Intake, Assessment, and Treatment Planning
Study Questions Answers

1. At least two of the following criteria:
   a. Taken in larger amounts or over longer period than intended
   b. Persistent desire or unsuccessful efforts to cut down or quit
   c. Great deal of time spent to obtain or use
   d. Craving
   e. Recurrent use resulting in failure to fulfill major role obligations
   f. Use despite persistent social or interpersonal problems
   g. Giving up or reducing important activities because of use
   h. Recurrent use in physically hazardous situations
   i. Use despite persistent physical or psychological problems
   j. Tolerance
   k. Withdrawal

2. Any four of the following symptoms:
   a. irritability
   b. restlessness
   c. anxiety
   d. anger
   e. difficulty concentrating
   f. sadness
   g. appetite increase/weight gain
   h. sleep disturbance

3. c

4. 20-25 ppm.

5. Cut down, Annoyed, Guilty, Eye-opener

6. c

7. c

8. b

9. b

10. d
11. Appropriate questions include:
   a. When do the cravings occur?
   b. Who else is present?
   c. What are you thinking when you get the craving?
   d. How do you feel when the cravings occur?
   e. How can you handle the situation differently?
   f. How are you using your coping skills?
   g. How is this craving affecting your confidence to stay quit?

Case Study

12. Strengths and Barriers

   **Strengths:** Concerned about her health; Socially motivated to quit; Roommate doesn’t smoke and is supportive; No smoking policy at work; Has already started to cut down; Successfully quit once before for 4 weeks; Recent success with weight loss.

   **Potential Barriers:** Parents and 50% of friends smoke; Uses cigarettes to deal with different emotions (anxiety, grief, anger, PMS) and to relax; Fear of weight gain; Nicotine dependent; History of depression; low level of confidence; long history of smoking.

13. Treatment Suggestions (Feel free to add others that you think would be helpful)

   **Pre-cessation phase:** Self monitoring, personalize health concerns, do decisional balance exercise; set quit date (post-menses). Focus on successful weight loss and last quit attempt.

   **Cessation phase:** Nicotine fading, self-management techniques, use urge coping strategies, suggest/discuss use of Zyban to help with mood control and 21 mg. patch to relieve withdrawal symptoms. Maximize social support (get roommate involved!); encourage continued regular exercise to help with weight gain as well as mood control. Suggest group support program. She would also benefit from some sort of stress management class at this point.

14. Relapse Prevention

   Continue with support group like NA; develop coping strategies for high risk situations, coping rehearsal, deal with slips to prevent them from becoming a relapse; stress management techniques. In addition, encourage her to continue her exercise program for weight and anxiety control; Emphasize balanced, healthy diet; Continue use of stress management techniques (deep breathing, muscle relaxation); Try to avoid flying anywhere while still in active cessation phase; Continue to review reasons for quitting/benefits of change; Recommend a local Quitline or the website [www.smokefree.gov](http://www.smokefree.gov)