

100 Multiple-Choice Quiz about Nicotine Addiction with Answers

1. What is nicotine?

- A. A vitamin
- B. A stimulant drug found in tobacco
- C. A type of protein
- D. A mineral

Answer: B. A stimulant drug found in tobacco

Explanation: Nicotine is a highly addictive stimulant chemical naturally found in tobacco plants. It affects the brain and nervous system by increasing dopamine release.

2. Which part of the body is most directly affected by nicotine addiction?

- A. Bones
- B. Brain
- C. Skin
- D. Kidneys

Answer: B. Brain

Explanation: Nicotine changes brain chemistry, especially in reward pathways involving dopamine, making addiction more likely.

3. What neurotransmitter is strongly linked to nicotine addiction?

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

Answer: B. Dopamine

Explanation: Nicotine stimulates dopamine release, creating feelings of pleasure and reinforcing repeated tobacco use.

4. Which product commonly contains nicotine?

- A. Cigarettes
- B. Apples
- C. Bread
- D. Milk

Answer: A. Cigarettes

Explanation: Cigarettes contain tobacco, which naturally contains nicotine.

5. Nicotine addiction is best described as:

- A. A temporary habit only
- B. A chronic dependence on nicotine
- C. A bacterial infection
- D. A vitamin deficiency

Answer: B. A chronic dependence on nicotine

Explanation: Nicotine addiction involves physical and psychological dependence that can persist for years.

6. Which symptom is common during nicotine withdrawal?

- A. Increased concentration
- B. Cravings
- C. Improved sleep
- D. Fever

Answer: B. Cravings

Explanation: Strong urges to use nicotine are one of the most common withdrawal symptoms.

7. What organ absorbs nicotine rapidly when smoking?

- A. Liver
- B. Lungs
- C. Pancreas
- D. Spleen

Answer: B. Lungs

Explanation: Nicotine enters the bloodstream quickly through the lungs during smoking.

8. How quickly can nicotine reach the brain after inhalation?

- A. About 10 seconds
- B. 10 minutes
- C. 1 hour
- D. 24 hours

Answer: A. About 10 seconds

Explanation: Nicotine reaches the brain extremely quickly, contributing to its addictive potential.

9. Which age group is most vulnerable to nicotine addiction?

- A. Teenagers
- B. Elderly adults only
- C. Infants
- D. Toddlers

Answer: A. Teenagers

Explanation: Adolescent brains are still developing, making teens more susceptible to addiction.

10. Which smoking-related disease is strongly linked to nicotine use?

- A. Lung cancer
- B. Chickenpox

- C. Appendicitis
- D. Cataracts only

Answer: A. Lung cancer

Explanation: Smoking tobacco products greatly increases the risk of lung cancer.

11. What is vaping?

- A. Drinking flavored water
- B. Using an electronic device to inhale aerosol
- C. A breathing exercise
- D. A dental procedure

Answer: B. Using an electronic device to inhale aerosol

Explanation: Vaping devices heat liquid containing nicotine into an inhaled aerosol.

12. Which statement about nicotine is true?

- A. It is non-addictive
- B. It can increase heart rate
- C. It improves lung function
- D. It cures stress disorders

Answer: B. It can increase heart rate

Explanation: Nicotine stimulates the cardiovascular system and often increases heart rate and blood pressure.

13. What is a nicotine patch used for?

- A. Tattoo removal
- B. Nicotine replacement therapy
- C. Treating infections
- D. Improving vision

Answer: B. Nicotine replacement therapy

Explanation: Nicotine patches help people quit smoking by gradually reducing nicotine dependence.

14. Which symptom may occur after quitting nicotine?

- A. Irritability
- B. Permanent blindness
- C. Hair loss immediately
- D. Broken bones

Answer: A. Irritability

Explanation: Mood changes and irritability are common withdrawal symptoms.

15. Secondhand smoke refers to:

- A. Smoke inhaled from another person's cigarette
- B. Smoke from fireplaces only
- C. Steam from showers
- D. Air pollution from factories only

Answer: A. Smoke inhaled from another person's cigarette

Explanation: Secondhand smoke exposes nonsmokers to harmful chemicals from tobacco smoke.

16. Which chemical in cigarettes is most responsible for addiction?

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

Answer: B. Nicotine

Explanation: Nicotine is the main addictive substance in tobacco products.

