

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## ***Eye on the Field, Volume 8, Issue 5, May 2007***

### **“Alcoholics Should Avoid Excessive Physical & Psychological Stress during Early Abstinence”**

1. What impact does a reactivity deficit in the hypothalamic-pituitary-adrenal (HPA) axis have on an alcoholic in early abstinence?

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2. Alcoholics in early abstinence and recovery should only take part in limited physical activity to help reduce the likelihood of relapse as a result of a stunted HPA axis.

True                  False

3. What are the implications of this study for alcohol-rehabilitation programs?
- a. Reduce physical activity to mild during the first 8 weeks of abstinence
  - b. Cut out physical activity all together
  - c. Leave the decision of the level of exercise up to the client
  - d. None of the above

### **“Spousal Choices can Influence the Risk of Developing Alcoholism”**

4. What is the implication of assertive mating and spousal interaction on the risk of developing alcohol dependence?

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5. Results of this study reveal that those with an alcohol dependent spouse or partner have an increased risk of developing alcohol dependence themselves.

True                  False

### **“Female Alcoholics can Develop Cognitive Problems more rapidly than Male Alcoholics”**

6. What are some examples of ‘telescoping’ associated with women with alcohol abuse/dependence?

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7. What are some of the executive function deficits that appear to be more negatively impacted in female alcoholics than male alcoholics?
- a. Problem solving
  - b. Spatial planning
  - c. Visual working memory
  - d. All of the above

8. These finding suggest that women are at greater risk for developing cognitive problems that can affect one’s daily functions than men.

True                  False

### **“When are Minimum-Legal-Drinking-Age and Beer-Tax Policies the Most Effective?”**

9. The more a community regulates alcohol availability, the less additional benefit they will achieve from enacting additional alcohol-policy initiatives.

True                  False

10. What are some steps that policy-makers can take if they wish to make an additional impact on under-age drinking in their communities?

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