

PRE/POST TESTS
and
PRE/POST TEST INSTRUCTOR KEYS

Enclosed are two versions of optional Prime For Life[®] Pre/Post Tests and Test Keys for your participants. You may use either test with your groups. For accurate evaluation, use the same test for both pre and post testing. These are for your evaluation purposes only. Please keep these as your originals and make copies for your groups as needed.

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Prime For Life Pre/Post Test A

1. People who are impulsive, gregarious, rebellious, and high sensation seekers have higher rates of alcoholism and addiction compared to those who don't have those personality traits.

True False

2. Mental and physical tolerance levels increase at the same rate from high-risk choices.

True False

3. How much and how often a person drinks or uses is more important than why a person drinks or uses.

True False

4. Studies have found that most marijuana users failed a standard roadside sobriety test an hour and a half after their last occasion of use.

True False

5. Occasional impairment from drinking or using is not high risk.

True False

6. Studies found those using marijuana more frequently at age 18 were more likely to become dependent by age 21.

True False

7. Anyone who makes high-risk choices could develop alcoholism or addiction.

True False

8. About 70% of drinkers in the U.S. make low-risk drinking choices most of the time.

True False

9. Impairment does not occur until a person drinks or uses to his/her physical tolerance level.

True False

10. A person can avoid the progression into alcoholism or drug addiction by consistently making low-risk choices.

True False

Prime For Life Pre/Post Test A Instructor Key

1. People who are impulsive, gregarious, rebellious, and high sensation seekers have higher rates of alcoholism and addiction compared to those who don't have those personality traits.

True. *People who are sensation seeking, gregarious, impulsive, and rebellious are more likely to develop alcoholism because personality traits often influence drinking choices and people with these personality traits tend to make higher-risk drinking choices than those without these traits.*

2. Mental and physical tolerance levels increase at the same rate from high-risk choices.

False. *Mental tolerance and physical tolerance both increase as a response to high-risk drinking, but physical tolerance levels rise higher and faster than mental tolerance.*

3. How much and how often a person drinks or uses is more important than why a person drinks or uses.

True. *How much and how often we drink (quantity and frequency) determine how quickly our tolerance increases, which in turn influences our likelihood of developing problems from alcohol.*

4. Studies have found that most marijuana users failed a standard roadside sobriety test an hour and a half after their last occasion of use.

True. *In a test where experienced marijuana users were allowed to smoke marijuana and given a standard roadside sobriety test by officers who did not know if they had actually used marijuana or not, 90% of the group who smoked the marijuana failed the test 90 minutes after smoking. Impairment from marijuana, like impairment from alcohol, may be hard for the user to recognize possibly due to increases in tolerance and decreases in sensitivity.*

5. Occasional impairment from drinking or using is not high risk.

False. *Each time we become impaired, we risk having a problem like a DUI, injury, etc. We also experience an increase in tolerance each time we become impaired which, in turn, moves us closer to our trigger point and increases our risk for experiencing health and/or impairment problems.*

6. Studies found those using marijuana more frequently at age 18 were more likely to become dependent by age 21.

True. *Research found the risk for becoming dependent at age 21 was directly related to the frequency of use at age 18. The more frequent the use, the greater the risk of dependence three years later.*

7. Anyone who makes high-risk choices could develop alcoholism or addiction.

True. *Everyone has some biological risk for developing alcoholism and addiction. It is the interaction of choices with a person's body-brain-biology that determines the outcome.*

8. About 70% of drinkers in the U.S. make low-risk drinking choices most of the time.

True. *Seventy percent (70%) of all drinkers in the U.S consume only 10% of all the alcohol consumed.*

9. Impairment does not occur until a person drinks or uses to his/her physical tolerance level.

False. *A person's mental tolerance level is the point where impairment begins and is always lower than the physical tolerance level. This means impairment begins before the physical tolerance level is reached.*

10. A person can avoid the progression into alcoholism or drug addiction by consistently making low-risk choices.

True. *By consistently making low-risk choices a person will not reach their trigger point.*

Prime For Life Pre/Post Test B

1. Anyone can develop alcoholism or addiction if they:
 - a) Make enough high-risk choices to pass the trigger point.
 - b) Always makes low-risk choices.
 - c) Hang out with heavy drinkers or drug users.
2. If I do not have family members with alcoholism or addiction:
 - a) I cannot develop alcoholism or addiction.
 - b) I can drink as much as I want with no problems.
 - c) I can develop alcoholism or addiction if I make enough high-risk choices to pass my trigger point.
3. To avoid all future alcohol and drug problems:
 - a) I can choose to not get impaired very often.
 - b) I can choose to always make low-risk choices.
 - c) I can choose to never drink more than my friends.
4. The choices I make:
 - a) Set my trigger point.
 - b) Determine if I develop alcoholism or addiction.
 - c) Are out of my control.
5. Impairment problems:
 - a) Develop over a long period of time.
 - b) Can occur in just one time of high-risk drinking or drug use.
 - c) Do not usually affect my ability to think.
6. High tolerance:
 - a) Protects me from problems and does not increase my risk.
 - b) Is very common among people who do not drink very much.
 - c) Is always a sign of increased risk.
7. Drivers who use marijuana:
 - a) Do not experience impairment.
 - b) Often drive differently than alcohol impaired drivers, but still have impaired driving skills.
 - c) Experience impairment but drive as safely as people who have not been using marijuana.
8. Which of the following fits the 0-1-2-3 guidelines?
 - a) 4 drinks on any one day and none the rest of the week.
 - b) 3 drinks every day of the week.
 - c) 3 drinks on 4 days and 2 drinks on 1 day.
9. People in the Orange Phase:
 - a) Usually do not have high tolerance.
 - b) Probably have a significant increase in tolerance.
 - c) Cannot return to the Green Phase.
10. People in the Red Phase:
 - a) Can return to low-risk drinking.
 - b) Can enter recovery and restore health by abstaining from alcohol and drugs.
 - c) Generally have a low tolerance.

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 - b) Always makes low-risk choices.
 - c) Hang out with heavy drinkers or drug users.
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