

DSST[®] SUBSTANCE ABUSE

EXAM INFORMATION

This exam was developed to enable schools to award credit to students for knowledge equivalent to that learned by students taking the course. This exam tests the understanding of such substances as anabolic steroids, over-the-counter medications, dependency/addiction, societal effects, screening, diagnosis and neurological factors.

The exam contains 100 questions to be answered in 2 hours.

EXAM CONTENT OUTLINE

The following is an outline of the content areas covered in the examination. The approximate percentage of the examination devoted to each content area is also noted.

- I. Overview of Substance Abuse and Dependence – 12%**
 - a. Terminology (e.g. abuse, use and misuse, dependency, psychological and physical addiction)
 - b. Theories and models of abuse and dependence (e.g. genetic, psychological, social, cultural and environmental, moral, biopsychosocial disease)
 - c. Demographics (e.g. age, gender, ethnicity, culture, socio-economic status)
 - d. Costs to society and associations with social problems
 - e. Screening and diagnosis (DSM-5)
- II. Classification of Drugs – 6%**
 - a. DEA schedule
 - b. Pharmacologic effect
 - c. Regulations
- III. Pharmacological and Neurophysiological Principles – 9%**
 - a. Nervous system (e.g. neurotransmission, synaptic processes, receptors)
 - b. Actions of drugs (e.g. dose response curve, routes of administration, metabolism)
 - c. Drug interactions
- IV. Alcohol– 14%**
 - a. History and types
 - b. Determinants of blood alcohol level (e.g. gender differences)
 - c. Effects (e.g. acute, chronic, behavioral, physiological, prenatal)
 - d. Uses and administration
 - e. Tolerances, withdrawal and overdose
 - f. Dependency issues
 - g. Prevention and treatment (e.g. behavioral, pharmacological)
- V. Anti-Anxiety, Sedative and Hypnotics – 6%**
 - a. History and types
 - b. Effects (e.g. acute, chronic, behavioral, physiological)
 - c. Uses and administration
 - d. Tolerance, withdrawal and overdose
 - e. Dependency issues
 - f. Prevention and treatment (e.g. behavioral pharmacological)
- VI. Inhalants – 5%**
 - a. History and types
 - b. Effects (e.g. acute, chronic, behavioral, physiological)
 - c. Tolerance, Withdrawal, and Overdose
 - d. Dependency Issues
 - e. Prevention and Treatment (e.g. behavioral; pharmacological)
- VII. Tobacco and Nicotine – 10%**
 - a. History and types
 - b. Effects (e.g. acute, chronic, behavioral, physiological)
 - c. Uses and administration
 - d. Tolerance, withdrawal and overdose
 - e. Dependency issues
 - f. Prevention and treatment (e.g. behavioral pharmacological)
- VIII. Psychomotor – 6%**
 - a. History and types (including caffeine and xanthines)
 - b. Effects (e.g. acute, chronic, behavioral, physiological)
 - c. Uses and administration
 - d. Tolerance, withdrawal and overdose
 - e. Dependency Issues
 - f. Prevention and Treatment (e.g. behavioral pharmacological)
- IX. Opioids – 7%**
 - a. History and types (including endogenous opioids)
 - b. Effects (e.g. acute, chronic, behavioral physiological)
 - c. Uses and administration
 - d. Tolerance, withdrawal and overdose
 - e. Dependency issues
 - f. Prevention and treatment (e.g. behavioral; pharmacological)
- X. Cannabinoids – 10%**
 - a. History and types (including endogenous cannabinoids)
 - b. Effects (e.g. acute, chronic, behavioral; physiological)
 - c. Uses and administration
 - d. Tolerance, withdrawal and overdose
 - e. Dependency issues
 - f. Prevention and treatment (e.g. behavioral)

pharmacological)

XI. Hallucinogens – 4%

- a. History and types
- b. Effects (e.g. acute, chronic, behavioral, physiological)
- c. Uses and administration
- d. Tolerance, withdrawal and overdose

