

Post-Test Questions and Answers

1. All of the below are symptoms of substance use **except which one?**

- a. Using a substance when it is physically hazardous
- b. Improved concentration
- c. Taking more of a substance over time
- d. Developing a tolerance to the substance
- e. Having social problems at work

B. All of the symptoms listed are cognitive, behavioral, or physical symptoms that can come with a substance use disorder except for improved concentration. Concentration tends to be negatively affected by alcohol and most substances.

2. Across age groups, older adults are the highest users of:

- a. Alcohol
- b. Prescription medications
- c. Marijuana
- d. Cocaine
- e. None of these

B. 83% of people age 65 and older use prescription medications. Older women consume 60% of all prescription and over-the-counter medications.

3. Many professionals hesitate to discuss substance abuse with older adults because they have the lowest rate of success in treatment of any group.

- a. True
- b. False

B. Older adults actually have the highest rate of success in treatment of any age group. However, there are many misconceptions that get in the way of having discussions around substance abuse treatment – including the idea that someone cannot be helped or is too old to change.

4. First, the AUDIT should be administered to the client. If they score positive, they should receive the CAGE-AID for more detailed screening of alcohol misuse.

- a. True
- b. False

B. The CAGE-AID is a 4 question screener. For our purposes, the CAGE-AID should be administered first and if the person scores 2 or higher, they should be given the 10-question AUDIT.

5. The CAGE-AID is validated for use to screen for:

- a. Alcohol misuse

- b. Prescription drug misuse
- c. Illegal drug use
- d. Alcohol misuse and illegal drug use, not prescription drug misuse
- e. Alcohol misuse, prescription drug misuse, and illegal drug use

E. Although the CAGE was originally developed only for screening for alcohol use, the CAGE-AID is designed to be used for screening for alcohol, illegal drugs, or prescription drug misuse.

6. If your client scores ____ or higher on the CAGE-AID, they require further screening and assessment for alcohol or drugs.
- a. 1
 - b. 2
 - c. 3
 - d. 4
 - e. 5

B. If your client answers “yes” to two or more questions, they will have a score of two or higher. This indicates a need for additional screening and assessment of alcohol use with the AUDIT. The AUDIT is a 10 question tool that includes questions on amount and frequency of alcohol use.

7. You have a client who is 72 years old. If he scores ____ or higher on the AUDIT, he is considered to be engaging in harmful drinking.
- a. 2
 - b. 3
 - c. 5
 - d. 8
 - e. 12

C. The cut-off score for harmful drinking in older persons is 5. This is lower than the cut-off score of 8 which is used with younger adults because older adults are known to have lower tolerance and therefore are more vulnerable to impairment from alcohol.

8. Most people who seek treatment for substance misuse have decided on their own that they are ready and willing to get help.
- a. True
 - b. False

B. Most people (70%) only seek help after someone has intervened. Rates of recovery are the same between those who got treatment by choice and those ordered by the court.

9. What two questions do you ask someone before you begin the CAGE-AID? (Select 2)
- a. May I have your permission to report your answers to a healthcare professional?
 - b. Have you ever experimented with drugs?

- c. Do you think you have a problem with alcohol or drugs?
- d. Do you drink alcohol?
- e. Do your friends or family think you have a problem with alcohol or drugs?

B and D. These two questions determine whether the person uses alcohol or drugs at all, then the CAGE-AID questions ask about effects and behaviors surround the substance use.

10. The AUDIT is a well-studied tool for diagnosis of hazardous or harmful alcohol consumption.
- a. True
 - b. False

B. The AUDIT is a well-researched tool for screening for harmful use of alcohol, however, it does not provide a diagnosis. A healthcare or mental health professional can do further assessment to clinically diagnose a substance use disorder.