17. What is a common trigger for smoking relapse?

- A. Stress
- B. Drinking water
- C. Sleeping
- D. Reading books

Answer: A. Stress

Explanation: Stress often increases cravings and may lead former smokers to relapse.

18. Smoking during pregnancy may increase the risk of:

- A. Low birth weight
- B. Improved infant health
- C. Faster infant growth
- D. Immunity to infections

Answer: A. Low birth weight

Explanation: Smoking while pregnant can reduce oxygen delivery to the fetus, affecting growth.

19. Which tobacco product is smokeless?

- A. Chewing tobacco
- B. Cigarettes
- C. Cigars
- D. Pipes

Answer: A. Chewing tobacco

Explanation: Chewing tobacco is used orally without burning.

20. What is nicotine withdrawal?

- A. Surgery for smokers
- B. Symptoms occurring after stopping nicotine use
- C. A type of infection
- D. A dental cleaning

Answer: B. Symptoms occurring after stopping nicotine use

Explanation: Withdrawal occurs when the body reacts to the absence of nicotine.

21. Which withdrawal symptom commonly affects appetite?

- A. Decreased appetite only
- B. Increased hunger
- C. Inability to taste food permanently
- D. Food allergies

Answer: B. Increased hunger

Explanation: Many people experience increased appetite after quitting nicotine.

22. What is one benefit of quitting smoking?

- A. Lower risk of heart disease
- B. Increased addiction
- C. Reduced oxygen levels forever
- D. Permanent cough worsening

Answer: A. Lower risk of heart disease

Explanation: Quitting smoking significantly reduces cardiovascular risk over time.

23. Which professional can help treat nicotine addiction?

- A. Healthcare provider
- B. Mechanic

- C. Electrician
- D. Pilot

Answer: A. Healthcare provider

Explanation: Doctors and counselors can recommend therapies and medications for quitting.

24. What does "craving" mean in nicotine addiction?

- A. A desire to sleep
- B. A strong urge to use nicotine
- C. A skin rash
- D. A breathing exercise

Answer: B. A strong urge to use nicotine

Explanation: Cravings are intense urges driven by brain dependence on nicotine.

25. Which disease is linked to long-term smoking?

- A. Chronic obstructive pulmonary disease (COPD)
- B. Broken arm syndrome
- C. Influenza only
- D. Seasonal allergies only

Answer: A. Chronic obstructive pulmonary disease (COPD)

Explanation: Smoking damages airways and lungs, contributing to COPD.

26. E-cigarettes often contain:

- A. Nicotine
- B. Concrete
- C. Flour
- D. Vitamins only

Answer: A. Nicotine

Explanation: Many vaping liquids contain nicotine, sometimes in high concentrations.

27. Which behavior may help someone quit smoking?

- A. Avoiding triggers
- B. Increasing cigarette use
- C. Ignoring cravings completely
- D. Sleeping less

Answer: A. Avoiding triggers

Explanation: Avoiding situations associated with smoking can reduce relapse risk.

28. What is nicotine gum used for?

- A. Treating cavities
- B. Helping reduce nicotine cravings
- C. Whitening teeth only
- D. Improving eyesight

Answer: B. Helping reduce nicotine cravings

Explanation: Nicotine gum provides controlled nicotine doses to ease withdrawal.

29. Smoking affects which body system most directly?

- A. Respiratory system
- B. Skeletal system only
- C. Digestive system only
- D. Reproductive system only

Answer: A. Respiratory system

Explanation: Smoking damages lungs and airways, impairing breathing.

30. Why is nicotine considered addictive?

- A. It changes brain reward pathways
- B. It strengthens bones
- C. It cures infections
- D. It replaces oxygen

Answer: A. It changes brain reward pathways

Explanation: Nicotine activates reward circuits in the brain, reinforcing repeated use.

31. Which mental health condition can be associated with smoking?

- A. Anxiety
- B. Broken bones
- C. Nearsightedness only
- D. Ear infections only

Answer: A. Anxiety

Explanation: Smoking and nicotine addiction are often linked with anxiety and stress disorders.

32. What is a common social influence on smoking initiation?

- A. Peer pressure
- B. Reading textbooks
- C. Exercising
- D. Gardening

Answer: A. Peer pressure

Explanation: Friends and social groups can influence individuals to start smoking.

