

NC State AOD Quiz Answer Sheet

- 1. The answer is C.** Both acetaminophen and alcohol can cause liver damage by themselves. Acetaminophen can do so when taken in larger than normal dosages. (There is a warning on the back of Tylenol that states this). Alcohol can damage the liver of chronic heavy drinkers over a period of time. (Alcohol can damage about any body organ when consumed in large enough quantities over an extended period of time). Putting alcohol and acetaminophen together creates a synergistic effect where it can cause acute liver damage. Thus, you do not want to mix the two. If you want more information concerning the drug interaction between acetaminophen and alcohol go to: <http://www.envtox.ucdavis.edu/cehs/TOXINS/acetalc.htm>. Other brand name products that contain acetaminophen are Tylenol, Panadol, Aspirin Free Anacin, Bayer Select Maximum Strength Headache Pain Relief Formula, and Goody's Headache powders and tablets. Other points to make: aspirin is a blood thinner, as is alcohol. This is a health benefit. However, aspirin could cause internal bleeding, as it can be an irritant to the stomach, as can alcohol. Make sure people know that aspirin and Tylenol are two different products! Another point to make: one should always be careful when mixing any drugs as it may cause a drug interaction. Some drugs when taken together enhance each other's effects, like alcohol and sleeping pills. Both are depressants and when taken together can produce an intensified depressant effect. Other combinations can make one or both drugs ineffective. For more information on drug interactions you can go to: http://www.merck.com/mrkshared/mmanual_home2/sec02/ch013/ch013c.jsp
- 2. The answer is A.** According to several surveys, most NC State students report consuming 0-4 drinks when they party. This takes into account that approximately 25% of our students don't drink at all. Many people think that students consume more than this. Why? There are various reasons.

 - First, there is a stereotype that college students don't just drink alcohol, they drink a lot. This assumption leads many people, particularly incoming students, to believe that it is the norm for college students to drink and drink heavily. Thus, when a college student is seen drinking, it is assumed that that student is drinking a lot. Are he or she, or is it just an assumption? This assumption can spill over at parties where alcohol is present. Perhaps there are some people drinking heavily, it's verifiable. But does that mean everyone is drinking a lot? How often do people actually count the number of drinks a person is having? How often do people actually count the number of drinks everyone at a party is drinking? If one works off assumptions, then one may assume that more drinking is taking place than is actually being done. (If someone is a little loud and outgoing, it may be assumed that he or she is drunk, and he or she may not be. People at parties are often boisterous and gregarious even without consuming alcohol. Sometimes people who are not drunk will act drunk and even think they are drunk!). In summation, if we believe college students drink a lot, then we *will* see college students drink a lot as it fits our image but we *won't* see those who aren't drinking or drinking a lot as it doesn't fit our image.

- Second, according to Wes Perkins in The Social Norms Approach to Preventing School and College Age Substance Abuse: A Handbook for Educators Counselors, and Clinicians (2003, Jossey-Bass), there is a general social psychological tendency to mistakenly attribute observed behaviors of others to their disposition – we think that the behavior we see is typical of them when their behaviors cannot be explained by the specific context or put into perspective by knowing what others do most of the time. For example, if we see someone for the first time and that person is drunk, we often assume that this person must get drunk every time he or she drinks. We usually don't take into consideration a specific context, like maybe this is an abnormal behavior for that person. Quoting Perkins, "We simply tend to assume that what we have observed of others on occasion is what they normally do if we have no concrete basis to think otherwise." (p. 7). Naturally, this psychological tendency is true in observing other behaviors as well.
 - Third, usually the people at parties that garner the most attention are those who are drunk or who may not be drunk but may be acting drunk. We don't pay attention to the normal activity that goes on, like people talking quietly to each other. Like the news, if something is reported about the party at a later time, it is often abnormal behavior. And it can get reported enough to lead others to think that such behavior is more the norm than it actually is.
 - Fourth, according to Perkins cultural media reaffirm and amplify these drunken exaggerations. Television, movies, and music frequently depict and give a positive view of substance abuse. This gives a slanted view as it presents a disproportional view – for example many of these movies show a lot more people using a lot more alcohol than is true for underage people in reality. However, many assume that these movies show "normal" use. News media and other community outlets give headline attention to problem behaviors of those underage and do not highlight the healthy majority. After all, as Perkins points out, the healthy majority is not seen as newsworthy. Typically it is the abnormal that captures the headlines.
3. **The answer is D.** Many people don't realize what a serving size of alcohol is. A 12 oz. can of beer is easy enough, but sometimes a person may be drinking out of a cup that may be 20 oz., yet they assume it's a serving size. A "40" isn't a serving size either. It's about 3.25 servings. The difference between unfortified and fortified wine is that fortified wine has a higher alcohol content. Unfortified wines usually have an alcohol content of around 12%. According to NC law unfortified wine can go up to 17% and fortified wines may have up to a 24% alcoholic content. (Fortified means that it has additional alcohol added to it, usually in the form of brandy). Examples of fortified wines include sherry, port, vermouth. Cheap wines such as MD 20/20, Wild Irish Rose, Night Train, Thunderbird, and Cisco may or may not be a fortified wine, but they typically have a higher alcoholic content than a table wine. Please check the alcohol content on bottles so that you can know
4. **The answer is A.** For all practical purposes marijuana is illegal for all uses in the U.S. according to federal law. According to the 2004 NC State CORE survey approximately 30% of State students have used marijuana in the past year. That

means that 70% have not. (Often we see the negative numbers instead of the positive).

5. **The answer is A.** Marijuana is legal for medicinal purposes in the following states Alaska, California, Colorado, the District of Columbia, Maine, Nevada, Oregon, and Washington. According to federal law there is no legal use of marijuana. However, law enforcement is usually governed by local and state laws, not federal laws.
6. **The answer is C.** We call Rohypnol and GHB “date rape” drugs, and they are drugs that we need to be concerned about. However, alcohol is the drug most often involved with acquaintance and date rape. Many people think that alcohol facilitates sexual opportunities. This can mean different things to different people. You add a little too much alcohol to a situation and miscommunication can take place! People also need to protect their drinks, alcoholic or not, when they are around others. Some people are putting “date rape” drugs in drinks. And it doesn’t matter whether you’re male or female as males are being targeted as well.
7. **The answer is B.** Someone who drinks so much that he or she passes out is in a coma and, medically speaking, near death. If you think someone has been drinking a lot and appears to be asleep, try to wake that person. If you can wake him or her, then her or she is not in a coma. They have not passed out. However, a person can go from being asleep into a coma state. So, if you’re really concerned that someone drank too excessively keep tabs on them. To see the signs & symptoms of alcohol poisoning as well as how to help go to: K:\Web Content 2004\hp_alcohol binge & poisoning.doc (1).
8. **The Answer is C.** Children of alcoholics are more at risk for developing alcoholism. There are two factors that play into to this risk. First, those who have a family history of alcoholism are more at risk. Children of alcoholics definitely fit this category. Second, disproportional to the rest of the population, children of alcoholics have an initial high tolerance to alcohol. What this means is that it takes more alcohol for them to feel affected than it does for most people. People with an initial high tolerance are at greater risk for developing alcoholism. See K:\Web Content 2004\hp_alcohol who's at risk.doc