

Mental Health Basics

Mental Health · Practice Test · 20 Questions

1. What is often considered a key component of good mental health?

- A) Having no problems at all
- B) The ability to cope with normal life stresses
- C) Always being happy
- D) Never feeling sad

2. Which of the following is a common sign of good mental health?

- A) Avoiding social situations
- B) Having a positive outlook on life
- C) Constantly worrying about the future
- D) Feeling overwhelmed by daily tasks

3. Mental health issues can affect anyone, regardless of:

- A) Their favourite colour
- B) Their age, gender, or background
- C) The type of pet they own
- D) Their favourite food

4. What is a common way to support someone with a mental health concern?

- A) Ignoring them
- B) Offering judgment and criticism
- C) Listening without judgment
- D) Telling them to 'snap out of it'

5. Which of these is NOT a common factor that can influence mental health?

- A) Genetics
- B) Life experiences
- C) Social support
- D) The current weather

6. Seeking professional help for mental health is a sign of:

- A) Weakness
- B) Stupidity
- C) Strength and self-care
- D) Being attention-seeking

7. What is one effective strategy for managing stress?

- A) Ignoring your feelings
- B) Getting enough sleep and exercise
- C) Drinking excessive caffeine
- D) Spending all your time working

8. Which of the following is a common characteristic of depression?

- A) Excessive energy
- B) Persistent feelings of sadness or loss of interest
- C) Unusual happiness
- D) Increased motivation

9. What is the term for conditions that affect a person's thinking, feeling, mood, or behaviour?

- A) Physical illnesses
- B) Mental illnesses
- C) Digestive disorders
- D) Skeletal problems

10. Social connection and belonging are important for:

- A) Physical health only
- B) Mental and emotional well-being
- C) Financial success
- D) Career advancement

11. Which of these can help improve mood?

- A) Isolation
- B) Regular physical activity
- C) Excessive screen time
- D) Poor diet

12. Mental health and physical health are:

- A) Completely separate
- B) Closely interconnected
- C) Only related in serious cases
- D) Never linked

13. What does 'stigma' related to mental health refer to?

- A) Positive recognition
- B) Negative stereotypes and discrimination
- C) Medical treatment options
- D) Scientific research studies

14. Mindfulness is a practice that involves:

- A) Dwelling on the past
- B) Focusing on the present moment
- C) Worrying about the future
- D) Distracting yourself

15. Which of the following is a common symptom of anxiety?

- A) Calmness and relaxation
- B) Excessive worry and nervousness
- C) Deep sleep
- D) Lack of energy

16. Adequate sleep is crucial for:

- A) Only physical recovery
- B) Both mental and physical health
- C) Ignoring emotions
- D) Increased appetite

17. A healthy diet can positively impact:

- A) Only digestion
- B) Mood and cognitive function
- C) Muscle growth exclusively
- D) Skin colour

18. Self-compassion means treating yourself with:

- A) Harsh criticism
- B) Kindness and understanding
- C) Indifference
- D) Superiority

19. What is the primary goal of mental health awareness campaigns?

- A) To increase fear of mental illness
- B) To reduce stigma and encourage help-seeking
- C) To promote isolation
- D) To discourage self-care

20. Open communication about feelings is important for:

- A) Creating misunderstandings
- B) Building stronger relationships and coping
- C) Avoiding problems
- D) Maintaining distance