



UNIVERSITY EXAMINATIONS

1ST SEMESTER 2025/2026 ACADEMIC YEAR

**SECOND YEAR EXAMINATIONS FOR THE
DEGREE OF BACHELOR OF EDUCATION**

PSYC 215: DRUGS AND CHEMICAL DEPENDENCY

STREAM: R

TIME: 2 HRS

DAY: TUESDAY (8.30-10.30AM)

DATE: 27/01/2026

THIS QUESTION PAPER CONSISTS OF THREE (7 PAGES)

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INSTRUCTIONS:**Answer all Questions in section A and any Two in section B****SECTION A: ANSWER ALL QUESTIONS (30 MARKS)**

1. Which theory of addiction emphasizes the role of learned behaviours and reinforcement in substance use?
 - a. Genetic theory.
 - b. Behavioural theory.
 - c. Moral theory.
 - d. Social cultural theory.
2. In the progression of addiction, which stage is characterized by increased tolerance and regular use?
 - a. Experimentation.
 - b. Dependence.
 - c. Occasional use.
 - d. Withdrawal.
3. Which intervention focuses on helping individuals stand their ground without being aggressive or passive?
 - a. Negotiation skills.
 - b. Assertive skills.
 - c. Consultation.
 - d. Avoidance.
4. Identify the drug that is not an example of hallucinogenic drug
 - a. LSD
 - b. Hashish
 - c. Cannabis
 - d. Penicilin
5. Which alkaloid is found in the tobacco
 - a. Cocaine
 - b. Caffeine
 - c. Nicotine
 - d. mophine

6. Which of the following is a commonly abused stimulant?
- Marijuana
 - Cocaine
 - Heroin
 - Benzodiazepines
7. Which of the following is the best description of a drug?
- A substance taken for a desired effect (other than food water or air).
 - Any substance taken for effect.
 - A substance used to produce a high.
 - A substance that can have both positive and negative effects.
8. Intellectual disabilities, growth retardation and physical deformities are common symptoms of-----
- Fetal Alcohol Syndrome.
 - Heroin post birth addiction.
 - All prenatal drug use.
 - Overuse of prenatal pain killers.
9. Psychoactive drugs are drugs that _____
- alter behavior or mood.
 - alter only mood.
 - alter only behavior.
 - have little or no effect on mood or behavior.
10. Janice has bipolar disorder and is struggling to hold a job. She excessively uses alcohol to help her sleep at night and now cannot fall asleep without it. Her issue with alcohol could be said to be _____
- Secondary
 - Primary
 - Adjunctive
 - fundamental
11. What term describes the need for increasing doses of a drug to achieve the desired effect over time?
- Tolerance
 - Withdrawal
 - Overdose
 - Relapse

12. Which factor is NOT typically associated with an increased risk of drug addiction?
- Genetics
 - Socio-economic status
 - Early exposure to drugs
 - High level of education
13. Which of the following is a common side effect of sniffing/snorting a drug?
- Increased chance of infection
 - Elevated chance of overdose,
 - Vein scarring
 - Damage to the nasal membrane lining.
14. How are drugs MOST often removed from the body?
- By vomiting.
 - Through exhalation.
 - Through the user's urine.
 - By pumping the stomachs contents.
15. Which of the following routes of administration achieves the longest-lasting results for the user?
- Oral and nasal.
 - Oral.
 - Injection
 - Inhalation and nasal.
16. Why do some users prefer the route of injection for drug administration?
- It provides a fast and high-peak effect
 - It is easier to inject a drug than to take it other ways.
 - Needles are safer to use than other routes
 - Injection has a lower chance of overdose.
17. How does the route of inhalation pass the drug into the user's bloodstream?
- By the stomach lining.
 - Through a nasal membrane.
 - Directly by a blood vessel.
 - Through the lungs.

18. What response to a drug develops when increased dosages of a drug are required over time to achieve the same effect as the original dosage?
- Tolerance
 - Magnitude effect
 - Causative tolerance
 - Clinical ambivalence
19. Alcohol causes _____
- Decreased urination.
 - Decreased size of blood vessels near the skin.
 - Decreased blood flow to the skin.
 - Increased breathing at low levels.
20. Narcotics are derived from _____
- Plants.
 - Distillation.
 - Barbiturates.
 - Chemical reaction of barbiturate and stimulant.
21. Marijuana is mainly eliminated from the body mainly via _____
- Urine
 - Feces
 - Vomiting
 - sweating
22. To which of the following has long term use of cocaine been linked to?
- Psychosis
 - Depression
 - Feelings of low self - worth
 - Schizophrenia
23. Which of the following is not a common problem of those with a substance abuse issue that would likely be addressed in treatment?
- Relationship issues
 - Legal problems
 - Optical difficulties
 - Coping skills

24. When can confidentiality be breached?
- When the family demands it.
 - If the patient's employer requests information in writing.
 - If the patient threatens the welfare of another person.
 - When a spouse asks for it.
25. The treatment plan _____
- Kept secret from everyone except the therapist and the facility.
 - Developed together by both the therapist and patient.
 - Developed only by the therapist.
 - Denied to the patient even upon request after treatment has been completed
26. Which of the following is derived from the hemp plant "cannabis sativa"?
- Opium
 - Marijuana
 - MDMA
 - crack
27. A long term user of cocaine may well develop symptoms of other psychological disorders such as:
- major depression
 - social phobia
 - eating disorders
 - all of the above
28. Lysergic Acid Diethylamide (LSD) starts to take effect around 30 to 90 minutes after taking it and physical effects include:
- Raised body temperature
 - Increased heart rate and blood pressure
 - Sleeplessness
 - All of the above
29. The alcohol intoxicated individual has less cognitive capacity available to process all on-going information, and so alcohol acts to narrow attention and means that the drinker processes fewer cues less well. This state is known as-----

- a. Alcohol myopia
 - b. Alcohol dependency
 - c. Alcohol abuse
 - d. Alcohol amnesia
30. Which of the following substances is a narcotic?
- a. Opium
 - b. Liquor
 - c. Hashish
 - d. Cannabis

SECTION B. ANSWER ANY TWO QUESTIONS**THIRTY ONE (20 MARKS)**

- 31) a) Investigate the effect of four broad categories of drugs. **(8 marks)**
- b) Analyse four factors that causes addiction of drugs & chemicals. **(4 marks)**
 - c) As a psychologist, demonstrate ways you can assist a client who has gambling addiction. **(8 marks)**

THIRTY TWO (20 MARKS)

- a) Examine five models that can be used to explain substance addiction. **(10 marks)**
- b) Citing examples, evaluate the wheel of change. **(10 marks)**

THIRTY THREE (20 MARKS)

- a) Justify the progression of addiction as an illness. **(10 marks)**
- b) Explain five different modes of drug administration. **(10 marks)**

THIRTY FOUR (20 MARKS)

- a) Evaluate four characteristics of addictive behaviour. **(8 marks)**
- b) Critique the Cognitive-Behavioural Theory (CBT) approach to addiction treatment. **(12 marks)**