XII. Other Drugs of Abuse – 4%

- a. Anabolic steroids
- b. Over-the-counter (OTC) substances
- c. Synthetic substances
- d. Club drugs

XII. Antipsychotic Drugs – 3%

- a. History and types
- b. Effects (including side effects, adverse reactions and toxicity)
- c. Uses and administration

XIII. Antidepressants and Mood Stabilizers – 4%

- a. History and types
- b. Effects (including side effects, adverse reactions and toxicity)
- c. Uses and administration
- d. Tolerance, withdrawal and suicidal behaviors

REFERENCES

Below is a list of reference publications that were either used as a reference to create the exam, or were used as textbooks in college courses of the same or similar title at the time the test was developed. You may reference either the current edition of these titles **or** textbooks currently used at a local college or university for the same class title. It is recommended that you reference **more than one textbook** on the topics outlined in this fact sheet.

You should **begin by checking textbook content against the content outline** provided **before** selecting textbooks that cover the test content from which to study.

Sources for study material are suggested but not limited to the following:

1. *Drugs and Society*, 12th Edition, Glen Hanson, Peter J. Venturelli and Annette E. Fleckenstein, Jones and Bartlett Publishers.
2. *Drug, Society and Human Behavior*, 15th Edition, Har, Ksir and Ray, McGraw-Hill.
3. *Drug Behavior and Modern Society*, 8th Edition, Charles Levinthal.

SAMPLE QUESTIONS

All test questions are in a multiple-choice format, with one correct answer and three incorrect options. The following are samples of the types of questions that may appear on the exam. Other sample questions can be found in the form of practice exams by visiting our website at www.getcollegecredit.com/testprep.

1. Cannabis intoxication can?
 - a. increase the heart rate
 - b. increase mental activity
 - c. cause respiratory collapse
 - d. cause chromosomal damage
2. The drugs posing the most immediate risk of organic brain damage are?
 - a. inhalants
 - b. narcotics
 - c. hallucinogens
 - d. sedative hypnotics
3. The most commonly abused drug in the United State is?
 - a. heroin
 - b. cocaine
 - c. marijuana
 - d. alcohol
4. Endorphins and enkephalins are similar in effect to?
 - a. steroids
 - b. psychedelics
 - c. opiates
 - d. stimulants
5. The metabolism of alcohol takes place primarily in the?
 - a. liver
 - b. kidneys
 - c. brain
 - d. pancreas
6. Crisis intervention and detection of the early stages of drug abuse is referred to as?
 - a. primary prevention
 - b. secondary prevention
 - c. tertiary prevention
 - d. quaternary prevention
7. Which of the following is an opium derivative?
 - a. codeine
 - b. cocaine
 - c. phenobarbital
 - d. LSD
8. The junction between two neurons is called the?
 - a. axon
 - b. dendrite
 - c. synapse
 - d. receptor

DSST EXAM CONTENT FACT SHEET

- 9. Paradoxical effects of the benzodiazepines include all of the following EXCEPT?
 - a. nightmares
 - b. irritability
 - c. agitation
 - d. hypersomnia
- 10. Buerger's disease caused by heavy cigarette smoking results from the?
 - a. accumulation of tar in the lungs
 - b. reduction of blood to the body's extremities
 - c. destruction of the cilia in the trachea
 - d. disruption of the normal functioning of the liver
- 11. An alcoholic who drinks while taking Antabuse (disulfiram) is likely to experience?
 - a. sedation
 - b. nausea
 - c. convulsions
 - d. euphoria

CREDIT RECOMMENDATIONS

The American Council on Education's College Credit Recommendation Service (ACE CREDIT) has evaluated the DSST test development process and content of this exam. It has made the following recommendations:

Area or Course Equivalent:	Substance Abuse
Level:	Upper-level baccalaureate
Amount of Credit:	Three (3) semester hours
Minimum Score:	400
Source:	American Council on Education – College Credit Recommendation Service

Answers to sample questions: 1-A, 2-A, 3-D, 4-C, 5-A, 6-B, 7-A, 8-C, 9-D, 10-B, 11-B

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