Substance Abuse Treatment: Special Needs of Women

Executive Summary: Patterns of Use: From Initiation of Treatment

1. Women often report that stress, relationships, and __________ often precipitate initial substance use.

   A. Trauma
   B. Socioeconomics
   C. Negative affect
   D. Genetics

Physiological Effects of Alcohol, Drugs, and Tobacco on Women

2. Women have more complications and more severe problems from alcohol use than do men, but these complications and problems develop less rapidly.

   A. True
   B. False

Substance Abuse Treatment for Women

3. Gender does not appear to predict retention in substance abuse treatment, and women are as likely as men to stay in treatment once it is initiated.

   A. True
   B. False

Chapter One: Creating the Context

4. According to the Substance Abuse and Mental Health Services Administration, _____ percent of females ages 12 and older were classified with substance dependence or abuse in 2004, but only _____ percent received treatment.

   A. 9.5; 4.3
   B. 8.4; 3.6
5. Which of the following is NOT one of the likely characteristics of women who use alcohol and illicit drugs?

A. They often have great feelings of shame and guilt
B. They are much less likely than men to seek help after relapse
C. They have low levels of self-esteem and self-efficacy
D. They are frequently devalued or disliked by other women

---

Gender Responsive Treatment Principles

6. Substance abuse treatment for women should:

A. Recognize the role and significance of relationships in women’s lives
B. Address women’s unique health concerns
C. Endorse a developmental and trauma informed perspective
D. All of the above

---

Women’s Biopsychosocial Uniqueness-Biological and Psychological Issues

7. Women who abuse substances have specific health issues and medical needs related to gynecology.

A. True
B. False

---

8. In a large study of female twins, childhood sexual abuse was associated with a greater likelihood of lifetime alcohol use, alcohol dependence, and:

A. Having the first drink at an early age
B. A greater likelihood of substance abuse relapse after treatment
Social Issues

9. Most women with substance use disorders have to contend with economic and social factors as well as individual and family issues to negotiate their recoveries successfully.

A. True
B. False

Developmental Issues

10. All of the following have been identified as developmental issues that affect substance abuse and its treatment EXCEPT:

A. Changes in physiology
B. Emotional and social development
C. Changes in social roles and expectations
D. Reasoning ability

The Later Years

11. Alcohol problems seem to be ordinary events among the elderly, and estimates of the prevalence of heavy drinking or alcohol abuse range from 8 to 24 percent for this population.

A. True
B. False

Chapter Two: Patterns of Use: From Initiation to Treatment-Familial Substance Abuse

12. Women are affected by familial substance abuse as much as men, with a prevalence of alcohol dependence from _______ times higher than women who do not have a parent who abuses substances.
A. 10 to 50
B. 15 to 45
C. 20 to 40
D. 25 to 35

Effect of Partner Substance Abuse

13. Some women continue using alcohol and illicit drugs to have an activity in common with their substance abusing partners or to maintain the relationships.

A. True
B. False

History of Interpersonal Violence, Childhood Sexual Abuse, and Other Traumas

14. One study found a lifetime history of trauma in 55 to 99 percent of women who abused substances, compared with rates of 36 to 51 percent in the general population.

A. True
B. False

Co-Occurring Substance Use and Mental Disorders

15. Which of the following is a true statement about co-occurring substance use and mental disorders?

A. One study of women diagnosed with alcohol abuse indicated that 62.9 percent have lifetime co-occurring mental disorders and 76 percent of women diagnosed with alcohol dependence have co-occurring disorders

B. In comparison to men, women are less likely to have multiple comorbidity (three or more psychiatric diagnoses in addition to substance use disorders).

C. Various literature on co-occurring disorders highlights the role of substance abuse as a means of self-medicating distressing affect

D. All of the above
Acculturation

16. Research indicates that foreign-born Mexican Americans and foreign-born non-Hispanic Caucasians are at significantly higher risk for substance use disorders than are their American-born counterparts.

A. True
B. False

Prescription drugs

17. Compared with men, women are _____ percent more likely to use a prescription drug that can be abused.

A. 32
B. 36
C. 42
D. 48

Prevalence of Substance Use Patterns Among Women Who Are Pregnant

18. Data from 2006-2007 shows that among pregnant women ages 15 to 44 years, 5 percent reported using illicit drugs in the past month.