33. Which cigarette component causes staining of teeth?

- A. Tar
- B. Water
- C. Protein
- D. Calcium

Answer: A. Tar

Explanation: Tar from tobacco smoke can stain teeth and damage oral tissues.

34. What is one short-term effect of nicotine?

- A. Increased alertness
- B. Bone fractures
- C. Loss of hearing immediately
- D. Blindness

Answer: A. Increased alertness

Explanation: Nicotine stimulates the nervous system, temporarily increasing alertness.

35. Smoking can reduce the amount of:

- A. Oxygen carried in blood
- B. Water in muscles
- C. Calcium in nails
- D. Hair growth hormones only

Answer: A. Oxygen carried in blood

Explanation: Carbon monoxide from smoke reduces oxygen delivery in the bloodstream.

36. Which of the following is a carcinogen found in tobacco smoke?

- A. Benzene

- B. Vitamin C
- C. Potassium
- D. Chlorophyll

Answer: A. Benzene

Explanation: Tobacco smoke contains multiple carcinogens, including benzene.

37. What is "cold turkey" quitting?

- A. Stopping nicotine use abruptly
- B. Eating poultry
- C. Switching to candy
- D. Using medication daily

Answer: A. Stopping nicotine use abruptly

Explanation: Quitting "cold turkey" means stopping nicotine without gradual reduction.

38. Which smoking product is wrapped in tobacco leaves?

- A. Cigar
- B. Nicotine patch
- C. Gum
- D. Inhaler

Answer: A. Cigar

Explanation: Cigars are tobacco products wrapped in tobacco leaf or tobacco-containing material.

39. Long-term smoking increases risk for:

- A. Stroke
- B. Improved memory
- C. Stronger lungs
- D. Faster healing

Answer: A. Stroke

Explanation: Smoking damages blood vessels and increases stroke risk.

40. Which strategy may support quitting smoking?

- A. Counseling
- B. Increasing stress
- C. Isolation from healthcare
- D. Avoiding support systems

Answer: A. Counseling

Explanation: Behavioral counseling improves quit success rates.

41. Which organ filters many toxic chemicals from cigarette smoke?

- A. Liver
- B. Toenails
- C. Eyelashes
- D. Fingertips

Answer: A. Liver

Explanation: The liver processes and detoxifies many chemicals absorbed from smoke.

42. Nicotine replacement therapy aims to:

- A. Eliminate all cravings instantly
- B. Reduce withdrawal symptoms
- C. Increase smoking pleasure
- D. Replace oxygen in blood

Answer: B. Reduce withdrawal symptoms

Explanation: Replacement therapies provide controlled nicotine doses to ease quitting.

43. Which form of tobacco is smoked in a pipe?

- A. Pipe tobacco
- B. Chewing gum
- C. Tea leaves
- D. Mint leaves

Answer: A. Pipe tobacco

Explanation: Pipe tobacco is specially prepared for smoking in pipes.

44. What is a common emotional withdrawal symptom?

- A. Depression
- B. Improved concentration only
- C. Complete happiness
- D. Hyperactivity only

Answer: A. Depression

Explanation: Mood disturbances can occur when nicotine is discontinued.

45. Which body function does nicotine stimulate?

- A. Release of adrenaline
- B. Bone growth only
- C. Tooth enamel formation
- D. Hair pigmentation

Answer: A. Release of adrenaline

Explanation: Nicotine stimulates adrenaline release, increasing heart rate and alertness.

46. Which population should avoid nicotine completely during pregnancy?

- A. Pregnant individuals
- B. Athletes only
- C. Teachers only
- D. Drivers only

Answer: A. Pregnant individuals

Explanation: Nicotine exposure during pregnancy may harm fetal development.

47. Smoking is a major preventable cause of:

- A. Death
- B. Broken pencils
- C. Baldness only
- D. Motion sickness only

Answer: A. Death

Explanation: Tobacco use contributes to many preventable illnesses and deaths worldwide.

48. Which of the following may improve after quitting smoking?

- A. Lung function
- B. Addiction severity
- C. Tar buildup
- D. Exposure to smoke

Answer: A. Lung function

Explanation: Lung function often improves gradually after smoking cessation.

49. What is a common reason people continue smoking?

- A. Dependence on nicotine
- B. Need for vitamins
- C. Water deficiency
- D. Tooth sensitivity

Answer: A. Dependence on nicotine

Explanation: Addiction and withdrawal symptoms make quitting difficult.

