# Exercise and Movement in People with Substance Use Disorders (SUD) Quiz Test Question Bank

1. The current collective evidence as demonstrated through systematic reviews and meta analyses has shown that exercise in people with SUD can help with which of the following:

 a. Abstinence

 b. Depression

 c. Anxiety

 **d. All of the above**

2. Gaps in current knowledge on exercise in people with SUD include:

 a. Only a few studies have evaluated effects in people with specific types substance use disorders

 b. The optimal exercise "dose" (frequency, intensity, duration) is not known for people with SUD

 c. There is only a partial understanding of how exercise can reduce the risk of chronic comorbid diseases and conditions in people with SUD

 **d. All of the above**

3. Natural substances such as food and synthetic substances such as amphetamines and cocaine can increase dopamine levels in the brain and feelings of pleasure and "reward".

 **a. True**

 b. False

4. Exercise, particularly at higher intensities, can increase dopamine levels in the brain.

 **a. True**

 b. False

5. Which of the following is still a bit unclear or “understudied” in terms of the benefits of exercise in people with SUD particularly for specific substances:

 a. Improved Fitness

 b. Improved Depression

 **c. Decreased Cravings**

 d. Improved Anxiety

6. Movement of all types including walking, yoga, Thai Chi, sports, etc. is recommended, but people with SUD may be particularly vulnerable to over-exercising or “exercise addiction”.

 **a. True**

 b. False

7. Which of the following is the recommended exercise "prescription" for the general population:

 a. 100 minutes per week of moderate intensity aerobic activity

 b. 150 minutes per week of moderate intensity aerobic activity

 c. 100 minutes per week of moderate intensity aerobic activity and 2-3 days per week of

 strength/muscle training

 **d. 150 minutes per week of moderate intensity aerobic activity and 2-3 days per week of**  **strength/muscle training**

8. Which of the following is not a hypothesized mechanism involved in the effects of exercise:

 a. Angiogenesis or increased blood flow and vasculature/blood vessel formation

 b. Neurogenesis or development of new brain cells

 **c. Decreased activity in the frontal brain**

 d. Increased activity in the "reward" system in the brain

9. Improvements in mental health with exercise may increase after about 16,000 steps per day.

 a. True

 **b. False**

10. Exercise is likely to improve the following outcomes in people with and without SUD:

 a. Sleep

 b. Cognition / Executive Function

 c. Bone health

 **d. All of the above**