A. True
B. False

Characteristics of Treatment Admissions Among Women

19. The primary sources of treatment referrals for women with substance abuse issues are social service agencies and healthcare professionals.

A. True
B. False
20. While the primary substance of abuse reported on admission of Caucasian and American-Indian/Alaska-Native women is alcohol, Asian-and Pacific-American women reported ____________ most often.

A. Cocaine
B. Methamphetamine
C. Narcotics
D. None of the Above

21. When working with women in substance abuse treatment, administrators need to develop and incorporate policies and procedures that support family involvement from the onset.

A. True
B. False

Chapter Three: Physiological Effects of Alcohol, Drugs, and Tobacco on Women

22. By and large, women who have substance use disorders have poorer quality of life than men when it comes to health-related issues.

A. True
B. False

Physiological Effects: Factors of Influence

23. According to the Centers for Disease Control, women from ethnically diverse backgrounds who have substance abuse disorders possess greater risks for developing hypertension, HIV/AIDS, and:

A. Kidney disease
B. High blood pressure
C. Anemia
D. All of the above
Physiological Effects of Alcohol

24. The World Health Organization reports that alcohol is one of the ____ most significant risk factors for diseases, with more than ____ percent of alcohol-related diseases being a chronic condition.

A. 3; 50
B. 4; 45
C. 5; 60
D. 6; 65

25. In women, moderate drinking is considered to be no more than two drinks per day, compared with no more than three drinks per day for men.

A. True
B. False

Breast and Other Cancers

26. Which of the following is a correct statement about alcohol and breast cancer?

A. Studies from around the world show that for each drink of alcohol consumed daily, women increased their risk of breast cancer by 11 percent
B. Women who drink alcohol have elevated cortisol and progesterone levels, which may be contributors to the development of breast cancer in this population
C. Postmenopausal women have an increased risk of breast cancer if they currently drink alcohol
D. All of the above

Neurological Effects

27. Women who are alcohol dependent exhibit deterioration in planning, visuospatial ability, working memory:

A. Voluntary movement
B. Balance and Posture
C. Muscle control
D. Psychomotor speed

Physiological Effects of Licit and Illicit Drugs-Gender Differences in Metabolism and Effects

28. Hormonal changes across the menstrual cycle have the greatest effect on stimulant drugs, particularly cocaine and amphetamine.
A. True
B. False

Alcohol Use and Birth Outcomes

29. One study found that women who consumed five or more drinks per week were three times as likely to deliver a stillborn baby compared with those who have fewer than one drink per week.
A. True
B. False

Opioid Use and Birth Outcomes

30. Fetuses exposed to opioids may experience neonatal abstinence syndrome (NAS) at birth, which is characterized by each of the following EXCEPT:
A. Jitteriness and discomfort
B. Central nervous system irritability
C. Gastrointestinal problems
D. Respiratory distress

Tobacco Use and Birth Outcomes

31. Which of the following is NOT a true statement about tobacco and pregnancy?
A. Women who smoke tobacco increase their chances of ectopic pregnancy, spontaneous abortion, and preterm delivery

B. Infants born to women who smoke are more likely to have lower birth weights and have an increased risk of SIDS

C. Children of parents who smoke heavily can be affected adversely in their auditory, language, and cognitive performance

D. Studies have drawn an association between maternal smoking during pregnancy and failure to meet developmental milestones

Hepatitis C Virus-HCV and Women

32. Almost one out of four newly diagnosed cases of HIV in the United States is a woman, and approximately ____ percent of these newly diagnosed women with HIV also have Hepatitis C.

A. 10
B. 20
C. 30
D. 40

Screening and Assessment

33. The purpose of screening is to gather the detailed information needed for a treatment plan that meets the individual needs of the woman.

A. True
B. False

Socioeconomic Status

34. One study indicated that clients with more than a high school education are more apt to disclose the use of drugs or alcohol during pregnancy.