50. Which tobacco product is placed between the gum and lip?

- A. Snus
- B. Cigarettes
- C. Cigars
- D. Pipes

Answer: A. Snus

Explanation: Snus is a smokeless tobacco product used orally.

51. Smoking damages tiny air sacs in the lungs called:

- A. Alveoli
- B. Neurons
- C. Tendons
- D. Cartilage

Answer: A. Alveoli

Explanation: Smoking harms alveoli, reducing the lungs' ability to exchange oxygen.

52. Which habit may replace smoking during quitting?

- A. Chewing sugar-free gum
- B. Smoking more cigarettes
- C. Avoiding all exercise
- D. Skipping meals

Answer: A. Chewing sugar-free gum

Explanation: Healthy substitutes can help manage cravings.

53. Which disease is strongly associated with chewing tobacco?

- A. Oral cancer
- B. Asthma only
- C. Cataracts only
- D. Kidney stones only

Answer: A. Oral cancer

Explanation: Smokeless tobacco can increase the risk of cancers in the mouth.

54. Which factor can increase relapse risk?

- A. Alcohol use
- B. Healthy sleep
- C. Exercise
- D. Balanced nutrition

Answer: A. Alcohol use

Explanation: Alcohol may weaken self-control and trigger smoking urges.

55. Nicotine belongs to which category of drugs?

- A. Stimulants
- B. Antibiotics
- C. Sedatives only
- D. Antifungals

Answer: A. Stimulants

Explanation: Nicotine stimulates the central nervous system.

56. What is a common physical withdrawal symptom?

- A. Headaches
- B. Broken ribs
- C. Tooth fractures
- D. Blindness

Answer: A. Headaches

Explanation: Headaches can occur as the body adjusts to the absence of nicotine.

57. Which group is harmed by secondhand smoke?

- A. Nonsmokers nearby
- B. Trees only
- C. Furniture only
- D. Pets only

Answer: A. Nonsmokers nearby

Explanation: Secondhand smoke exposes others to harmful chemicals and health risks.

58. Why are flavored vaping products controversial?

- A. They may attract youth
- B. They improve nutrition
- C. They cure addiction
- D. They contain vitamins only

Answer: A. They may attract youth

Explanation: Sweet flavors may encourage nicotine use among adolescents.

59. Which smoking-related condition causes narrowed blood vessels?

- A. Peripheral artery disease
- B. Appendicitis
- C. Migraine only
- D. Arthritis only

Answer: A. Peripheral artery disease

Explanation: Smoking damages blood vessels and circulation.

60. Which quitting aid requires a prescription in some cases?

- A. Varenicline
- B. Candy
- C. Water bottle
- D. Toothpaste

Answer: A. Varenicline

Explanation: Varenicline is a medication that helps reduce nicotine cravings.

61. Nicotine addiction can affect:

- A. Attention and concentration
- B. Shoe size
- C. Fingerprints
- D. Eye color

Answer: A. Attention and concentration

Explanation: Nicotine affects brain function, including focus and attention.

62. Which symptom may improve within weeks of quitting?

- A. Breathing
- B. Addiction severity
- C. Tar production

D. Smoke exposure

Answer: A. Breathing

Explanation: Lung function and breathing capacity often improve after quitting.

63. What is one reason quitting smoking is difficult?

- A. Physical dependence
- B. Need for sunlight
- C. Lack of oxygen in rooms
- D. Muscle overgrowth

Answer: A. Physical dependence

Explanation: The body adapts to nicotine, causing withdrawal when use stops.

64. Which disease risk decreases after quitting smoking?

- A. Heart attack
- B. Broken bones
- C. Nearsightedness
- D. Appendicitis

Answer: A. Heart attack

Explanation: Smoking cessation lowers cardiovascular risks over time.

65. Which statement about vaping is correct?

- A. Some vaping products contain nicotine
- B. All vaping products are nicotine-free
- C. Vaping uses no chemicals
- D. Vaping improves lung health

Answer: A. Some vaping products contain nicotine

Explanation: Many e-cigarette products contain addictive nicotine.

66. What is tobacco?

- A. A plant containing nicotine
- B. A mineral rock
- C. A synthetic vitamin
- D. A bacteria type

Answer: A. A plant containing nicotine

Explanation: Tobacco plants naturally contain nicotine.

