

## General Content – Sample Quiz/Test Question Bank with Answer Key

*Note: Select the questions that match the content you plan to present from the General Content SUD Keys to Education materials.*

1. What stage of change indicates that an individual begins to look at the possibility that their substance use is problematic?
  - a. Maintenance stage
  - b. Pre-contemplation stage
  - c. Preparation & action stage
  - d. Contemplation stage**
  
2. Recovery is based upon the belief that a person needs to engage with:
  - a. Abstinence
  - b. A 12-step program
  - c. A process of change**
  - d. Professional treatment program
  
3. An attribute of recovery involves:
  - a. Addressing relapse
  - b. Promoting abstinence
  - c. A 12-step program
  - d. Supporting many pathways**
  
4. Approximately 75% of adults who report having a substance use problem report:
  - a. Receiving counseling
  - b. Being in some type of recovery support group
  - c. Encountering relapse
  - d. Being in recovery**
  
5. Hope is a key component of the recovery process. The components of hope include:
  - a. Having a vision for the future and a plan
  - b. Goals, agency, and pathways**
  - c. Having a mission, vision, and goals
  - d. Goals, support, and resources

6. According to SAMHSA, Recovery Support Services means:
- Engaging with an individual in recovery to promote a system of care and reduce barriers to services**
  - Advocating for individuals in recovery
  - Providing support services to individuals who achieve sobriety
  - Linking an individual in recovery to social networks to reinforce the recovery process
7. Substance use harm reduction is a/an \_\_\_\_\_ for people who use drugs.
- Approach**
  - Treatment
  - Podcast
  - Medication
8. Substance use harm reduction uses practical strategies to \_\_\_\_\_ negative consequences of drug use.
- Increase
  - Reduce**
  - Get rid of all
  - Encourage
9. Substance use harm reduction \_\_\_\_\_.
- Leaves people where they are
  - Meets people where they want to be
  - Gets people to use drugs
  - Meets people where they are but doesn't leave them there**
10. All of the following are principles of harm reduction **except**:
- Health and Dignity
  - Participant Involvement
  - Practical and Realistic
  - Shame and Stigma**
11. Substance use harm reduction keeps people \_\_\_\_\_.
- Alive and Healthy**
  - Dead and Gone
  - From talking about their drug use
  - From seeking treatment

12. Substance use harm reduction is rooted in \_\_\_\_\_ that have shown to decrease health and social harms of drug use.
- a. Astrology practices
  - b. Willy-nilly practices
  - c. Evidence-based practices**
  - d. Religious practices
13. In participant-centered services, the \_\_\_\_\_.
- a. Provider is the lead
  - b. Participant's family is the lead
  - c. Participant's partner is the lead
  - d. Participant is the lead**
14. Stigma is an interaction of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ that is manifested in prejudice and discrimination:
- a. Words, thoughts, deeds, and slogans
  - b. Attitudes, beliefs, behaviors, and structures**
  - c. Policies, practices, regulations, and laws
  - d. Theories, tenets, principles, and values
15. Self stigma refers to:
- a. Beliefs one holds about the negative characteristics of others
  - b. Having reduced access to healthcare and resources
  - c. Internalization of negative stereotypes**
  - d. Public attitudes resulting in negative stereotypes
16. Substance use disorders:
- a. Are more likely to be stigmatized than other health conditions**
  - b. Are less likely to be stigmatized than other health conditions
  - c. Are typically free of stigmatizing attitudes
  - d. Get preferred treatment compared to mental health conditions
17. Stigma can result in people:
- a. Being more likely to seek professional help for a condition
  - b. Being equally as likely to seek professional help for a condition
  - c. Being less likely to seek professional help for a condition**
  - d. There is no relationship between stigma and help-seeking

18. Intersectionality can \_\_\_\_\_ the experience of stigma because people may have multiple social identities that are devalued or stigmatized.

**a. Intensify**

b. Diminish

c. Moderate

d. Mitigate

19. Structural stigma refers to the ways in which stigma is demonstrated or enacted through:

a. Everyday interactions with friends and family

b. Internal thoughts and beliefs about self and others

c. Expectations about being a target in interactions with health care providers

**d. Institutional policies and practices including laws and regulations**

20. As a future healthcare professional, I am aware that:

a. I won't demonstrate stigma because that is rare among healthcare professionals

**b. Using non-stigmatizing language is a powerful way to demonstrate acceptance and respect**

c. People with substance use disorder are dangerous, so it makes sense for me to distance myself

d. There is little that can be done to effectively treatment substance use disorder