

THE OPEN UNIVERSITY OF SRI LANKA  
FACULTY OF HEALTH SCIENCES  
DEPARTMENT OF PSYCHOLOGY & COUNSELLING  
ACADEMIC YEAR 2022/2023 – SEMESTER I



BSC HONS IN PSYCHOLOGY  
PLU6310 - PSYCHOLOGY OF ADDICTION- LEVEL 6  
CONTINUOUS ASSESSMENT TEST – NBT I  
DURATION: 01 ½ HOURS

DATE: 20<sup>th</sup> December 2022

TIME: 11.30am -1.00pm

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**IMPORTANT INSTRUCTIONS/ INFORMATION TO CANDIDATES**

- This question paper consists of 09 pages with TWO sections
- **Section 1: 20 Multiple Choice Questions - (40 Marks)**
- **Section 2: 12 Short Answer Questions - (60 Marks)**
- Write your INDEX NO in the space provided.
- **Multiple Choice Questions (Section 1):** Indicate answers in the ANSWER SHEET provided by placing a cross (X) in INK in the relevant cage (answers in pencil will NOT be marked)
- **Structured Essay Questions (Section 2):** Write the answer within the space provided.
- Do NOT remove any page/part of this question paper from the examination hall.
- Do NOT keep unauthorized materials, including mobile phones and other electronic equipment, with you during the examination

### SECTION 1: Multiple Choice Questions (20 Questions-40 Marks)

- 1.1 Public health model emphasizes the drug use as:
- The learned, behavioral and cognitive (thought) process.
  - The childhood traumas are associated with how we cope or do not cope as adults
  - The interaction between the drug, the individual and the environment.
  - The cause of individual's genetics and personality.
- 1.2 A long-term user of cocaine may well develop symptoms of other psychological disorders, such as:
- Major depression
  - Social phobia.
  - Eating disorders.
  - All of the above.
- 1.3 Which of the following is an important factor in substance abuse?
- Whether the substances are regularly used by other family
  - Whether the family environment is rural or urban
  - Whether you are a twin
  - Whether you are born in upper social class family.
- 1.4 In substance abuse, the term self-medication refers to?
- Amelioration of psychological distress thorough substance use.
  - Doctors prescribing their own drugs.
  - Motive for using a substance.
  - Deciding the drug of choice.
- 1.5 Drug-prevention schemes targeting young people and their parents who may be specifically at risk provide:
- 24-hour telephone help lines.
  - Internet web-sites
  - Treatment, and availability.
  - All of the above.
- 1.6 Which of the following are treatments offered by residential rehabilitation centres?
- Group work and group therapy.
  - Psychological interventions.
  - Social skills training.
  - All of the above

- 1.7 In aversion therapy clients are given their drug followed immediately by another drug that causes unpleasant physiological reactions such as nausea and sickness. Rather than physically administering these drugs in order to form an aversive conditioned response the client to imagine taking their drug followed by imagining some upsetting or repulsive consequence. The variant on aversion therapy is known as:
- Inverted de-sensitization.
  - Covert sensitisation.
  - Overt desensitisation.
  - Covert habituation
- 1.8 In cognitive behavioural therapy for substance abuse individuals may hold dysfunctional beliefs such as "If I lapse then my treatment will have failed" or "I have had one drink so I may as well get drunk". These are known as:
- Amotivational syndrome
  - Controlled drinking
  - Abstinence violation beliefs
  - Impulsive drinking
- 1.9 The term psychological dependence is not used when:
- It is clear that the individual has changed their life to ensure continued use of the drug.
  - Their activities are centred on the drug and its use.
  - Adherence to the prescribed medication.
  - Leads to neglect of other important activities such as work, social and family commitments.
- 1.10 Which of the following is not an example of a substance use disorder (SUD)?
- Alcohol related disorders
  - Caffeine related disorders
  - Inhalant related disorders
  - Gambling disorder
- 1.11 Which of the following is not a hallucinogenic?
- Cannabis
  - Antibiotics
  - LSD
  - methylenedioxymethamphetaminc (MDMA)

- 1.12 Following withdrawal after extended heavy drinking over a number of years, the drinker may experience:
- a Delirium.
  - b Homeostasis.
  - c Enuresis
  - d Circadian dysrhythmia.
- 1.13 What are the processes of Motivational interviewing?
- a Focusing, engaging, planning and evaluating
  - b Engaging, focusing, evaluating and reflexing
  - c Engaging, focusing, evoking and planning
  - d Focusing, evoking, reflexing and evaluating
- 1.14 Uncomfortable symptoms produced when a physically dependent user stops using drugs?
- a withdrawal
  - b intervention
  - c side effect
  - d drug tolerance
- 1.15 What is the most widely used narcotic in the world?
- a Hashish,
  - b Heroin
  - c Opium
  - d None of the above
- 1.16 a condition in which a user needs more of a drug to feel the same effect felt when first using the drug
- a drug tolerance
  - b withdrawal
  - c psychoactive.
  - d addiction
- 1.17 A state of emotionally or mentally needing a drug in order to function
- a Physical dependence.
  - b Psychological dependence
  - c Reasons inhalants are dangerous.
  - d Drug interaction

- 1.18 A return to using drugs while trying to recover from drug addiction
- a drug abuse
  - b overdose
  - c inhalant
  - d relapse
- 1.19 A drug that distorts perceptions, causing the user to see, feel or hear things that aren't real?
- a hallucinogen
  - b medicine
  - c Club (designer) drug
  - d depressant
- 1.20 Drug withdrawal that occurs in new born infants whose mothers were frequent drug users during pregnancy.
- a Infant psychological dependence
  - b Neonatal depression
  - c Neonatal abstinence syndrome
  - d Postpartum abstinence

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## ANSWER SHEET FOR SECTION-1

| Q. No. | (a) | (b) | (c) | (d) |
|--------|-----|-----|-----|-----|
| 1.1    |     |     |     |     |
| 1.2    |     |     |     |     |
| 1.3    |     |     |     |     |
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| 1.5    |     |     |     |     |
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| 1.16   |     |     |     |     |
| 1.17   |     |     |     |     |
| 1.18   |     |     |     |     |
| 1.19   |     |     |     |     |
| 1.20   |     |     |     |     |

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**SECTION 2: SHORT ANSWER QUESTIONS (60 MARKS)**

**All questions are compulsory**

- 2.1 Define the term psychology of addiction.
- 2.2 Briefly explain 03 differences between addictive behavior vs. normal behavior?
- 2.3 Briefly explain the drug abuse and brain's reward system
- 2.4 Identify 03 positive and 03 negative effects of stimulant legal high drugs?

- 2.5 List 05 risks associated with psychoactive drugs
- 2.6 Briefly explain the socio-cultural model of drug abuse.
- 2.7 Briefly explain the differences between screening and assessments in addiction.
- 2.8 Briefly explain a benefit and a limitation of applying Motivational Interviewing as a counseling approach in addiction.



2.9 Identify 03 Risk factors and 03 protective factors of addiction among adolescents.

2.10 Why ethics are important for professionals in the field of Addiction counselling/therapy? Briefly explain using 03 main ethical aspects.

2.11 Briefly explain the 03 main characteristics of a counsellor that influence the therapeutic relationship between the counsellor and the client.

2.12 List down the main stages of change model (Stages of change).

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-----END OF QUESTION PAPER-----

