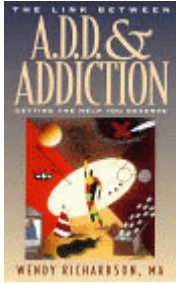


The Link Between A.D.D. & Addiction

Getting the Help You Deserve

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15 CEHs



TO TAKE THIS COURSE

1. **Print** exam questions below to use while reading text.
2. **Click** on the “**Buy from amazon.com**” link to obtain text.
3. **Read** text and answer exam questions on this sheet.
4. **Click** the “**Answer Sheet**” button on navigation bar to take test.
5. **Transfer** answers from this study guide to **Answer Sheet**.
6. **Click** on “**Submit Now**” button after completing **Answer Sheet**.
7. **Enter** credit card information on **Payment Form** that follows.
8. **Certificate of Completion** will be e-mailed after test is scored.

Examination Questions

Chapter 1: The Bottom Line: You Can Have a Better Life

Chapter 2: Our Stories and Maybe Some of Yours: The Link Between ADD and Addictions

1. According to the author, people with ADD can have spontaneous rage attacks because they are flooded with too much stimuli and not able to screen out what is wanted from what is irritating.
 - a. True
 - b. False

Chapter 3: Screens with Big Holes: What ADD Looks and Feels Like

2. ADD and addiction are similar in that they both involve a ____ of control.
 - a. heightened sense
 - b. loss
 - c. disregard
 - d. none of the above
3. ADD people can be:
 - a. disorganized
 - b. extremely organized
 - c. either disorganized or extremely organized
 - d. none of the above
4. Some ADD people need to move in order to think.
 - a. True
 - b. False
5. Some experts believe that ____ of people with ADD also have learning disabilities (LD).
 - a. 5% to 10%
 - b. 10% to 25%
 - c. 25% to 40%
 - d. 40% to 80%

Chapter 4: It's Not Your Fault: Genetics and the Brain

6. Decreased levels of serotonin are linked to:
- depression
 - sleep disturbance
 - eating disorders
 - all of the above
7. The gene that codes for a specific type of dopamine receptor has been found to be abnormal ____ percent of the time in ADD patients and in alcoholics and cocaine addicts.
- 40
 - 50
 - 60
 - 70
8. Dr. Comings pioneered the concept of:
- array disorders
 - spectrum disorders
 - variant disorders
 - all of the above
9. Dr. Zametkin's positron emission tomography (PET) brain scan study (1990) showed that adults with histories of hyperactivity were ____ to absorb glucose than the "normal" adult control group.
- quicker
 - unable
 - slower
 - none of the above

Chapter 5: How Do I Know IF I Have ADD?: Checklists for ADD Traits

10. Some infants with ADD cannot be consoled by being held.
- True
 - False
11. According to the author, it can be fairly easy to diagnose ADD in children under three years of age.
- True
 - False
12. According to the author, dysfunctional families cause ADD.
- True
 - False
13. Adolescence is a critical and pivotal time in life where many begin self-medicating their untreated ADD.
- True
 - False
14. Men and women have different experiences with ADD.
- True
 - False

Chapter 6: The Attributes of ADD: Appreciating Your Assets

15. According to the author, many of the adults she works with suffer from what she calls:
- destructive impulses
 - cognitive misbehavior
 - creative implosion
 - none of the above

Chapter 7: Use, Abuse or Addiction?: Evaluating Your Relationship with Drugs and Alcohol

16. Addiction can cause problems:

- a. at work or school
- b. in relationships with family, friends or coworkers
- c. with health, financial or legal issues
- d. all of the above

17. Who wrote that alcoholism was caused by a biological sensitivity to alcohol?

- a. William D. Silkworth
- b. E.M. Jellinek
- c. Carl Jung
- d. none of the above

18. According to the author, it isn't how often you drink, but what happens when you drink that makes you an alcoholic.

- a. True
- b. False

Chapter 8: Putting Out Fires with Gasoline: Self-Medicating ADD with Alcohol, Drugs, and Food

19. According to the author, somewhere between ____ of people with drug and alcohol addictions also have ADD.

- a. 5% to 25%
- b. 15% to 35%
- c. 25% to 50%
- d. 45% to 64%

20. In a 1994 article, Dr. Scott D. Lindgren comprehensively reviewed research involving the cause-and-effect relationship between sugar and hyperactivity and concluded that sugar did cause hyperactivity in children.

- a. True
- b. False

21. According to the author, nicotine is enticing for people with ADD because it stimulates the brain.

- a. True
- b. False

Chapter 9: Addictions of Doing: Self-Medicating with Addictive Behaviors

22. Self-medicating with addictive behaviors can include

- a. gambling, spending, and "high stim" activities
- b. television, video games, and the Internet
- c. sex, love, work, and exercise
- d. all of the above

Chapter 10: Behavior Solutions for ADD: Practical Tools to Help You Cope

23. According to the author, diagnosing ADD is similar to diagnosing clinical depression.

- a. True
- b. False

24. According to the author, in early recovery from addictions, many people without ADD will appear to have ADD during the first months of abstinence.

- a. True
- b. False

25. According to the author, the “gotta go” style can be:

- a. effective
- b. offensive
- c. predictable
- d. none of the above

26. According to the author, a defensive attitude is one way people with ADD protect themselves from feeling criticized, misunderstood, or ashamed.

- a. True
- b. False

Chapter 11: Help Through Medication: Why and When It May Be Right for You

27. According to the author, medication should not be used as the sole treatment for ADD.

- a. True
- b. False

Chapter 12: Oh, No! Not Again!: Preventing ADD and Addiction Relapses

28. According to the author, relapse is an instantaneous event.

- a. True
- b. False

29. According to the author, people with untreated ADD have a ____ chance to relapse due to a difficulty or inability to control their impulses.

- a. far lesser
- b. lesser
- c. greater
- d. far greater

30. A therapeutic relapse occurs when someone slips back into addiction and:

- a. does not return to recovery
- b. returns to recovery, but does not understand why they relapsed
- c. is able to return to recovery with a better understanding of their addiction
- d. none of the above

Chapter 13: ADD and Addiction Recovery: Your Unique Challenges with Twelve Step Programs

31. One of the difficulties for ADD people at twelve step meetings is being able to sit still and pay attention.

- a. True
- b. False

Chapter 14: Feeling Your Feelings: Healing the Big Five

32. According to the author, fear, anger, grief, guilt, and shame must be dealt with in order to recover from ADD and addictions.

- a. True
- b. False