

## **Wellness 1: Mental Health/Alcohol & Tobacco Study Guide**

Directions: Answer the following review questions on a separate sheet of paper. You will turn in your response with your unit packet. Your unit test is a combination of multiple choice, true/false and short answer questions. 50 points summative

### **MENTAL HEALTH QUESTIONS:**

1. Suicide is the \_\_\_\_\_ leading cause of death in youth ages 10-24.
2. What is the #1 factor or reason for suicide?
3. List 5 symptoms of depression-
4. List 5 symptoms of suicide-
5. What 4 discussion points do you need to know to help another student at risk for suicide?
6. What are 5 steps to take if you suspect someone is suicidal?
7. Who are 3 suicide contacts here at West Linn High School?
8. Define Ideation
9. Short Answer: How would you help a friend who you suspect is suicidal? Make sure to include all the points from answer 6.

### **ALCOHOL QUESTIONS:**

1. Define the following terms: Alcohol, Depressant, Inhibition, binge drinking, alcohol poisoning, Cirrhosis, FAS, DUI
2. How does a depressant effect the central nervous system?
3. Define BAC and list 4 factors that influence BAC.
4. Why does alcohol use reduce a persons inhibitions?
5. Why is it critical for pregnant women to avoid alcohol during pregnancy?
6. List 4 long-term consequences as a result from excessive alcohol consumption.
7. Complete the alcohol practice test #1-23 (See website for answer key to check answers)

### **TOBACCO QUESTIONS:**

1. Define the following terms: Bronchitis, asthma, COPD, tar, tobacco, Nicotine, Leukoplakia, carcinogen, emphysema, Alveoli,
2. What is the function of cilia and what happens to it when someone smokes?
3. How does nicotine affect blood vessels? How does this lead to heart attacks?
4. Nicotine users are \_\_\_\_\_ as likely as non-smokers to suffer a heart attack?
5. How does secondhand smoke impact a growing fetus in pregnant women?
6. Why is there a explosion among teen vape use?
7. What are the negative effects of e-cig use among teens?
8. How do e-cigs affect the teen brain?
9. Complete the tobacco practice test #1-12 (See website for answer key to check answers)

## ALCOHOL REVIEW... Practice Test

**Completion:** Write the term that completes the statement in the space provided.

- The word \_\_\_\_\_ is a general term used to describe a drink that contains a certain amount of ethanol.
- The psychological restraint that discourages people from engaging in dangerous behaviors is known as \_\_\_\_\_.
- The condition known as \_\_\_\_\_ is a buildup of scar tissue in the liver.
- The term \_\_\_\_\_ describes the consumption of enough alcohol that a person experiences problems in his or her daily life.
- One of the first steps in recovery for all alcoholics is a "drying out" process known as \_\_\_\_\_.

**True/False:** Indicate whether each statement below is true or false by circling either T or F.

- T F 6. When alcohol reaches the brain, it does *not* affect neurotransmitters.
- T F 7. Alcohol use can cause strained relationships among family and friends.
- T F 8. People who have been drinking are less likely to behave violently than people who have not been drinking.
- T F 9. Moderate drinking is also known as *social drinking*.
- T F 10. Many studies show that most teenagers do not actually drink.

**Multiple Choice:** Write the letter that corresponds to the correct answer in the blank space.

- \_\_\_\_\_ 11. Alcohol disrupts functioning of the \_\_\_\_\_, which controls movement and balance.  
 A. medulla C. cerebral cortex  
 B. cerebellum D. pituitary gland
- \_\_\_\_\_ 12. Which of the following is *not* a symptom of alcohol poisoning?  
 A. mental confusion C. hair loss  
 B. vomiting D. hypothermia
- \_\_\_\_\_ 13. Another term for complete dependency on alcohol is \_\_\_\_\_.  
 A. alcoholism C. tolerance  
 B. moderate drinking D. social drinking
- \_\_\_\_\_ 14. Which of the following is *not* an environmental factor for alcohol use?  
 A. alcohol at family parties C. peer pressure from friends  
 B. an alcoholic, biological parent D. TV and movies that include alcohol use
- \_\_\_\_\_ 15. Self-management techniques for people with drinking problems do *not* include \_\_\_\_\_.  
 A. avoiding situations where alcohol is present C. engaging in social drinking  
 B. developing strategies for refusing alcohol D. learning new strategies for managing stress

