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## SUBSTANCE ABUSE

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### 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.

**Form Codes:** SS495, ST495, SY495, SZ495

### 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:** Lower-level baccalaureate

**Amount of Credit:** 3 Semester Hours

**Minimum Score:** 400

**Source:** [www.acenet.edu](http://www.acenet.edu)

## 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 – 13%**
  - 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) Statistics (e.g. age, gender, ethnicity, culture, socio-economic status)
  - d) Costs to society and associations with social problems (e.g. Short and Long Term Consequences)
  - e) Diagnosis (DSM-5)
- II. Classification of Drugs – 4%**
  - a) DEA schedule
  - b) Regulations
- III. Pharmacological and Neurophysiological Principles – 6%**
  - a) Nervous system (e.g. neurotransmission; synaptic processes; receptors)
  - b) Method of Actions (e.g. dose response curve; routes of administration; metabolism)
  - c) Drug interactions
- IV. Alcohol – 13%**
  - a) History and Types
  - b) Determinants of Blood Alcohol Level (e.g. gender differences)
  - c) Effects (e.g. acute; chronic; behavioral; psychological; prenatal)
  - d) Uses
  - e) Tolerance, Withdrawal, and Overdose
  - f) Dependency Issues
  - g) Awareness, Treatment and Intervention (e.g. behavioral; pharmacological)
- V. Anti-Anxiety, Sedative, and Hypnotics – 6%**
  - a) History and Types
  - b) Effects (e.g. acute; chronic; behavioral; psychological)
  - c) Uses and Administration
  - d) Tolerance, Withdrawal, and Overdose
  - e) Dependency Issues
  - f) Awareness, Treatment and Intervention (e.g. behavioral; pharmacological)
- VI. Inhalants – 6%**
  - a) History and Types
  - b) Effects (e.g. acute; chronic; behavioral; psychological)
  - c) Uses
  - d) Tolerance, Withdrawal, and Overdose
  - e) Dependency Issues
  - f) Awareness, Treatment and Intervention (e.g. behavioral; pharmacological)
- VII. Tobacco and Nicotine – 10%**
  - a) History and Types
  - b) Effects (e.g. acute; chronic; behavioral; psychological)
  - c) Uses
  - d) Tolerance, Withdrawal, and Overdose
  - e) Dependency Issues
  - f) Awareness, Treatment and Intervention (e.g. behavioral; pharmacological)
  - g) Current Trends (e.g. vapes)

**VIII. Psychomotor Stimulants – 6%**

- a) History and Types (including caffeine and xanthines)
- b) Effects (e.g. acute; chronic; behavioral; psychological)
- c) Uses and Administration
- d) Tolerance, Withdrawal, and Overdose
- e) Dependency Issues
- f) Awareness, Treatment and Intervention (e.g. behavioral; pharmacological)

**IX. Opioids – 10%**

- a) History and Types (including endogenous opioids)
- b) Effects (e.g. acute; chronic; behavioral; psychological)
- c) Uses and Administration (therapeutic use)
- d) Tolerance, Withdrawal, and Overdose
- e) Dependency Issues
- f) Awareness, Treatment and Intervention (e.g. current trends, behavioral; pharmacological)

**X. Cannabinoids – 8%**

- a) History and Types (including endogenous cannabinoids)
- b) Effects (e.g. acute; chronic; behavioral; psychological)
- c) Uses and Administration (therapeutic use)
- d) Tolerance, Withdrawal, and Toxicity
- e) Dependency Issues
- f) Awareness, Treatment and Intervention (e.g. behavioral; pharmacological)
- g) Current Trends

**XI. Hallucinogens – 7%**

- a) History and Types
- b) Effects (e.g. acute; chronic; behavioral; psychological)
- c) Uses and Administration (therapeutic use)
- d) Tolerance, Withdrawal, and Toxicity
- e) Dependency Issues
- f) Awareness, Treatment and Intervention (e.g. behavioral; pharmacological)
- g) Current Trends

**XII. Other Drugs of Abuse – 4%**

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

**XIII. Antipsychotic Drugs – 3%**

- a) History and Types
- b) Effects (including side effects, adverse reactions, and toxicity)
- c) Uses and Administration

**XIV. Antidepressants and Mood Stabilizers – 4%**

- a) History and Types
- b) Effects (including side effects, adverse reactions, suicidal behaviors, and toxicity)
- c) Uses and Administration
- d) Tolerance and Withdrawal

## 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 & Society*, 14<sup>th</sup> Edition, 2022, Glen R. Hanson; Peter J. Venturelli; Annette E. Fleckenstein, Jones & Bartlett Learning.
  2. *Drug, Society and Human Behavior*, 18<sup>th</sup> Edition, 2022, Carl L. Hart. Charles Ksir, McGraw-Hill Higher Education.
  3. *Drugs, Behavior and Modern Society*, 9<sup>th</sup> Edition, 2023, Charles Levinthal, Pearson+.
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## 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.

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. Endorphins and enkephalins are similar in effect to
  - a. steroids.
  - b. psychedelics.
  - c. opiates.
  - d. stimulants.
4. The metabolism of alcohol takes place primarily in the
  - a. liver.
  - b. kidneys.
  - c. brain.
  - d. pancreas.
5. 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.
6. Which of the following is an opium derivative?
  - a. Codeine
  - b. Cocaine
  - c. Phenobarbital
  - d. LSD
7. The junction between two neurons is called a(n)
  - a. axon.
  - b. dentrite.
  - c. synapse.
  - d. receptor.
8. An alcoholic who drinks while taking Antabuse (disulfiram) is likely to experience which of the following?
  - a. Sedation
  - b. Nausea
  - c. Convulsions
  - d. Euphoria

Answers to sample questions:

1-A, 2-A, 3-C, 4-A, 5-B, 6-A, 7-C, 8-B