

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 Abuse – 11%**
 - a. Terminology
 - b. Theories of abuse and dependence
 - c. Models of abuse and dependence
 - d. Demographics
 - e. Costs to society and associations with social problems
 - f. Screening and diagnosis
- II. Classification of Drugs – 6%**
- III. Pharmacological and Neurophysiological Principles – 11%**
 - a. Nervous system
 - b. Actions of drugs
 - c. Drug interactions
- IV. Alcohol – 12%**
 - a. History and types
 - b. Determinants of blood alcohol level
 - c. Effects
 - d. Uses and administration
 - e. Tolerance, withdrawal, and overdose
 - f. Dependency issues
 - g. Prevention and treatment
- V. Anti-anxiety and Sedative Hypnotics – 6%**
 - a. History and types
 - b. Effects
 - c. Uses and administration
 - d. Tolerance, withdrawal, and overdose
 - e. Prevention and treatment
 - f. Dependency issues
- VI. Inhaled Substances – 4%**
 - a. History and types
 - b. Effects
 - c. Uses and administration
 - d. Tolerance, withdrawal, and overdose
 - e. Prevention and treatment
 - f. Dependency issues
- VII. Tobacco and Nicotine – 7%**
 - a. History and types
 - b. Effects
 - c. Uses and administration
 - d. Tolerance, withdrawal, and overdose
 - e. Prevention and treatment
 - f. Dependency issues
- VIII. Psychomotor Stimulants – 9%**
 - a. History and types
 - b. Effects
 - c. Uses and administration
 - d. Tolerance, withdrawal, and overdose
 - e. Prevention and treatment
 - f. Dependency issues
- IX. Opioids – 9%**
 - a. History and types
 - b. Effects
 - c. Uses and administration
 - d. Tolerance, withdrawal, and overdose
 - e. Prevention and treatment
 - f. Dependency issues
- X. Cannabinoids – 8%**
 - a. History and types
 - b. Effects
 - c. Uses and administration
 - d. Tolerance, withdrawal, and overdose
 - e. Prevention and treatment
 - f. Dependency issues
- XI. Hallucinogens – 4%**
 - a. History and types
 - b. Effects
 - c. Uses and administration
 - d. Tolerance, withdrawal, and overdose
 - e. Prevention and treatment
 - f. Dependency issues
- XII. Other Drugs of Abuse – 5%**
 - a. Anabolic steroids
 - b. Over-the-counter (OTC) substances
 - c. Herbal substances
 - d. Club drugs

- e. Other prescription drugs of interest

XIII. Antipsychotic Drugs – 4%

- a. History and types
- b. Effects
- c. Uses and administration

XIV. Antidepressants and Mood Stabilizers – 4%

- a. History and types
- b. Effects
- 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*, Ninth Edition, 2006, Glen Hanson, Peter J. Venturelli and Annette E. Fleckenstein, Jones and Bartlett Publishers, 40 Tall Pine Drive, Sudbury, MA 01776.
2. *Drugs, Society and Human Behavior*, 12th Edition, 2008, Charles Ksir, Carl Hart and Ray Oakley, McGraw-Hill, Two Penn Plaza, New York, NY 10121, books.mcgraw-hill.com.

SAMPLE QUESTIONS

All test questions are in a multiple-choice format, with one correct answer and three incorrect options. These 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.getcollegedcredit.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 States 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
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

DSST EXAM CONTENT FACT SHEET – SUBSTANCE ABUSE

- 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.