



(University of Choice)

**MASINDE MULIRO UNIVERSITY OF
SCIENCE AND TECHNOLOGY**

(MMUST)

MAIN CAMPUS

UNIVERSITY EXAMINATIONS

2022/2023 ACADEMIC YEAR

YEAR ONE TRIMESTER TWO EXAMINATIONS

FOR THE DEGREE

OF

BACHELOR OF SCIENCE IN GLOBAL HEALTH AND EMPORIATRICS

COURSE CODE: NCG 125

COURSE TITLE: DRUG AND SUBSTANCE ABUSE

DATE: 13/04/2023

TIME: 3 PM- 6 PM

INSTRUCTIONS TO CANDIDATES

ANSWER ALL QUESTIONS

TIME: 3 HOURS

MMUST observes ZERO tolerance to examination cheating

This Paper Consists of Printed Pages. Please Turn Over.

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SECTION I MCQS (20 MARKS)

1. What is defined to be a regular and excessive use of a substance in spite of dangers?
 - a. Use
 - b. Abuse
 - c. Addiction
 - d. Dependence
 - e. Tolerance
2. What is the primary neurotransmitter associated with the brain's reward system?
 - a. Dopamine
 - b. Serotonin
 - c. GABA
 - d. Glutamate
3. What is defined to be a condition in which a person develops intense cravings for the substance and the inability to control their behaviors in regards to obtaining and using it?
 - a. Use
 - b. Abuse
 - c. Addiction
 - d. Dependence
 - e. Tolerance
4. What is characterized by preoccupation with the substance and a loss of control pertaining to obtaining and using it?
 - a. Use
 - b. Abuse
 - c. Dependence
 - d. Withdrawal
 - e. Tolerance
5. What disease arises due to the effects of chronic alcohol abuse and the damage that this causes to neurons and glia?
 - a. Korsakoff's syndrome
 - b. Cirrhosis of the liver
 - c. Parkinson's disease
 - d. Multiple sclerosis
 - e. Spinocerebellar ataxia
6. Which of these statements is true regarding the differences in alcohol consumption and abuse between men and women?
 - a. Females tend to use more alcohol than males; males tend to be more biologically vulnerable to alcohol addiction than females
 - b. Females tend to use more alcohol than males; females tend to be more biologically vulnerable to alcohol addiction than males
 - c. Males tend to use more alcohol than females; females tend to be more biologically vulnerable to alcohol addiction than males
 - d. Males tend to use more alcohol than females; females tend to be more biologically vulnerable to alcohol addiction than males
 - e. There are no gender differences in alcohol use
7. Which one is not an inherited cause of drug and substance abuse?

- a. Family history of addiction
 - b. Inherited genetic predispositions
 - c. inherited mental health disorders
 - d. Prescription for a legitimate medical condition
8. Which one is not a consequence of heroin use?
- a. Physical dependence
 - b. Collapsed veins
 - c. Risk of infectious diseases
 - d. Liver and kidney damage
9. Exposure of a non-smoker to secondhand smoke
- a. is less harmful than smoking because of the lower levels of nicotine and tar in secondhand smoke.
 - b. has been shown to have far fewer negative effects than the media suggest.
 - c. can lead to lung damage.
 - d. has negative effects on the fetuses of pregnant non-smokers but not on the women themselves.
10. The drug Ecstasy is classified as a
- a. stimulant.
 - b. barbiturate.
 - c. hallucinogen.
 - d. type of marijuana.
11. Which medication is commonly used in treatment programs for heroin abusers to produce a non-euphoric state and to replace heroin use?
- a. Diazepam
 - b. Carbamazepine
 - c. Clonidine
 - d. Methadone
12. When assessing a client who abuses barbiturates and benzodiazepine one should observe for evidence of which withdrawal symptoms?
- a. Anxiety, tremors, and tachycardia
 - b. Respiratory depression, stupor, and bradycardia
 - c. Muscle aches, cramps, and lacrimation
 - d. Paranoia, depression, and agitation
13. The community health officer practicing primary prevention of alcohol abuse would target which groups for educational efforts?
- a. Adolescents in their late teens and young adults in their early twenties
 - b. Elderly men who live in retirement communities
 - c. Women working in careers outside the home
 - d. Women working in the home
14. In the general classification of drugs belonging to the opioid category the drugs are analgesic and
- a. Depressant
 - b. Hallucinogenic.
 - c. Stimulant.
 - d. Tranquilizing.
15. Delirium tremens may result from

- a. a sudden drop in alcohol levels in a chronic, heavy drinker.
 - b. high doses of alcohol in a person who has not previously drunk heavily.
 - c. high doses of alcohol in a chronic heavy drinker.
 - d. None of the above
16. Nicotine is the addictive agent in
- a. Marijuana.
 - b. Hashish.
 - c. Tobacco.
 - d. Cocaine.
17. Smoking marijuana has been shown to
- a. Seriously impair lung structure and function.
 - b. Cause fatal heart attacks in healthy young men.
 - c. lead to stroke.
 - d. have no significant physically deleterious effects
18. Antabuse is a medication for those with alcoholism which
- a. reduces anxiety during the detoxification period.
 - b. helps replace the nutrients lost through malnutrition.
 - c. mimics the physiological effects of alcohol without creating the same psychological effects.
 - d. causes violent vomiting when alcohol is ingested.
19. Which of the following are withdrawal symptoms from caffeine?
- a. headaches
 - b. anxiety
 - c. fatigue
 - d. All of the above
20. Nearly all drugs, including alcohol, stimulate
- a. Sensation seeking pathways.
 - b. GABA pathways.
 - c. Serotonin systems in the brain.
 - d. Dopamine systems in the brain.

SECTION II; SHORT ANSWER QUESTIONS (40 MARKS)

1. Explain the meaning of the following phrases (6 marks)
 - a. Drug tolerance
 - b. Drug dependence
 - c. Drug addiction
2. Describe the 6 classes of drugs and substances of abuse based on the effect with relevant examples (9 marks)
3. Outline 5 approaches used in the treatment of drug addiction (5 marks).
4. Explain the classification of substance misuse **complications** using the Bio-psycho-social model (6 marks)
5. Describe the **legal classification** of drugs and substances of abuse (8 marks)
6. Enumerate any 6 effects of alcohol intake on the body (6 marks)

SECTION III; LONG ESSAY QUESTIONS (40 marks)

1. Drug and substance abuse is a multideterminant global public health problem that has proven challenging to control. Discuss the individual, social and environmental determinants of drug and substance abuse (20 marks)
2. Harm reduction is a public health strategy that has used in the management of various public health issues including drug and substance abuse
 - a. Define harm reduction (2 marks)
 - b. State any 5 principles of harm reduction (10 marks)
 - c. enumerate any 8 eight harm reduction strategies/activities (8 marks)

