

Understanding Psychiatry

Psychiatry · Practice Test · 10 Questions

1. What is the main focus of psychiatry?

- A) Studying the stars and planets
- B) Understanding and treating mental health conditions
- C) Designing new buildings
- D) Investigating ancient artifacts

2. A psychiatrist is a type of doctor who specializes in:

- A) Bones and muscles
- B) The heart and blood vessels
- C) The mind and emotions
- D) Skin conditions

3. Which of these is an example of a feeling or emotion that a psychiatrist might help someone with?

- A) Being hungry
- B) Feeling very sad or worried for a long time
- C) Being tired after playing sports
- D) Having a headache

4. What is a therapist?

- A) Someone who fixes cars
- B) Someone who helps people talk through their feelings and problems
- C) A person who grows vegetables
- D) A musician who plays the piano

5. Which part of the body is most directly related to mental health and the work of psychiatrists?

- A) The stomach
- B) The lungs
- C) The brain
- D) The liver

6. What does it mean to have 'mental health'?

- A) Having a lot of money
- B) Being able to think, feel, and behave in ways that allow you to enjoy life and handle challenges
- C) Being very good at sports
- D) Never getting sick

7. If someone is feeling very anxious, what might a psychiatrist suggest?

- A) Eating more candy
- B) Talking about their worries and learning coping strategies
- C) Watching cartoons all day
- D) Not talking to anyone

8. What is the goal of helping someone with a mental health condition?

- A) To make them forget their problems
- B) To help them feel better and function well in their daily life
- C) To make them stop thinking
- D) To isolate them from others

9. What is a common way psychiatrists help people manage their mental health?

- A) Giving them hard physical labor
- B) Prescribing medication
- C) Telling them to ignore their feelings
- D) Sending them to live on a deserted island

10. Why is it important to talk about mental health openly?

- A) To make fun of people
- B) Because it helps reduce stigma and encourages people to seek help
- C) To gossip about others
- D) To prove that mental health problems aren't real