

Name _____

Nicotine: A Tricky Addiction

Multiple Choice Questions

1. What is addiction?
 - a) A condition characterized by occasional substance use
 - b) The compulsive use of a substance despite harmful consequences
 - c) A healthy response to pleasurable experiences
 - d) A condition that only affects adults

2. How does nicotine addiction differ from dependence?
 - a) Addiction involves tolerance, while dependence does not.
 - b) Addiction is characterized by withdrawal symptoms, while dependence is not.
 - c) Dependence involves cravings, while addiction does not.
 - d) There is no difference between addiction and dependence.

3. What are withdrawal symptoms in the context of nicotine use?
 - a) Feelings of pleasure and happiness
 - b) Irritability, anxiety, difficulty concentrating, and strong cravings for nicotine
 - c) Increased tolerance to nicotine
 - d) The need for higher doses of nicotine to achieve the same effects

4. Why is nicotine addiction particularly concerning for adolescents?
 - a) Adolescents are not vulnerable to nicotine addiction.
 - b) It can lead to addiction later in life.
 - c) Young people are not affected by withdrawal symptoms.
 - d) Nicotine has no harmful effects on adolescents.

5. How can nicotine replacement therapies (NRTs) help people quit smoking?
 - a) By providing a controlled dose of nicotine without harmful chemicals
 - b) By instantly eliminating all nicotine cravings
 - c) By replacing tobacco smoke with a healthier alternative
 - d) By increasing tolerance to nicotine