A. True
B. False
General Alcohol and Drug Screening

35. The ________ is an effective screening instrument for women that consists of 10 questions that are highly correlated with hazardous or harmful alcohol consumption.

A. AUDIT  
B. TCUDS II  
C. CAGE  
D. MAST

Screening Instruments for Pregnant Women

36. Women who smoked in the month before pregnancy are six times more likely to be currently using either drugs or alcohol or both while pregnant.

A. True  
B. False

General Mental Disorder Screening Instruments

37. Questioning past or present mental disorder symptoms that may indicate the need for a full mental health assessment is known as:

A. Symptom evaluation  
B. Symptom testing  
C. Symptom screening  
D. None of the Above

Interpersonal Violence and Disabilities

38. Initial questions about trauma should be specific and the counselor should control the level of disclosure.

A. True
Advice to Clinicians: Mental Health Screening and Women

39. Women in substance abuse treatment need to be routinely screened for depressive symptoms, eating disorders, and:

A. Past trauma
B. Anxiety disorders
C. Psychosocial histories
D. None of the above

Psychosocial and Cultural History

40. Discussing the challenges that the client has faced throughout her life and how she has managed them is included in which category of biopsychosocial and cultural history?

A. Mental health and treatment history
B. Sociocultural history
C. Interpersonal and family history
D. Strengths and coping strategies

Available Screening and Assessment Tools in Multiple Languages

41. The Addiction Severity Index is an assessment tool that can be distributed in several languages including French, German, Russian, and Chinese.

A. True
B. False

Chapter Five: Treatment Engagement, Placement, and Planning

42. Women have identified multiple factors as barriers to entering or engaging in treatment and they exist on several levels including:
A. **Intrapersonal** factors including health problems, psychological issues, cognitive functioning, motivational status, and treatment readiness

B. **Sociocultural factors** including cultural differences; the role of stigma, bias, and racism; societal attitudes; disparity in health services; attitudes of healthcare providers toward women; and others

C. **Structural** characteristics including treatment policies and procedures, program design, and treatment restrictions

D. All of the above

---

**Reasons for Not Receiving Substance Use Treatment**

43. From 2004 to 2006 the number one reason that women aged 18 to 49 who needed substance abuse treatment failed to receive it was that they were not ready to stop using.

A. True

B. False

---

**System Obstacles**

44. Research indicates that the co-occurrence of a substance use disorder and involvement in the child welfare system ranges from:

A. 50 to 80 percent

B. 40 to 70 percent

C. 30 to 60 percent

D. 20 to 50 percent

---

**Outreach Services**

45. The three major components of outreach services include each of the following EXCEPT:

A. Identifying a woman’s most urgent concerns and addressing those first

B. Providing comprehensive case management

C. Empathizing with the woman’s fears and resistances, while assisting her in following through on commitments
D. Assisting the woman in negotiating the human service system

Case Management

46. Women assigned to intensive case management had significantly higher levels of substance abuse treatment initiation, __________, and retention in comparison to women who received only screening and referral.

A. Engagement
B. Adherence
C. Commitment
D. All of the above

Services Needed in Women’s Substance Abuse Treatment

47. Life skills needed in substance abuse treatment include money management and coping skills training.

A. True
B. False

Early Intervention During Pregnancy

48. Brief interventions using motivational interviewing seem to be more effective for women who are primarily dependent on illicit drugs rather than alcohol.

A. True
B. False

Intensive Outpatient Treatment

49. Which of the following correctly describes intensive outpatient treatment (IOP)?

A. These services are the most common and widely available for women seeking treatment
B. Intensive outpatient treatment is recommended for women have multiple and complex needs and require stabilization

C. IOP provides a higher treatment level than traditional outpatient programs but does not require structured residential living

D. None of the above

Residential and Impatient Treatment (ASAM Level III)

50. The effectiveness of residential treatment appears to rely on the client profile at the time of the admission as the key element of success.

