**Quiz on Substance Abuse**

1. Which of the following is a method of using drugs?

1. Inhaling
2. Oral intake
3. Through needles
4. All of them

Ans. D. All of them

2. What type of dependence can be caused by substance abuse?

1. Physical dependence
2. Psychological dependence
3. Physical and psychological dependence
4. No dependence at all

Ans. C. Physical and psychological dependence

3. An adolescent should not develop which of the following habits?

1. Saying 'no' to protect himself from the temptation to experiment with drugs
2. Seeking help and support from elders
3. Agreeing to experiment with drugs at least once
4. Staying away from social media and friends who encourage substance abuse

Ans. C. Agreeing to experiment with drugs at least once

4. What is drug addiction?

1. Getting addicted to food
2. Dependence on drugs
3. Taking medicines with a valid prescription
4. Eating a balanced diet

Ans. B. Dependence on drugs

5. Which age group is most likely to get addicted to drugs?

1. Childhood
2. Adolescence
3. Adults
4. Old age

Ans. B. Adolescence

6. Which of the following is not a symptom of mental illness?

1. Depression
2. Positive attitude
3. Delusions and hallucinations
4. Insomnia

Ans. B. Positive attitude

7. Which of the following can help prevent substance abuse among adolescents?

a) Positive peer influence

b) Learning healthy coping mechanisms

c) Seeking help from trusted adults

d) All of the above

Answer: d) All of the above

8. Temporary physical and psychological symptoms that occur when the use of an addictive substance is discontinued is

1. Addiction
2. Withdrawal
3. Relapse
4. Compulsion

Ans. B. Withdrawal

9. What should you do if you or someone you know is struggling with substance abuse?

a) Keep it a secret

b) Seek help from a trusted adult, counselor, or medical professional

c) Ignore it and hope it goes away

d) Try to handle it alone

Answer: b) Seek help from a trusted adult, counselor, or medical professional

10. Which of the following is a result of drug abuse or alcohol abuse?

1. Coma and death due to failure of the heart
2. Reckless behaviour, vandalism, and violence
3. A combination of drugs and alcohol leads to overdosing and death
4. All the above

Ans. D. All the above