

QUESTIONS:

- 1) Among women with substance abuse, approximately what per cent are estimated to have current PTSD:
 - a) 4%
 - b) 15%
 - c) 45%
 - d) 90%

- 2) Clinically, which disorder (PTSD, substance abuse) should be treated first, according to current thinking?
 - a) PTSD
 - b) Substance abuse
 - c) Both at the same time
 - d) Either one

- 3) Who is more likely to have PTSD and substance abuse:
 - a) men
 - b) women
 - c) they are equally likely
 - d) it is not yet known

- 4) The stages of recovery from PTSD and substance abuse can be conceptualized as SAFETY, MOURNING, and RECONNECTION. The *Seeking Safety* treatment focuses on:
 - a) Safety
 - b) Safety and Mourning
 - c) Safety and Reconnection
 - d) All three stages

- 5) Exposure therapy for PTSD focuses on asking the patient to:
 - a) Talk about traumas
 - b) Forget traumas
 - c) Focus on the present
 - d) Build coping skills

- 6) "PTSD" stands for:
 - a) Pre-treatment stress disorder
 - b) Posttraumatic substance dependence
 - c) Posttraumatic stress disorder
 - d) Post-test stress disease

- 7) In most cases, the PTSD came first, then the substance abuse developed as an attempt to "self-medicate" it.
 - a) true
 - b) false

c) unknown

8) Some patients have “substance-induced PTSD” (that is, they appear to have PTSD, but this is only a manifestation of their substance use):

a) true

b) false

c) unknown

9) Most people who have experienced a trauma develop PTSD:

a) true

b) false

c) unknown

10) The three major symptom clusters of DSM-IV PTSD are:

a) Intrusion, dissociation, avoidance

b) Self-harm, identity disturbance, and somatization

c) Post-traumatic, stress, disorder

d) Intrusion, avoidance, arousal

Answers: 1 (c), 2 (c), 3 (b), 4 (a), 5 (a), 6 (c), 7 (a), 8 (b), 9 (b), 10 (d)

(c) Najavits, LM (2000). Clinician self-test. Unpublished manuscript, McLean Hospital.