A. True

B. False

Medically Managed Intensive Inpatient Treatment

51. Medically managed acute inpatient treatment usually lasts between:

A. 2 and 4 days

B. 3 and 5 days

C. 4 and 6 days

D. 5 and 7 days

Chapter Six: Substance Abuse Among Specific Populations-Hispanic/Latina Women

52. Information about substance use among Hispanics/Latinas indicates that:

A. Mexican–American women show higher rates of abstinence than Cuban and Puerto Rican women and exhibit the lowest rates of frequent heavy drinking of all Hispanic/Latina subgroups

B. Young Mexican-American and Puerto Rican women drink less alcohol than immigrant women of their subgroups

C. Hispanic/Latina women admitted to substance abuse treatment were more likely to report cocaine as their primary substance of abuse
D. While Puerto Rican and Cuban-American women reported more opiate use, Mexican-American women reported more methamphetamine use

Factors Associated with Substance Abuse Among Hispanics/Latinas

53. Studies show that ___________ appears to affect substance abuse among Hispanic populations more than any other factor.

A. Acculturation
B. Socioeconomics
C. Gender Socialization
D. Age

Substance Use Among African Americans

54. Since the 1990s the total substance abuse admissions among African Americans has been steadily increasing.

A. True
B. False

Clinical Treatment Issues

55. African-American women are 10 times more likely than Caucasian women to have positive drug screens, but this difference may be directly related to a disproportionate testing percentage.

A. True
B. False

Role of Group, Cognitive-Behavioral, and Family Therapy

56. Regardless of the approach used with African American women, treatment should evolve around the premise that ________________ are essential elements to healing and recovery.

A. Ancestry and culture
B. Values and experiences

C. Spirituality and rituals

D. Family and community

Substance Abuse Among Asian and Pacific Americans

57. In comparison to other ethnic groups, Asian and Pacific Americans have the lowest percentage of current drinking history and of past year alcohol dependence or abuse.

A. True
B. False

Illicit Drug Use

58. The primary substance of abuse among Asian and Pacific American women entering treatment is:

A. Alcohol
B. Methamphetamine
C. Opiates
D. Cocaine

59. Preliminary research with Asian Americans in community-based substance abuse treatment found no overall group differences in treatment retention and outcomes.

A. True
B. False

Substance Use Among American Indians and Alaska Natives

60. Among women of all races aged 35 to 44, 4.9 per 100,000 died of alcohol-related disease, but among American-Indian and Alaska-Native women in this age range the alcohol-related death rate is:

A. 52.7 per 100,000
B. 61.8 per 100,000
C. 67.2 per 100,000
D. 73.6 per 100,000

Trauma-Informed Services

61. American-Indian women are disproportionately affected by childhood sexual abuse, physical abuse, and:

A. Violent crimes
B. Emotional trauma
C. Poverty and unemployment
D. None of the above

Culturally Congruent Substance Abuse Services

62. The most critical feature for treatment of American-Indian and Alaska-Native women is that programs be comprehensive and family-based.

A. True
B. False

Sexual Orientation and Women

63. Each of the following accurately describes research on substance abuse among lesbian and bisexual women EXCEPT:

A. Studies in the 1970s and 1980s revealed high rates of alcohol use and abuse among lesbians, yet most surveys were conducted at bars
B. Studies suggest that lesbian women-in comparison to heterosexual women-are more likely to use and abuse alcohol, less likely to decrease their use of alcohol with age, and more likely to report alcohol-related problems
C. Researchers report that women with female sexual partners had at least two symptoms of dysfunctional drug use and were more likely to display serious impairment in comparison to heterosexual women
D. In a study conducted in urban primary care sites, bisexual women were about twice as likely as heterosexual women to report having used illicit drugs in the past month

Sexual Orientation and Women of Color

64. Limited available data suggests that patterns of substance use among lesbian women of color are more similar to those of their Caucasian lesbian counterparts than to those of their heterosexual racial and ethnic counterparts.

A. True
B. False

Women in Later Life-Prescription Drugs

65. Approximately _____ percent of all prescriptions and _____ percent of all benzodiazepine prescriptions are prescribed to elderly individuals.

