

## 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. Ophthalmoplegia
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)*