

# Alcohol problem

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BUSTER**

1. Take the “ What is Your Risk of Alcohol Abuse” quiz. Analyze the quiz’s questions. Do you feel that they are relevant to in the setting? Would there be any questions that would be more appropriate to use if this quiz was given to middle school students, high school students, or adults out of school? Why or why not. What is missing from the quiz that you feel is important to include with the idea of alcohol consumption?

The quiz’s questions are about current or recent past drinking. The only question that is posed about a person’s entire history is if you ever hurt yourself or others when drinking. These questions can be used for a person with a current at risk behavior, but people with past or future at risk behavior are not analyzed. This quiz could be given to all ages due to the generality of the questions. However, only current at risk, moderate risk, and low risk can be determined at the time of the quiz. This quiz should include questions about past behavior. Instead of asking about recent or within a year, the quiz should ask the same questions with no time limit set. If high risk behavior is detected, maybe a more detailed timeline could be used. Finally, the most important question is missing from the quiz. I believe family drinking habits should be visited. For example, I have alcoholics on both sides of my family tree. This is an important factor to determine at risk individuals.

2. What is the difference between binge drinking and alcoholism? Why does society accept binge drinking in so many circumstances? In your life, what shaped your beliefs (acceptance, participation, or abstinence) regarding binge drinking? What do you think could change the culture of bingeing, especially in the college setting?

Binge drinking is more hardcore alcoholism or for social reasons. It starts at parties and socially, but soon a person has to have that much alcohol. My

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views were shaped by my father's drinking. At first on the weekends and then through the week. At the end, he was drinking 2 1/2 cases a day, plus a bottle of tequila. The violence, vomiting, and psychological belittlement made me want to abstain. Unless a college or university banned drinking totally on and off campus, I do not think that binge drinking would ever really change.

3. Taking what we have talked about in class so far regarding the pathophysiological changes in the brain that occur with addictions, what is the main area of the brain that might be involved with why young adults choose to consume alcohol. What are some alternatives that might work to alcohol consumption, understanding the implications of that area of the brain?

The Ventral Striatum and prefrontal cortex in a young adult might not be fully developed during binge drinking. This is the risk taking part of the brain. Alcohol consumption will kill brain cells, which will make a person act more impulsively. The Hippocampus is where memory is stored. Young adults that drink will forget what they have done during a binge drinking session. The Cerebellum, Reticular Activating System, Medulla, Neurons, and Blood Vessels slow down during drinking sessions. This can cause harm and death in a young adult, or damage these parts of the brain. Medication for mental illness, ADHD, and other conditions could make the need to drink or binge drink less desirable. Information is also a good idea as well.

4. Describe the different personality types that can develop within a family that is influenced by alcohol abuse. Do you feel that these characteristics are unique to families with addictions? Why or why not?

Personality types include people with mental illness like bipolar, personality

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disorders, ADHD, and other mental issues. This causes behavior to be disruptive. People that are violent, unable to pay attention, and other behavioral issues are high risk for alcoholic behavior. Once alcoholism was considered a disease. I believe it is a symptom of a deeper illness. For example, a bipolar individual will drink to manage manic episodes. People need the alcohol to slow down their too active receptors and neurons in the brain. While these traits are present in families with addictions, these traits can also be in families that have environmental factors as well. They do tend to be in families with addictions no matter the cause.