

Mindful Continuing Education

Ethical Considerations with Individuals Experiencing Substance Use Disorders

1. Which code of ethics specifically advises against engaging in dual or multiple relationships with clients to prevent the risk of exploitation?

- A. American Psychological Association (APA) Ethical Principles
 - B. National Association of Social Workers (NASW) Code of Ethics
 - C. American Counseling Association Code of Ethics
 - D. National Association of Alcohol and Drug Abuse Counselors (NAADAC) Code of Ethics
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2. In the context of an ethical dilemma involving boundary crossings, which of the following actions might indicate a warning sign?

- A. Maintaining professional objectivity during sessions
 - B. Increased frequency of sessions for better therapeutic outcomes
 - C. Engaging in purposeful outside contact with the client
 - D. Receiving supervision and consultation regularly
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3. What is a significant difference between boundary crossing and boundary violation in a therapeutic setting?

- A. Boundary crossings are always illegal and harm the client.
 - B. Boundary violations involve meeting a personal need at the client's expense, often harmfully.
 - C. Boundary crossings require the same level of scrutiny and response as violations.
 - D. Boundary violations occur accidentally whereas boundary crossings are deliberate.
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4. What is NOT a recommended consideration when deciding to engage in dual relationships according to Dewane's typology?

- A. Assessing how the relationship might change power dynamics in therapy.
 - B. Evaluating cultural sensitivity to the dual relationship.
 - C. Ignoring the legal ramifications of entering into a dual relationship.
 - D. Determining the impact of ending one relationship on another.
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5. In terms of professional boundaries, which course of action is suggested when attending the same 12-step group as a client?

- A. Avoid the meeting to prevent any dual relationship issues.
- B. Engage fully in the meeting without considering the risks.

- C. Choose strategically what to share to maintain some boundaries.
 - D. Consult the client to determine their comfort level with your presence.
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6. Which of the following ethical principles is directly concerned with allowing each person to make their own choices in substance use treatment?

- A. Beneficence
 - B. Autonomy
 - C. Justice
 - D. Fidelity
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7. What distinguishes substance use disorder ethics from other clinical ethics according to the course content?

- A. Impairment in decision-making capacity
 - B. The complexity of neurobiology and habitual behavior
 - C. The universal effectiveness of a single treatment modality
 - D. The societal perception of substance use as a moral failure
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8. Which term should be used to refer to individuals to help reduce stigma, as recommended in the course?

- A. Substance abuser
 - B. Addict
 - C. Person with a substance use disorder
 - D. Dirty urine
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9. How does the DSM-5-TR (2022) categorize the severity of substance use disorders?

- A. Mild: Two or fewer symptoms, Moderate: Three or four symptoms, Severe: Five or more symptoms
 - B. Mild: One or two symptoms, Moderate: Three or four symptoms, Severe: Five or more symptoms
 - C. Mild: Two or three symptoms, Moderate: Four or five symptoms, Severe: Six or more symptoms
 - D. Mild: Three or fewer symptoms, Moderate: Four to six symptoms, Severe: Seven or more symptoms
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10. When addressing substance use disorder stigma, what is a consequence of using non-medical terminology?

- A. Decreases prognostic optimism
 - B. Reduces perceived danger and social exclusion
 - C. Increases blame for opioid impairment
 - D. Enhances treatment and recovery engagement
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11. According to the course content, what is a major ethical challenge in addressing substance use disorders?

- A. Ensuring confidentiality is maintained even when it violates the law
 - B. Deciding whether to disclose confidential information as required by law
 - C. Balancing beneficence and nonmaleficence in treatment
 - D. Following federal guidelines even if they contradict ethical codes
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12. The NAADAC code of ethics suggests which approach when dealing with clients mandated to counseling services?

- A. Explaining confidentiality limits after beginning counseling
 - B. Discussing legal and ethical confidentiality limits before starting counseling
 - C. Sharing all information with supervision without client consent
 - D. Providing limited information on consequences of refusing services
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13. What does the term 'person-first language' refer to in the context of reducing stigma associated with substance use disorders?

- A. Using terms like 'substance user' to shift focus
 - B. Referring to individuals as 'people with substance use disorder'
 - C. Preferring clinical terminology over layman's terms
 - D. Emphasizing substance use as a personal choice
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14. Why might coercion in addiction treatment be considered ethical according to some experts?

- A. It ensures patient autonomy is respected at all costs
 - B. It may effectively prevent harm and promote patient recovery
 - C. It shifts the responsibility of treatment success to the client
 - D. It reduces the potential legal issues associated with treatment
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15. What key aspect do ethics codes typically share when addressing the balance between ethics and the law in substance use counseling?

