

Basics of Addiction Science

Health Science · Practice Test · 15 Questions

1. Which organ is primarily affected by substances that change how a person thinks or feels?

- A) The stomach
- B) The brain
- C) The lungs
- D) The skin

2. What is the term for a substance that slows down the activity of the brain and nervous system?

- A) Stimulant
- B) Depressant
- C) Nutrient
- D) Vitamin

3. Which substance is a legal stimulant found in coffee and some soft drinks?

- A) Caffeine
- B) Protein
- C) Water
- D) Sugar

4. What happens when someone becomes dependent on a substance and feels they need it to function?

- A) Addiction
- B) Growth
- C) Exercise
- D) Digestion

5. Which organ is responsible for filtering toxins and substances out of the blood?

- A) Heart
- B) Liver
- C) Eyes
- D) Ears

6. What is the main chemical in tobacco products that makes them addictive?

- A) Oxygen
- B) Nicotine
- C) Calcium
- D) Iron

7. Which part of the body controls movement, memory, and emotions?

- A) The brain
- B) The toes
- C) The fingernails
- D) The hair

8. What is the name for substances that speed up messages traveling between the brain and the body?

- A) Depressants
- B) Stimulants
- C) Minerals
- D) Sedatives

9. How do drugs typically enter the bloodstream when they are inhaled into the lungs?

- A) Through the digestive system
- B) Through the skin
- C) Through gas exchange in the alveoli
- D) Through the ears

10. What is a 'side effect' of a substance?

- A) An unintended physical or mental change
- B) The main goal of taking medicine
- C) A type of healthy snack
- D) A form of physical exercise

11. Which of these is a common health risk associated with smoking tobacco?

- A) Stronger bones
- B) Improved lung health
- C) Damage to the lungs and heart
- D) Better vision

12. What does the nervous system use to send signals throughout the body?

- A) Electrical impulses
- B) Food particles
- C) Water
- D) Oxygen

13. Why are many substances harmful to a developing child's brain?

- A) They are too expensive
- B) They interfere with healthy growth and development
- C) They make the brain grow too fast
- D) They change the color of the brain

14. What is the role of medicine when used correctly?

- A) To make people addicted
- B) To help treat or prevent illness
- C) To change someone's personality
- D) To replace all physical activity

15. Which substance is known to impair coordination and reaction time, making driving unsafe?

- A) Water
- B) Milk
- C) Alcohol
- D) Fruit juice