ALCOHOL and DEPRESSION

1. Studies show that there is a link between alcohol abuse and depression  True  False

2. Alcohol abuse can make depression worse. Depression can be a trigger for alcohol abuse:  Both are true  Neither are true

3. Alcohol has a sedative effect on the brain  True  False

4. Drinking large amounts of alcohol can decrease the effectiveness of anti-depressants.  True  False

5. Alcohol abuse is linked with increased suicide rates.  True  False

6. Sometimes people drink to cope with negative feelings or stress but alcohol abuse can actually make them worse.  True  False

7. Alcohol can increase aggression  True  False

8. Long term alcohol abuse can damage your memory.  True  False

9. Alcoholism runs in families. Depression can also be hereditary  Both are True  Neither are True

10. Using alcohol to cope with stress may work for a while but in the long run it can increase dependence.  True  False

11. Alcohol abuse can increase mood swings  True  False

12. Some people may say alcohol use helps with psychosis, but in the long term it makes symptoms worse  True  False

13. One of the reasons why excessive drinking can make depression worse is because excessive drinking can cause more problems in people’s lives including within the family, at work, socially, legally, etc.  True  False

14. There are some people who simply are not able to drink in moderation.  True  False

15. Just because someone says they do not have an alcohol problem that means they do not have a problem.  True  False

16. Just because someone says they are not depressed, that automatically means they are not depressed  True  False

17. People can effectively start to recover from alcohol problems and depression by making some changes in their attitude, behavior, and lifestyle and getting some support and by seeking professional help if needed.  True  False