A. 20; 30
B. 30; 40
C. 40; 50
D. 50; 60

Advice to Clinicians and Administrators: Substance Abuse Treatment and Older Women

66. Program development advice for treating older women with substance abuse issues includes:

A. Introduce coping strategies, including relaxation methods, to enhance feelings of self-efficacy in handling life stressors
B. Incorporate counseling services that address issues of grief along with substance abuse treatment as needed
C. Provide education on the physiological impact of alcohol and drug intake among older women
D. Create access to treatment through non-traditional delivery such as home-based or mobile community services
Resiliency Factors

67. Using a non-direct individualized approach can help capitalize on each woman’s life experiences and give meaning to her recovery.

A. True
B. False

Women in Rural America

68. While rural and urban areas experience similar drug-use problems, the consequences may be greater in rural areas because of:

A. Limited access to health care and treatment
B. Social isolation
C. Lack of community support
D. Stress and anxiety

Women in the Criminal Justice System

69. Research shows that among incarcerated prisoners:

A. Women in state prisons are more likely than men to be sentenced for drug offenses
B. Females were more likely than males to have used methamphetamines in the month before their offense
C. An estimated 52 percent of females in comparison to 44 percent of males incarcerated in local jails were dependent on or abusing drugs
D. All of the above

Chapter Seven: Substance Abuse Treatment for Women-Treatment Retention

70. Despite assumptions to the contrary, gender is not likely to predict retention in substance abuse treatment.

A. True
B. False

Treatment Environment and Theoretical Approach

71. Clinical experience has shown that women who abuse substances benefit more from ___________ therapies than other types of therapeutic approaches.

A. Behavioral
B. Collaborative
C. Motivational
D. Supportive

Therapeutic Alliance and Counselor Characteristics

72. Across studies, women have identified several counselor characteristics they believe contribute to treatment success including confidence and faith in their abilities, projection of acceptance and care, and:

A. A compassionate problem solving agenda
B. A non-authoritarian attitude and approach
C. Empathic communication skills
D. An open and tolerant mind

Relational Model Approach

73. The three major themes in relational theory are interpersonal experiences, family patterns, and the need for autonomy.

A. True
B. False

Sexuality

74. Sexual concerns that women report during early substance abuse recovery include:
A. Confusion about sexual identity
B. Fear of sex while abstinent
C. Sexual violence
D. All of the above

Parenting
75. Mother–child relationships are understood to be the model for the child’s future relationships, so these relationships are very important in recovery from substance use disorders.
A. True
B. False

76. Which of the following is NOT one of the factors that may affect the parenting of a woman who has experienced trauma?
A. Extent of trauma history
B. Who the abuser was
C. A woman's parenting role models
D. Current support system

The Relationship Between Trauma and Substance Abuse
77. Alcohol and drug use by trauma survivors can be adaptive at first because substances may help survivor’s dissociate from the trauma.
A. True
B. False

Violence and Women
78. Which of the following correctly describes violence and women?
A. One out of every four women has been forcibly raped at some time in her life, and women are as likely to be raped as adults as they are as minors

B. Between 15 and 30 percent of women will be abused by male partners during their lifetime

C. A history of intrafamilial violence may be the most influential risk factor for a woman’s abuse of substances

D. Women are injured as a result of domestic violence about 10 times more frequently than men

General Treatment Consideration for Anxiety Disorders

79. Benzodiazepines are commonly used to treat anxiety and are often prescribed to women in substance abuse treatment because of their safety.

A. True

B. False

Women With Substance Use Disorders and PTSD

80. When working with women who are experiencing the effects of trauma and substance abuse, the counselor should:

A. Identify which is the primary problem and which is secondary

B. Focus on the client’s current crisis and stabilizing her affect

C. Delay working on trauma symptoms until the client has been abstinent for a predetermined amount of time

D. All of the above

81. While women with PTSD appear to possess more psychological risk factors associated with relapse than men, women maybe more likely to engage in treatment, thereby offsetting the higher risks for relapse

A. True

B. False
The Women Embracing Life and Living (WELL) Project

82. The Women Embracing Life and Living (WELL) Project was developed to integrate treatment services for women with co-occurring substance use and mental disorders who have histories of:

A. Abandonment issues
B. Emotional abuse
C. Incarceration
D. Violence

Clinical Considerations in Trauma-Informed Services

83. Case management considerations in trauma-informed services include counselor readiness, staff training and supervision, and continual self assessment of strengths and limitations.

