

ALCOHOL KNOWLEDGE INVENTORY TEST

1. True or False Alcohol acts as a stimulant on the body.
2. True or False Alcohol increases mental and physical abilities.
3. True or False In given amounts, alcohol affects the same individual differently at different times.
4. True or False There are ways to sober up quickly.
5. True or False A full stomach slows the absorption of alcohol into the blood.
6. True or False Blood alcohol levels can continue to rise even after a person stops drinking.
7. True or False Combining alcohol with other prescription drugs may produce an effect on the body that is twice as powerful.
8. True or False An experienced drinker has learned how to appear to do tasks like driving as if he were sober.
9. True or False The legal limit for drivers is .01% blood alcohol level.
10. True or False Compulsive drinking is drinking because of an urge to drink even when you sincerely don't want to drink.
11. True or False A person's view of his performance may be altered by drinking.

ANSWERS TO KNOWLEDGE INVENTORY:

1. **FALSE.** Alcohol is a depressant. The feeling of stimulation experienced by the drinker is caused by an initial loss of inhibitions that result when the brain's higher learning centers are impaired. Like any other depressant drug, as the dosage increases the depressant action on the brain and the central nervous system increases. Heavy drinking reaches dangerous levels as the individual finds it increasingly difficult to assess the effects of the alcohol. Eventually, if the heavy drinking pattern is continued, the depressant action will induce sleep. In some cases, alcohol has depressed the central nervous system to the extreme point where vital life functions such as breathing and heart beat have been endangered resulting in coma and death.
2. **FALSE.** The depressant action of alcohol decreases the mental and physical functions of the brain and central nervous system. Therefore, an individual's ability to perform complex tasks, such as driving, is impaired as alcohol intake increases.
3. **TRUE.** Reactions to alcohol vary dramatically. An individual's reaction to alcohol depends on many complex factors, both physical (amount consumed over time, whether he has eaten, the type of beverage, his body weight, his metabolism) and psychological (mood, tolerance, experience, fatigue).
4. **FALSE.** Your body oxidizes alcohol at a steady rate and nothing can hasten this process. The average person's liver oxidizes about one drink per hour. Time is the only way to sober up.
5. **TRUE.** Unlike food, alcohol is rapidly absorbed into the blood without undergoing normal digestion. A small percentage of alcohol is absorbed through the stomach walls while greater amount is absorbed through the small intestine. A full stomach retards the alcohol's passage into the small intestine and the food also dilutes its concentration thus reducing its absorption rate. However, if enough alcohol is consumed an individual may still become intoxicated as some alcohol will enter the bloodstream through the stomach wall and some will reach the small intestine with the digested food.
6. **TRUE.** About 20 to 40 minutes are required for all the alcoholic content of a drink to be absorbed into the bloodstream. Since the body oxidizes the alcohol at a fixed rate the blood alcohol level or concentration may continue to rise even after drinking stops.
7. **TRUE.** When alcohol is combined with drugs there can be some undesirable and dangerous interactions and effects. The effects may vary from person to person depending on the amount of alcohol taken, the type of drug, and the person's history. The combined effect may be twice as powerful as either taken separately.
8. **TRUE.** The experienced drinker learns what to expect to some degree. They learn how to compensate for the effects of alcohol. Nevertheless, once the 50 mg% level of blood alcohol concentration is attained certain abilities become impaired. The ability to make critical decisions becomes more difficult. A driver may cover thousands of trouble free miles without encountering a crisis situation. But if he is suddenly faced with one he is much more likely to get into trouble.

9. **FALSE.** In New Brunswick the legal limit is 80 mg % or .08. However, if your blood alcohol level is determined to be between .05 and .08 you may have your license automatically suspended for 24 hours by a police officer. You may even be charged with impaired driving if your BAC is below .08 if the police officer judges you to be incapable of safe operation of your vehicle. Graduated licensing has a 0% tolerance.

10. **TRUE.** Some people limit their intake of alcoholic beverages to mealtimes or special occasions. Others drink occasionally, but limit themselves to one or two drinks in an evening. However, some people do not or cannot limit the amount of alcohol they consume once they have taken the first drink. These people are identified as problem drinkers .

11. **TRUE.** Alcohol affects the brain by depressing its functions. One of the first areas of the brain to be affected are the higher learning centers. They control a person's judgment, their ability to make decisions, and predict certain actions. As a result the person has difficulty in judging his own performance when he is drinking. He may think he is sober enough to drive while he may very well be incapable of safely operating a motor vehicle.

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