

Southeast Asia's Evolving Health Landscape: From Urbanization to Mental Well-being

Global Health · Practice Test · 15 Questions

1. Which of the following non-communicable diseases (NCDs) is most frequently cited as a leading cause of mortality in the WHO South-East Asia Region, contributing significantly to premature deaths?

- A) Chronic respiratory diseases
- B) Cancers
- C) Cardiovascular diseases (CVDs)
- D) Diabetes mellitus

2. Rapid urbanization in Southeast Asia is linked to an increased prevalence of mental health disorders. Which specific environmental or social factor associated with urbanization is most often cited as a significant contributor to anxiety and depression in the region?

- A) Decreased access to green spaces
- B) Increased exposure to air and noise pollution
- C) Heightened psychosocial stressors
- D) Reduced physical activity due to longer commutes

3. Vaccine hesitancy in Southeast Asia, particularly concerning COVID-19, has been influenced by various factors. Which of the following is a prominent socio-cultural determinant contributing to vaccine hesitancy in Muslim-majority countries within the region, such as Malaysia and Indonesia?

- A) Distrust in Western pharmaceutical companies
- B) Concerns about porcine content (haram) in vaccines
- C) Belief in traditional and alternative medicine over vaccines
- D) Fear of government microchipping initiatives

4. Climate change poses a significant threat to public health in Southeast Asia. Which of the following is a primary mechanism through which climate change is increasing the burden of infectious diseases in the region?

- A) Increased consumption of processed foods
- B) Altered habitats and expanded geographic range of disease vectors
- C) Reduced access to clean drinking water
- D) Decreased human-animal interaction

5. Despite economic progress, health inequities persist in Southeast Asia. Which countries in the region consistently score below equity thresholds in health resource distribution, indicating a concentration of resources in higher-income nations?

- A) Singapore, Brunei, and Malaysia
- B) Indonesia, Thailand, and Vietnam
- C) Cambodia, Myanmar, and Lao PDR
- D) Philippines, Malaysia, and Thailand

6. The adoption of digital health technologies in Southeast Asia faces several barriers. Which of the following is a major concern for individuals and healthcare providers regarding the implementation of digital health and Electronic Medical Records (EMRs)?

- A) Lack of interest from technology companies
- B) Over-reliance on traditional medicine
- C) Concerns over data privacy and security
- D) Insufficient government funding for digital infrastructure

7. Cancer disparities in Southeast Asia are influenced by intersectional factors. Which of the following ethnic groups in Malaysia has been found to have an increased risk of all-cause mortality compared to the Chinese ethnicity when examining breast cancer outcomes?

- A) Indian ethnicity
- B) Malay ethnicity
- C) Indigenous Dayak ethnicity
- D) Orang Asli ethnicity

8. Mental health in Southeast Asia is shaped by a complex interplay of social, cultural, and structural determinants. What cultural value, while fostering community support, can paradoxically create barriers to open communication about mental health issues?

- A) Emphasis on individualism
- B) Strong emphasis on community support and resilience
- C) Direct confrontation of problems
- D) Open expression of emotions

9. The resurgence of vaccine-preventable diseases (VPDs) in Southeast Asia, such as measles, is primarily attributed to which of the following factors?

- A) Increased travel and migration
- B) Decreased effectiveness of existing vaccines
- C) Falling immunization rates
- D) Emergence of new, more virulent strains of VPDs

10. Urbanization in Southeast Asia leads to various public health challenges. Besides increased prevalence of non-communicable diseases, what environmental health risk is significantly amplified in densely populated urban areas due to urbanization?

- A) Worsening air quality and inadequate sanitation
- B) Increased exposure to natural radioactivity
- C) Higher incidence of rare zoonotic diseases
- D) Greater prevalence of micronutrient deficiencies

11. Traditional medicine plays a significant role in Southeast Asian healthcare systems. Which of the following, an acronym for a system of traditional Indian medicine, was discussed in the context of its holistic approach to COVID-19 care, emphasizing mind, body, and soul?

- A) Siddha
- B) Unani
- C) Ayurveda
- D) Sowa Rigpa

12. The COVID-19 pandemic highlighted the role of digital health in Southeast Asia. However, what is a primary concern hindering the widespread adoption of health technology, particularly concerning sensitive health data?

- A) The high cost of devices
- B) Lack of user-friendly interfaces
- C) Concerns over privacy and security
- D) Limited internet connectivity in rural areas

13. Climate change impacts health systems in Southeast Asia in various ways. Which of the following is a significant impact of extreme weather events on healthcare facilities in the region?

- A) Increased efficiency in resource allocation
- B) Reduced patient surge during outbreaks
- C) Disruption of services due to flooding and power outages
- D) Enhanced resilience of primary care systems

14. Non-communicable diseases (NCDs) are a growing concern among young people in Southeast Asia. Which four key risk factors are increasingly prevalent and contributing to this trend?

- A) Tobacco use, alcohol consumption, inactivity, and poor diet
- B) High sugar intake, sedentary lifestyle, air pollution, and stress
- C) Genetic predisposition, aging population, lack of screening, and poor access to care
- D) Exposure to toxins, lack of sleep, processed foods, and excessive screen time

15. Disparities in Universal Health Coverage for maternal and newborn care persist in Southeast Asia, particularly for ethnic minorities. Which factor exacerbates these disparities, especially when considering disruptions like the COVID-19 pandemic?

- A) Adequate provision of remote healthcare services
- B) Accurate estimations that account for pandemic-related service disruptions
- C) Preparedness of health systems and policies to address challenges
- D) Sufficient disaggregated data to identify and address underserved populations