Self-assessment questions

1. The following are true statements
   A. The CAGE questionnaire is a four-question screening item.
   B. Elevated gamma-glutamyltransferase (GGT) normalises within 1–3 weeks of abstinence.
   C. Mean cell volume (MCV) normalises quicker than GGT.
   D. Carbohydrate-deficient transferrin (CDT) is less accurate as a marker of alcohol problems in women than men.
   E. CDT has a lower false positive rate than either GGT or MCV.

2. The following are true of brief interventions in people using alcohol
   A. Those who score less than 8 on the AUDIT need no intervention.
   B. Simple advice consists of feedback on the score in the AUDIT and introduction of the person to the Drinkers’ Pyramid.
   C. Brief counselling differs from simple advice in that it is more focused on long term goals.
   D. Skills training is an element in brief counselling.
   E. Assessing the stages of change is a part of brief counselling.

3. The following are ICD 10 criteria for the diagnosis of alcohol dependence
   A. Tolerance.
   B. Binge drinking.
   C. Drinking more than 21 units of alcohol per week.
   D. Recurrent drinking in hazardous situations.
   E. Neglect of alternative pleasures because of alcohol use.

4. The following features are guidelines for agreeing a goal of abstinence as opposed to controlled drinking.
   A. Age greater than 40 years.
   B. Pregnancy.
   C. Poor social support.
   D. Evident dependence.
   E. Abnormal liver functioning.

5. The following are true with reference to the steps in the process of behaviour change as described by Prochaska & DiClemente,
   A. In ‘pre-contemplation’ individuals are considering change.
   B. In ‘preparation for change’ individuals may still be ambivalent about their behaviour.
   C. The ‘contemplation’ stage is characterised by awareness of costs and benefits of behaviour.
   D. ‘Action’ is the stage at which individuals make a firm resolution to change.
   E. ‘Relapse prevention’ is the final stage described.

6. Features of delirium tremens include
   A. Confusion
   B. Hypotension
   C. Paranoid delusions
   D. Auditory rather than visual hallucinations
   E. Opthalmoplegia

7. The following are essential drugs in the management of severe alcohol withdrawal
   A. Thiamine
   B. Benzodiazepines
   C. Anticonvulsants
   D. Magnesium sulphate
   E. Haloperidol

(Answers on page 70)