Mental health and stress

1. Mental health refers to:
   a) Emotional, psychological, and social well-being
   b) Physical strength only
   c) Spiritual beliefs
   d) Income level

2. Which of the following is a sign of good mental health?
   a) Ability to cope with stress
   b) Nervous breakdown
   c) Frequent crying
   d) Panic attacks

3. Who is considered the father of psychoanalysis?
   a) Pavlov
   b) Sigmund Freud
   c) B.F. Skinner
   d) Watson

4. Common symptom of depression is:
   a) Persistent sadness
   b) Increased appetite only
   c) Excessive exercise
   d) Joyfulness

5. A person with schizophrenia may experience:
   a) Hallucinations
   b) Fever
   c) Diarrhea
   d) Rash

😨 Understanding Stress

6. Stress is best defined as:
   a) The body’s response to any demand or challenge
   b) Joyful feeling
   c) Long sleep duration
   d) Low sugar levels

7. One physical symptom of stress is:
   a) Headache
   b) Happiness
   c) Clear thinking
   d) Calmness

8. Chronic stress can lead to:
   a) High blood pressure
   b) Strong muscles
   c) Weight loss only
   d) Good memory

9. Which hormone is released in response to stress?
   a) Cortisol
   b) Insulin
   c) Estrogen
   d) Adrenaline

10. Which is a healthy way to manage stress?
   a) Smoking
   b) Avoiding everyone
   c) Meditation
   d) Overeating

🧘 Coping Mechanisms

11. Which of the following is a relaxation technique?
   a) Deep breathing
   b) Arguing
   c) Yelling
   d) Overthinking

12. Regular physical exercise helps in:
   a) Reducing stress
   b) Increasing anxiety
   c) Causing depression
   d) Avoiding sleep

13. Talking to someone about your feelings is called:
   a) Ventilation

b) Ignorance
c) Repression
d) Projection

14. Which of the following is a good sleep hygiene practice?
    a) Sleeping at regular times
    b) Watching TV till late
    c) Using phone in bed
    d) Sleeping during the day

15. Lack of sleep can lead to:
    a) Irritability
    b) Good mood
    c) Relaxation
    d) Better concentration

😟 Mental Disorders

16. A person with an anxiety disorder may experience:
    a) Constant worry
    b) Better sleep
    c) Calmness
    d) No fear

17. Panic attack symptoms include:
    a) Rapid heartbeat and breathlessness
    b) Hunger
    c) Sweating from cold
    d) Cough

18. Obsessive-Compulsive Disorder (OCD) involves:
    a) Repeated unwanted thoughts
    b) Long sleep
    c) Loss of speech
    d) High fever

19. Bipolar disorder is characterized by:
    a) Mood swings
    b) Memory loss

c) Skin rash
d) Slow pulse

20. Which disorder is related to memory loss in old age?
    a) Alzheimer's disease
    b) OCD
    c) Schizophrenia
    d) Anxiety

👨‍⚕️ Mental Health Professionals

21. A psychiatrist is a:
    a) Medical doctor who treats mental illnesses
    b) Person who gives medicines for cough
    c) Nurse assistant
    d) Lab technician

22. A psychologist:
    a) Helps in behavior therapy
    b) Performs surgery
    c) Gives injection
    d) Measures blood pressure

23. Who can prescribe psychiatric medication?
    a) Psychologist
    b) Psychiatrist
    c) Nurse
    d) Therapist

24. Mental health nurse mainly:
    a) Supports and cares for patients with mental issues
    b) Administers only IV fluids
    c) Measures height
    d) Works only in ICU

25. Counselors help in:
    a) Talking therapies and emotional support
    b) Giving physical massage
    c) Performing X-rays
    d) Issuing birth certificates

💬 Communication & Support

26. Listening without judgment is known as:
    a) Active listening
    b) Ignorance
    c) Interrogation
    d) Avoidance

27. Empathy means:
    a) Understanding others' feelings
    b) Solving math problems
    c) Feeling proud
    d) Being angry

28. Which is an example of non-verbal communication?
    a) Body language
    b) Speaking
    c) Writing
    d) Telephone

29. Peer support is:
    a) Emotional support from people with similar experiences
    b) Medication only
    c) Hospital admission
    d) Exercise training

30. Mental health awareness helps to:
    a) Reduce stigma
    b) Increase fear
    c) Hide illness
    d) Promote silence

🧠 Cognitive & Emotional Skills

31. Decision-making ability is a sign of:
    a) Mental wellness
    b) Physical illness

c) Delusion
d) Confusion

32. Self-esteem refers to:
    a) How much you value yourself
    b) How tall you are
    c) Your handwriting
    d) Your shoe size

33. One way to boost self-esteem is:
    a) Positive self-talk
    b) Constant criticism
    c) Comparing with others
    d) Skipping meals

34. Resilience means:
    a) Ability to recover from setbacks
    b) Constant worry
    c) Overthinking
    d) Avoiding problems

35. Motivation is important for:
    a) Achieving goals
    b) Sleeping more
    c) Being lazy
    d) Escaping duties

🧪 Stress & Body Systems

36. Long-term stress can affect the:
    a) Immune system
    b) Skin only
    c) Hair growth only
    d) Eyesight only

37. A person under stress may eat:
    a) Too much or too little
    b) Always healthy
    c) Only fruits
    d) Only proteins

38. Which system is activated during stress?
    a) Sympathetic nervous system
    b) Skeletal system
    c) Digestive system
    d) Muscular system

39. Stress management includes:
    a) Planning ahead
    b) Procrastination
    c) Skipping sleep
    d) Arguing

40. Yoga helps in reducing:
    a) Stress
    b) Intelligence
    c) Anger in others
    d) Physical strength only

🎓 Mental Health & Society

41. Mental illness is:
    a) Treatable with support
    b) A sign of weakness
    c) Untreatable
    d) Always inherited

42. Stigma means:
    a) Negative attitudes toward mental illness
    b) Mental strength
    c) Medicine overdose
    d) Repeated learning

43. Early intervention in mental illness leads to:
    a) Better outcomes
    b) More complications
    c) Worse results
    d) No benefit

44. One reason for suicide is often:
    a) Untreated mental illness

b) Cold weather
c) Overeating
d) Healthy living

45. Which group is at higher risk of exam stress?
    a) Students
b) Farmers
c) Teachers
d) Scientists

🧭 Prevention & Promotion

46. Mental health promotion includes:
    a) Creating supportive environments
b) Avoiding exercise
c) Ignoring friends
d) Eating junk food

47. WHO celebrates World Mental Health Day on:
    a) October 10
b) June 5
c) March 8
d) December 1

48. Early signs of mental illness in children may include:
    a) Poor school performance
b) High energy
c) Too much eating
d) Tall height

49. Which is a preventive approach to mental illness?
    a) Stress education programs
b) Avoiding all social events
c) Sleeping all day
d) Isolating children

50. The goal of mental health nursing is to:
    a) Promote mental well-being and support recovery
b) Cure fever

c) Conduct surgery
d) Perform ECGs

Answer Key

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