Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Alcohol: Short-Term Effects Quiz**

**Multiple Choice**

*Choose the best answer and write the letter of the answer on the line.*

|  |  |  |
| --- | --- | --- |
|  |  | |
|  | Impairment of your mental and physical abilities due to drugs such as alcohol is called being | |
| 1. constipated | 1. dehydrated |
| 1. incapacitated | 1. intoxicated |
|  | How many bottles of beer does the average person need to have before they become intoxicated? | |
| 1. 1 | 1. 2 or 3 |
| 1. 4 or 5 | 1. At least 6 |
|  | What is the best way to avoid troubles associated with alcohol? | |
| 1. Don’t drink alone | 1. Don’t drink at all |
| 1. Assign a designated driver | 1. all of the above |
|  | How does alcohol affect antidiuretic hormone (ADH)? | |
| 1. Increases ADH potency | 1. Generates more ADH |
| 1. Blocks ADH | 1. Has no effect on ADH |
|  | When does a blackout occur due to drinking alcohol? | |
| 1. When it’s too dark to see what you’re drinking | 1. Only during the time when they are drinking |
| 1. When a person drinks so much they don’t want to remember what happened | 1. When a person drinks so much they can’t remember what happened |
|  | Combining drugs with alcohol is extremely dangerous and can produce a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_? | |
| 1. synergistic effect | 1. Bohr effect |
| 1. antagonist effect | 1. positive effect |
|  | Which of the following will help make a person sober? | |
| 1. Coffee | 1. Cold shower |
| 1. Time | 1. Food |
|  | Which of these will your body burn off first? | |
| 1. Carbs | 1. Alcohol |
| 1. Fats | 1. Proteins |
|  | What does a breathalyzer measure? | |
| 1. Shortage of breath | 1. Degree of bad breath |
| 1. Blood alcohol content | 1. Type of alcohol consumed |
|  | Symptoms of a hangover include: | |
| 1. Hot flashes | 1. Nausea |
| 1. Irritability | 1. All of the above |

**True or False**

*Write the letter “T” if the statement is true and “F” if the statement is false.*

1. Drinking large amounts of alcohol in one sitting is known as binge drinking.
2. Dehydration and toxic alcohol byproducts can cause a hangover.
3. The designated driver can only drink half the amount everyone else drinks.
4. Your body can use alcohol as an energy source.
5. Death can occur even on the first time you binge drink.
6. Heavy drinkers may defecate or urinate on themselves.
7. Abstaining from alcohol consumption does not make a person sober.
8. Alcohol can inhibit your white blood cells’ ability to fight off infections.
9. Drinking black coffee is the fastest way to make a person sober.
10. Alcohol is treated by your body as a toxin.

**Open Ended Questions**

*Write an answer to the following questions in paragraph form.*

1. Describe how alcohol consumption affects the urinary system and may result in dehydration.
2. Describe how alcohol can drastically affect a person’s behavior and potentially result in doing harm to oneself or others.
3. In what ways can alcohol affect your brain? Make sure to describe at least two forms in your answer.

**Multiple Choice**

**Answer Key**

1. d
2. b
3. b
4. c
5. d
6. a
7. c
8. b
9. c
10. d

**True and False**

**Answer Key**

1. T
2. T
3. F
4. T
5. T
6. T
7. F
8. T
9. F
10. T

**Open Ended Questions**

**Answer Key**

1. Alcohol can result in dehydration because it blocks a hormone in the body called antidiuretic hormone (ADH). This hormone helps the body conserver water, and when it is blocked it is common for people to urinate more frequently which will result in dehydration.
2. Alcohol impairs a person’s judgment, self-control, and lower their inhibitions. This can result in dangerous behavior such as unprotected sex, or driving while intoxicated.
3. Alcohol can have significant negative impact on a person’s ability to sense, react, balance, and think clearly. This can present a significant risk depending on the environment the person is in at that time of being intoxicated.