- A. They prioritize legal obligations over ethical considerations
 - B. They often prohibit actions that might be required by law
 - C. They require an integration of ethical decision-making with legal compliance
 - D. They allow counselors to bypass certain legal requirements if unethical
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16. Which of the following ethical principles is emphasized when considering the use of telehealth in substance use treatment?

- A. Explaining challenges and limits to services, particularly confidentiality
- B. Providing a verbal consent without documentation

- C. Focusing solely on the technological conveniences offered
 - D. Assuming pre-existing consent applies to telehealth
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17. In the context of substance use treatment, 'diminished capacity' is specifically concerned with:

- A. An individual being unable to legally give consent but still participating
 - B. A client's temporary inability to fully understand consent elements
 - C. Complete inability to communicate preferences about treatment
 - D. Capacity differences based on specific substance use disorders
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18. One primary difference between HIPAA and 42 CFR Part 2 is:

- A. Both address confidentiality but HIPAA doesn't apply to substance use records
 - B. 42 CFR Part 2 offers broader confidentiality protections specific to SUD
 - C. HIPAA provides stricter guidelines around electronic transmissions
 - D. 42 CFR Part 2 does not require informed consent for information disclosure
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19. When resolving an ethical dilemma, what initial step should a professional take according to the NASW model?

- A. Develop an action plan based on personal insights
 - B. Identify and rank ethical principles involved
 - C. Determine whether an ethical issue or dilemma exists
 - D. Seek immediate supervision or consultation
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20. What is a key consideration when facing dual relationships in substance use settings?

- A. Ensuring direct communication with clients about potential conflicts
 - B. Avoiding any social contact with clients at all costs
 - C. Focus solely on the professional role without exceptions
 - D. Assuming clients understand professional boundaries inherently
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21. Which of the following is the first step in clarifying an ethical issue according to the Manitoba College of Social Workers (MCSW) framework?

- A. Evaluate and list personal values and intuitions.
 - B. Identify the ethical problem.
 - C. Identify major stakeholders.
 - D. Consider relationships.
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22. When applying the test of universality to a selected course of action, what is being assessed?

- A. Whether the decision could be disclosed in public.
- B. Whether the same decision could be recommended to another counselor.

- C. Whether the decision affects all parties fairly.
 - D. Whether the decision aligns with personal values.
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23. In the hierarchy of ethical principles, which principle takes precedence over others?

- A. Autonomy & Freedom.
 - B. Least Harm.
 - C. Protection of Life.
 - D. Quality of Life.
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24. Which ethical test asks if you would feel comfortable having your action plan become known to others?

- A. Universality Test.
 - B. Light-of-Day Test.
 - C. Consequential Test.
 - D. Fairness Test.
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25. What should a social worker do after selecting a course of action if new ethical issues arise?

- A. Proceed with the selected action regardless.
 - B. Implement and follow up on the selected action.
 - C. Return to the beginning and reevaluate each step of the decision-making process.
 - D. Ignore the new ethical issues if they appear minor.
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26. Which factor is essential for professionals in substance use treatment to demonstrate when working with historically marginalized clients?

- A. A skill in minimizing biases through silence.
 - B. An awareness of their own biases and stereotypes.
 - C. Ignoring the worldviews of culturally diverse clients.
 - D. Relying solely on personal experience when addressing cultural diversity.
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27. The NAADAC Code of Ethics requires addiction professionals to deliver services that are:

- A. Solely based on personal cultural experiences.
 - B. Culturally-sensitive by gaining relevant multicultural knowledge.
 - C. Limited to standardized protocols for all clients.
 - D. Focused exclusively on the client's technical problem.
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28. When considering microaggressions, which impact can they have on individuals?

- A. Increased rates of creativity and positivity.
- B. Physical health benefits, such as improved sleep.

- C. Increased rates of depression and prolonged stress.
 - D. Improved communication skills and confidence.
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29. Ethical decision-making in substance use treatment should prioritize:

- A. Agency policies over the ethical principles of the profession.
 - B. Legal guidelines at the expense of personal values.
 - C. The ethical principles prioritized by the profession's moral code.
 - D. Avoidance of consultation to enhance individual responsibility.
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30. What role does cultural humility play in the treatment of substance use disorders?

- A. Reinforcing existing stereotypes for efficiency.
 - B. Promoting microaggressions as teaching tools.
 - C. Facilitating an open and inclusive environment.
 - D. Ensuring decisions are made solely by one individual.
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