

# Co-occurring mental health issues, alcohol and drug use

TEST YOUR KNOWLEDGE BY COMPLETING THIS MULTIPLE-CHOICE QUIZ

1. The term 'dual diagnosis' in the context of people with mental health issues that occur concurrently with alcohol and drug use is now regarded as:

- a) Unhelpful
- b) Influential
- c) Accurate
- d) Insulting

2. Which of the following describes accurately the interaction between mental health and substance use?

- a) Contradictory
- b) Mutually exclusive
- c) Symbiotic
- d) Complex

3. A high proportion of people experiencing co-occurring mental health and alcohol and/or drug use (COMHAD) can be found in:

- a) Urban areas
- b) The prison population
- c) Wales
- d) Private hospitals

4. Which of the following may impede access to services for people experiencing COMHAD?

- a) Remote locations
- b) Lack of flexible opening times
- c) Discharge policies for non-attendance
- d) All of the above

5. Discrepancies between staff members' perceptions of who should be involved in a particular service user's case can create:

- a) Delays to treatment
- b) Enhanced integrated care
- c) An effective shared care pathway
- d) A multi-agency care package

6. What factor might cause staff in drug and alcohol services to develop negative attitudes towards people experiencing COMHAD?

- a) Excess paperwork
- b) Cognitive dissonance

- c) Limited access to training
- d) Inadequate IT infrastructure

7. Which of the following is accurate? Othering can be described as:

- a) An alternative term for differential diagnosis
- b) The act of treating someone as though they are not part of a recognised group or as 'different' in some way
- c) Dividing patients into specific cohorts according to their social status
- d) A research term for discarding subjects due to a lack of variation in a study population

8. The purpose of the ASSIST-Lite screening tool is:

- a) To decide if service users may be eligible for self-help groups
- b) To ascertain the drug or alcohol content of a blood sample
- c) To assess if an individual has underlying mental health issues
- d) To help healthcare professionals to identify risky drug and alcohol use

9. According to the transtheoretical model of change, the contemplative stage involves:

- a) Being 'in two minds' regarding any change
- b) Not wishing to change
- c) Already taking steps to change
- d) Being committed to a change that has already taken place.

10. Which of the following is inaccurate? Motivational interviewing:

- a) Is a technique that seeks to strengthen the individual's motivation to change
- b) Represents an intentional move away from a 'righting style', which involves well-meaning advice
- c) Is a technique that seeks to weaken the individual's motivation to change
- d) Relies on partnership through collaboration, acceptance through empathic listening and a demonstration of non-judgemental attitudes

## How to complete this assessment

This multiple-choice quiz will help you test your knowledge. It comprises ten multiple choice questions broadly linked to the previous article. There is one correct answer to each question.

You can read the article before answering the questions or attempt the questions first, then read the article and see if you would answer them differently.

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This multiple-choice quiz was compiled by Jason Beckford-Ball

The answers to this quiz are:

1. a, 2. d, 3. b, 4. d, 5. a, 6. c, 7. b, 8. d, 9. a, 10. c

## Test your knowledge

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This activity has taken me \_\_\_ minutes/hours to complete. Now that I have read this article and completed this assessment, I think my knowledge is:

- Excellent  Good  Satisfactory  Unsatisfactory  Poor

As a result of this I intend to: \_\_\_\_\_