67. Which body system is affected by smoking-related heart disease?

- A. Cardiovascular system
- B. Skeletal system
- C. Digestive system only
- D. Lymphatic system only

Answer: A. Cardiovascular system

Explanation: Smoking damages the heart and blood vessels.

68. Which action may reduce nicotine cravings?

- A. Physical activity
- B. Skipping sleep
- C. Smoking more
- D. Avoiding hydration

Answer: A. Physical activity

Explanation: Exercise can reduce stress and help manage cravings.

69. What is one risk of adolescent nicotine exposure?

- A. Impaired brain development
- B. Taller height immediately
- C. Stronger teeth instantly
- D. Better hearing permanently

Answer: A. Impaired brain development

Explanation: Nicotine may affect developing brain circuits involved in learning and impulse control.

70. Which toxic gas is inhaled in cigarette smoke?

- A. Carbon monoxide
- B. Oxygen
- C. Helium
- D. Nitrogen only

Answer: A. Carbon monoxide

Explanation: Carbon monoxide reduces oxygen transport in the blood.

71. What is one benefit of support groups for quitting?

- A. Encouragement and accountability
- B. Increased nicotine exposure
- C. Sleep deprivation
- D. More stress

Answer: A. Encouragement and accountability

Explanation: Support groups can improve motivation and coping strategies.

72. Which symptom may occur within hours after quitting?

- A. Cravings
- B. Broken teeth
- C. Permanent hearing loss

D. Hair whitening

Answer: A. Cravings

Explanation: Nicotine withdrawal symptoms can begin quickly after stopping use.

73. Which cancer risk is increased by smoking?

- A. Bladder cancer
- B. Bone fractures
- C. Food poisoning
- D. Chickenpox

Answer: A. Bladder cancer

Explanation: Smoking increases risk for several cancers, including bladder cancer.

74. Which healthcare approach combines medication and counseling?

- A. Comprehensive cessation treatment
- B. Cosmetic surgery
- C. Physical therapy only
- D. Eye exercises

Answer: A. Comprehensive cessation treatment

Explanation: Combining medications and counseling is often more effective than either alone.

75. Why do some people relapse after quitting?

- A. Withdrawal symptoms and triggers
- B. Lack of food only
- C. Excessive exercise only
- D. Eye strain

Answer: A. Withdrawal symptoms and triggers

Explanation: Cravings, stress, and environmental cues can contribute to relapse.

76. What is a "quit date"?

- A. A planned day to stop smoking
- B. A wedding anniversary
- C. A medical surgery date
- D. A dental appointment

Answer: A. A planned day to stop smoking

Explanation: Setting a quit date can improve preparation and commitment.

77. Which tobacco product is hand-rolled in paper?

- A. Cigarette
- B. Nicotine patch
- C. Gum
- D. Lozenges

Answer: A. Cigarette

Explanation: Cigarettes contain shredded tobacco rolled in paper.

78. Smoking increases risk of which respiratory symptom?

- A. Chronic cough
- B. Perfect breathing
- C. Stronger lungs
- D. Silent breathing only

Answer: A. Chronic cough

Explanation: Smoking irritates the airways and often causes persistent coughing.

79. Which factor may motivate someone to quit smoking?

- A. Health concerns
- B. Desire for more addiction
- C. Poor air quality indoors
- D. Need for smoke exposure

Answer: A. Health concerns

Explanation: Many people quit to improve health and reduce disease risk.

80. What is one effect of nicotine on blood vessels?

- A. Narrowing them
- B. Expanding bones
- C. Whitening teeth
- D. Improving lung elasticity

Answer: A. Narrowing them

Explanation: Nicotine constricts blood vessels and can increase blood pressure.

81. Which condition can smoking worsen?

- A. Asthma
- B. Broken fingernails
- C. Color blindness
- D. Earwax buildup

Answer: A. Asthma

Explanation: Smoke irritates airways and may worsen asthma symptoms.

82. Which withdrawal symptom may affect sleep?

- A. Insomnia
- B. Improved dreaming only
- C. Faster sleeping instantly
- D. Permanent hibernation

Answer: A. Insomnia

Explanation: Difficulty sleeping is common during nicotine withdrawal.

83. Which substance in cigarettes stains fingers and teeth?

- A. Tar
- B. Water
- C. Sodium
- D. Calcium

Answer: A. Tar

Explanation: Tar residue can discolor teeth, fingers, and surfaces.

