



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**