A. True
B. False

84. The stages of recovery from trauma include safety,______________________, and reconnection.

A. Establishing expectations and boundaries
B. Developing trust and joy
C. Remembrance and mourning
D. None of the above

85. Stage three reconnection groups should be structured and formal in order to ensure client safety.

A. True
B. False

Treatment Programs and Curricula for Substance Use Disorders and Trauma

86. Which of the following is a true statement about trauma-specific curricula?
A. Seeking Safety is a 12-week program that integrates psychoeducational and expressive activities for individuals with trauma-related and substance use problems

B. TARGET assists in replacing stress responses with a positive approach to personal and relational empowerment

C. Helping Women Recover is a cognitive, behavioral, and interpersonal therapy model for substance use disorders and PTSD

D. SDPT includes survivor empowerment, power support, and techniques for self-soothing, boundary maintenance, and problem solving

Women With Substance Use Disorders and Depression

87. Depression usually precedes alcohol abuse in men, whereas alcohol dependence usually comes first among women.

A. True

B. False

Substance Abuse Treatment and Depression

88. Antidepressant and mood-regulating medications are appropriate for women in treatment for co-occurring substance use disorders and depression.

A. True

B. False

Women with Substance Use and Eating Disorders

89. Research focusing on women with substance use and eating disorders indicates that:

A. 12 percent of women seeking treatment for either anorexia nervosa or bulimia nervosa had a lifetime drug use disorder

B. Overall, research indicates that substance abuse is accompanied more often by anorexia than bulimia

C. Nearly one third of women with a history of bulimia also have a history of alcohol abuse

D. Both A and C above
Substance Abuse Treatment and Eating Disorders

90. Interpersonal therapy has been affective for women with bulimia in reducing the frequency of binge/purge cycles and improving body image, mood, and social functioning.

A. True
B. False

91. Since the mid 1980s, research and experience about tobacco use during substance abuse treatment has shown that:

A. Any attempt to stop smoking could put the recovering person at an increased risk for relapse
B. People will quit naturally if they so desire, and are often more likely to stop smoking if allowed to make the decision on their own
C. Nicotine cessation interventions in substance abuse treatment are associated with an increase in long-term abstinence of alcohol and illicit drugs.
D. All of the above

Chapter Eight: Recovery Management and Administrative Considerations

92. For women, relapse is prevalent during the continuing care process, especially when there is little compliance or support from family to follow aftercare plans.

A. True
B. False

Relapse

93. Substance abuse relapse is more likely to be determined by ____________________ than by the client’s gender.

A. Client characteristics
B. Length of time in treatment
C. Availability of support system
Women-Specific Predictors of Relapse and Reactions to Relapse

94. Women are less likely than men to be affected by the same relapse risks across multiple relapse episodes.

A. True
B. False

Support Systems for Women

95. Women For Sobriety is a self-help program designed specifically for women who are dependent on illicit drugs.

A. True
B. False

Administrative Considerations

96. When hiring people in recovery as mentors, case managers, counselors, and board members, characteristics to consider include significant time in recovery and:

A. Ability to handle the expected range of tasks
B. Considerable training in issues related to recovery in specific treatment areas
C. Communication and problem solving skills
D. Both A and B above

Creating a Healing Environment

97. The primary characteristic of a healing environment is _____________.

A. Compassion
B. Experience
C. Safety
Consistency

Training for Substance Abuse Treatment Counselors

98. Training for substance abuse counselors who specialize in treating women should include information on women's substance use and abuse along with the physiological effects that are unique to women.

A. True
B. False

Clinical Supervision for Trauma

99. Sympathetic traumatization occurs when counselors develop symptoms of depression, such as sleep disturbances, loss of appetite, or loss of pleasure.

A. True
B. False

Strategies for Organizational Change

100. Which of the following is NOT one of the strategies for organizational change recommended by the authors?

A. Staff members should be helped to identify their biases and assumptions
B. Administrators need to model respectful relationships with clients and staff
C. Advocacy for the program’s philosophy of treatment should be general and flexible
D. The program environment should reflect the diverse cultures of the staff and clients