking problem.

44. Which professional may help treat alcohol addiction?

- A. Addiction counselor
- B. Architect
- C. Mechanic
- D. Pilot

Answer: A. Addiction counselor

Explanation: Addiction counselors provide therapy, coping strategies, and recovery planning.

45. Which drinking pattern is considered high risk?

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

Answer: A. Heavy daily drinking

Explanation: Frequent heavy drinking increases health risks and dependence potential.

46. Which medication can cause dangerous interactions with alcohol?

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

Answer: A. Sedatives

Explanation: Combining alcohol with sedatives can dangerously slow breathing and heart rate.

47. Which symptom can indicate liver disease from alcohol?

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

Answer: A. Jaundice

Explanation: Yellowing of the skin and eyes can indicate liver damage.

48. Which social consequence may result from alcohol misuse?

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

Answer: A. Legal problems

Explanation: Alcohol misuse can contribute to arrests, DUIs, and other legal issues.

49. What is sobriety?

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

Answer: A. Abstaining from alcohol

Explanation: Sobriety means living without alcohol or intoxicating substances.

50. Which coping strategy may support recovery?

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

Answer: A. Stress management

Explanation: Healthy coping strategies help reduce relapse risk.

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

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

Answer: A. Nucleus accumbens

Explanation: The nucleus accumbens is involved in reward and reinforcement behaviors.

52. Which factor may help prevent relapse?

- A. Ongoing counseling
- B. Avoiding all support

- C. Ignoring triggers
- D. Sleep deprivation

Answer: A. Ongoing counseling

Explanation: Continued counseling can help people maintain long-term recovery.

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

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

Answer: A. Cognitive Behavioral Therapy

Explanation: CBT helps people identify and change unhealthy thoughts and behaviors.

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

Answer: A. Something that increases urge to drink

Explanation: Triggers can include stress, environments, or emotions associated with alcohol use.

55. Which disease risk increases with heavy alcohol use?

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

Answer: A. Heart disease

Explanation: Excessive alcohol consumption can contribute to high blood pressure and heart disease.

56. Which type of drink contains alcohol?

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

Answer: A. Beer

Explanation: Beer contains ethanol, the intoxicating ingredient in alcoholic beverages.

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

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

Answer: A. Malnutrition

Explanation: Alcohol can interfere with nutrient absorption and reduce healthy eating.

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

Answer: A. Inability to stop after one drink

Explanation: Loss of control is a common sign of addiction.

59. Which mental effect may occur during intoxication?

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

Answer: A. Poor decision-making

Explanation: Alcohol impairs reasoning and judgment.

60. Which support system may improve recovery outcomes?

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

Answer: A. Family support

Explanation: Supportive relationships can encourage treatment participation and sobriety.

61. Which severe liver condition is linked to alcoholism?

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

Answer: A. Alcoholic hepatitis

Explanation: Alcoholic hepatitis is inflammation of the liver caused by excessive drinking.

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

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

Answer: A. Poor job performance

Explanation: Alcohol misuse can impair concentration, reliability, and productivity.

63. Which population is especially vulnerable to alcohol poisoning?

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

Answer: A. Binge drinkers

Explanation: Consuming large amounts of alcohol quickly can overwhelm the body.

64. What is alcohol poisoning?

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

Answer: A. Dangerous overdose of alcohol

Explanation: Alcohol poisoning can slow breathing, cause unconsciousness, and become fatal.

65. Which symptom may indicate alcohol poisoning?

- A. Slow breathing
- B. Improved alertness

- C. Increased coordination
- D. Sharper memory

Answer: A. Slow breathing

Explanation: Alcohol suppresses breathing and nervous system activity in overdose situations.

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

Answer: A. Substance-free environment

Explanation: Safe and supportive environments reduce exposure to triggers.

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

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

Answer: A. Adolescents

Explanation: Alcohol can interfere with brain development in adolescents.

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

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

Answer: A. Memory problems

Explanation: Chronic alcohol use can impair memory and cognitive function.

69. Which factor may increase relapse risk?

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

Answer: A. Exposure to drinking cues

Explanation: Being around alcohol-related reminders can trigger cravings.