**Matching:** Match each key term to its definition by writing the letter of the term in the space provided.

- |                                                                                                                                   |                                      |
|-----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| _____ 16. term for the uncomfortable physical symptoms caused by excessive alcohol consumption                                    | A. depressant                        |
| _____ 17. a legal offense that occurs when a person has driven with a blood alcohol concentration at or over 0.08                 | B. alcohol poisoning                 |
| _____ 18. term for a group of serious physical and mental birth defects caused by a woman's consumption of alcohol while pregnant | C. alcoholism                        |
| _____ 19. a medical emergency that occurs when a high blood alcohol concentration suppresses the central nervous system           | D. binge drinking                    |
| _____ 20. a substance that slows the central nervous system and causes chemical changes in the brain                              | E. enabling                          |
| _____ 21. a disease in which a person is completely dependent on alcohol                                                          | F. driving under the influence (DUI) |
| _____ 22. the consumption of a large amount of alcohol in a short period of time                                                  | G. hangover                          |
| _____ 23. encouraging an addict's destructive behaviors, either intentionally or unintentionally                                  | H. fetal alcohol syndrome (FAS)      |

## TOBACCO REVIEW... Key Terms Review

**Multiple Choice:** Write the letter that corresponds to the correct answer in the blank space.

- \_\_\_\_\_ 1. Which of the following is *not* a form of smokeless tobacco?  
 A. cigars  
 B. snuff  
 C. chewing tobacco  
 D. dissolvable tobacco
- \_\_\_\_\_ 2. Substances that cause cancer are called \_\_\_\_\_.  
 A. tar  
 B. pathogens  
 C. carbohydrates  
 D. carcinogens
- \_\_\_\_\_ 3. The substance that gives tobacco products their addictive quality is \_\_\_\_\_.  
 A. carbon monoxide  
 B. nicotine  
 C. lead  
 D. tar
- \_\_\_\_\_ 4. Which of the following is *not* true of tobacco?  
 A. Tobacco leaves are used to produce cigarettes and smokeless tobacco products.  
 B. Tobacco leaves contain the chemical nicotine.  
 C. Smokeless tobacco products are not associated with addiction or serious health consequences.  
 D. The most common method of using tobacco is smoking cigarettes.
- \_\_\_\_\_ 5. Cigarettes contain a poisonous gas called \_\_\_\_\_, which interferes with the ability of blood cells to carry oxygen.  
 A. carbon monoxide  
 B. lead  
 C. carcinogens  
 D. tar
- \_\_\_\_\_ 6. Smokeless tobacco users can develop \_\_\_\_\_, a condition characterized by white, leathery spots inside the mouth.  
 A. emphysema  
 B. chronic bronchitis  
 C. asthma  
 D. leukoplakia
- \_\_\_\_\_ 7. \_\_\_\_\_ is a thick, sticky residue of burning tobacco that can build up in the lungs and cause disease.  
 A. Carbon monoxide  
 B. Nicotine  
 C. Tar  
 D. Lead

**Matching:** Match each statement about a tobacco-related lung disease with the name of the disease. Write the letter corresponding to the disease in the blank space. One term will not be used.

- \_\_\_\_\_ 8. a group of diseases that make breathing more difficult  
 \_\_\_\_\_ 9. disease in which abnormal cells in one or both lungs grow rapidly and form a mass or tumor  
 \_\_\_\_\_ 10. disease characterized by the destruction of the alveoli  
 \_\_\_\_\_ 11. condition characterized by swelling and irritation of the bronchial tubes  
 \_\_\_\_\_ 12. disease in which airflow to and from the lungs is blocked; can be triggered by inhaling smoke
- A. asthma  
 B. chronic bronchitis  
 C. chronic obstructive pulmonary disease (COPD)  
 D. emphysema  
 E. leukoplakia  
 F. lung cancer