84. Which public health measure helps reduce smoking rates?

- A. Tobacco education campaigns
- B. Increasing youth advertising
- C. Removing warning labels
- D. Encouraging indoor smoking

Answer: A. Tobacco education campaigns

Explanation: Education campaigns raise awareness about smoking dangers.

85. Which medication may help reduce nicotine cravings?

- A. Bupropion
- B. Antibiotics
- C. Antihistamines only
- D. Pain relievers only

Answer: A. Bupropion

Explanation: Bupropion is prescribed to support smoking cessation.

86. Which body organ is most associated with smoking-related emphysema?

- A. Lungs
- B. Kidneys
- C. Stomach
- D. Eyes

Answer: A. Lungs

Explanation: Emphysema damages lung tissue and reduces breathing capacity.

87. What is a benefit of quitting at any age?

- A. Improved health outcomes
- B. Increased addiction risk
- C. Permanent withdrawal symptoms
- D. Reduced oxygen forever

Answer: A. Improved health outcomes

Explanation: Quitting smoking provides health benefits regardless of age.

88. Which form of nicotine replacement dissolves in the mouth?

- A. Lozenges
- B. Cigars
- C. Pipes
- D. Hookahs

Answer: A. Lozenges

Explanation: Nicotine lozenges release nicotine gradually as they dissolve.

89. Smoking contributes to plaque buildup in:

- A. Arteries
- B. Hair follicles
- C. Fingernails
- D. Muscles only

Answer: A. Arteries

Explanation: Smoking accelerates atherosclerosis, increasing cardiovascular risk.

90. Which statement is true about nicotine withdrawal?

- A. Symptoms are temporary
- B. Symptoms never improve
- C. It causes infections
- D. It permanently damages memory in all people

Answer: A. Symptoms are temporary

Explanation: Withdrawal symptoms usually improve with time.

91. Which smoking method involves water filtration?

- A. Hookah
- B. Nicotine patch
- C. Lozenges
- D. Gum

Answer: A. Hookah

Explanation: Hookahs use water pipes, though they still expose users to harmful substances.

92. Which habit can support long-term quitting success?

- A. Building healthy routines
- B. Avoiding all social support
- C. Smoking occasionally
- D. Skipping meals regularly

Answer: A. Building healthy routines

Explanation: Healthy coping strategies support long-term recovery from nicotine addiction.

93. Smoking can weaken which defense system?

- A. Immune system
- B. Shoe structure
- C. Hair color system
- D. Fingernail shape

Answer: A. Immune system

Explanation: Smoking can impair immune function and healing.

94. What is one financial benefit of quitting smoking?

- A. Saving money
- B. Increased healthcare costs
- C. More cigarette purchases
- D. Reduced budgeting ability

Answer: A. Saving money

Explanation: Avoiding tobacco purchases can significantly reduce expenses.

95. Which symptom is psychological rather than physical?

- A. Anxiety
- B. Sweating
- C. Headaches

D. Increased appetite

Answer: A. Anxiety

Explanation: Anxiety is an emotional and psychological withdrawal symptom.

96. Which factor can improve quitting success rates?

- A. Social support
- B. Isolation
- C. Sleep deprivation
- D. Increased nicotine use

Answer: A. Social support

Explanation: Encouragement from family and friends can help maintain motivation.

97. Which disease is associated with narrowed and damaged airways?

- A. Chronic bronchitis
- B. Broken ankle
- C. Ear infection
- D. Food poisoning

Answer: A. Chronic bronchitis

Explanation: Smoking can inflame and damage bronchial tubes.

98. What is one reason nicotine affects mood?

- A. It changes brain chemistry
- B. It strengthens bones
- C. It changes eye color
- D. It increases height

Answer: A. It changes brain chemistry

Explanation: Nicotine alters neurotransmitter activity involved in mood regulation.

99. Which strategy may help prevent relapse?

- A. Identifying triggers
- B. Smoking socially
- C. Ignoring stress completely
- D. Avoiding healthcare providers

Answer: A. Identifying triggers

Explanation: Recognizing high-risk situations can help people prepare coping strategies.

100. What is the healthiest choice regarding nicotine addiction?

- A. Avoiding or quitting nicotine products
- B. Increasing tobacco use
- C. Ignoring symptoms
- D. Using multiple tobacco products together

Answer: A. Avoiding or quitting nicotine products

Explanation: Avoiding nicotine products reduces addiction risk and improves overall health.