70. Which health professional may prescribe medication for AUD?

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

Answer: A. Physician

Explanation: Physicians can prescribe medications and oversee treatment plans.

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

Answer: A. Continuing use despite harm

Explanation: Persistent use despite consequences is a defining feature of addiction.

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

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

Answer: A. Thiamine

Explanation: Thiamine supplementation helps prevent neurological complications.

73. Which emotional issue may contribute to alcohol misuse?

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

Answer: A. Trauma

Explanation: Trauma and emotional distress can increase addiction risk.

74. Which concept describes needing alcohol to feel normal?

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

Answer: A. Dependence

Explanation: Dependence occurs when the body adapts to alcohol and experiences withdrawal without it.

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

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

Answer: A. Brain

Explanation: Alcohol can damage brain structure and function over time.

76. Which action may help someone with alcohol addiction?

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

Answer: A. Encouraging professional treatment

Explanation: Supportive encouragement can help people seek effective care.

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

Answer: A. Psychological craving

Explanation: Emotional and psychological urges to drink may persist during recovery.

78. Which condition may coexist with alcohol addiction?

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

Answer: A. PTSD

Explanation: Post-traumatic stress disorder often occurs alongside substance use disorders.

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

Answer: A. Slows reaction time

Explanation: Alcohol impairs coordination and reflexes.

80. Which outcome may result from underage drinking?

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

Answer: A. Increased accident risk

Explanation: Underage drinking is associated with risky behavior and accidents.

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

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

Answer: A. Respiratory depression

Explanation: Extremely high alcohol levels can dangerously slow breathing.

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

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

Answer: A. Relapse prevention planning

Explanation: Planning ahead helps people manage cravings and risky environments.

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

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

Answer: A. Heavy intoxication

Explanation: Severe intoxication increases injury and accident risk.

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

Answer: A. Emotional stress

Explanation: Family alcohol problems can negatively affect children emotionally and socially.

85. Which treatment setting provides 24-hour care?

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

Answer: A. Inpatient rehabilitation

Explanation: Inpatient rehabilitation offers structured, round-the-clock treatment.

86. Which type of therapy may involve family members?

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

Answer: A. Family therapy

Explanation: Family therapy addresses communication, support, and relationship issues.

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

Answer: A. Disrupted sleep quality

Explanation: Alcohol can interfere with restorative sleep cycles.

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

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

Answer: A. Overdose risk

Explanation: Combining depressants can dangerously slow breathing and heart function.

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

Answer: A. Declining grades

Explanation: Alcohol misuse can impair learning and academic performance.

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

Answer: A. Recovery is often a long-term process

Explanation: Recovery may involve ongoing support, treatment, and lifestyle changes.

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

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

Answer: A. Anxiety

Explanation: Anxiety commonly develops early during alcohol withdrawal.

92. Which community resource supports alcohol recovery?

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

Answer: A. Support groups

Explanation: Support groups provide shared experiences and encouragement.

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

Answer: A. Cognitive impairment

Explanation: Chronic alcohol misuse can impair thinking, memory, and concentration.

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

Answer: A. Setting drink limits

Explanation: Setting limits can help reduce excessive alcohol consumption.

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

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

Answer: A. DUI

Explanation: Driving under the influence is a major legal and public safety concern.

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

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

Answer: A. Loneliness

Explanation: Emotional distress and loneliness can contribute to cravings.

97. Which approach combines medication and counseling?

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

Answer: A. Comprehensive treatment

Explanation: Combining medication with therapy often improves treatment outcomes.

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

- A. Neuropathy
- B. Improved balance
- C. Better circulation always
- D. Increased reflexes

Answer: A. Neuropathy

Explanation: Alcohol-related nerve damage can cause numbness and tingling.

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

Answer: A. Treatment plans should be individualized

Explanation: Effective treatment considers the person's medical, psychological, and social needs.

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

Answer: A. Improve health and quality of life

Explanation: Treatment aims to help individuals achieve recovery, improve well-being, and reduce harmful consequences.