

Mental Health Fundamentals

Mental Health · Practice Test · 25 Questions

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

- A) Feeling constantly sad
- B) Having difficulty concentrating
- C) Being able to cope with life's stresses
- D) Excessive worry about minor issues

2. What is the term for a persistent feeling of sadness and loss of interest in activities?

- A) Anxiety
- B) Schizophrenia
- C) Depression
- D) Bipolar disorder

3. Which of these is a common strategy for managing stress?

- A) Avoiding all social interaction
- B) Consuming excessive amounts of caffeine
- C) Practicing relaxation techniques
- D) Working long hours without breaks

4. Mental health is important at every stage of life, from childhood and adolescence through adulthood and into old age. True or False?

- A) False
- B) True
- C) Only important in adulthood
- D) Only important in childhood

5. What does it mean to have a 'support system' in the context of mental health?

- A) A group of people who ignore your feelings
- B) A network of people you can rely on for emotional help
- C) A system that automatically fixes your problems
- D) A collection of unhealthy habits

6. Which of the following is a sign of good mental health in children?

- A) Difficulty making friends
- B) Frequent tantrums
- C) Ability to learn and play
- D) Extreme shyness

7. What is the primary goal of mental health treatment?

- A) To eliminate all negative emotions
- B) To improve well-being and functioning
- C) To prevent all life challenges
- D) To make people conform to social norms

8. Which of these is a type of therapy used to treat mental health conditions?

- A) Physical therapy
- B) Occupational therapy
- C) Psychotherapy (talk therapy)
- D) Speech therapy

9. Stigma related to mental health can lead to:

- A) Increased seeking of help
- B) Greater understanding
- C) Discrimination and isolation
- D) Faster recovery

10. Regular physical activity is known to benefit mental health by:

- A) Increasing stress
- B) Releasing endorphins that improve mood
- C) Causing fatigue
- D) Making problems worse

11. What is the term for a sudden, intense feeling of fear or apprehension?

- A) Sadness
- B) Anger
- C) Panic attack
- D) Joy

12. Adequate sleep is crucial for:

- A) Worsening concentration
- B) Improving mental well-being
- C) Increasing irritability
- D) Decreasing emotional regulation

13. Which of the following is NOT a recognized mental health condition?

- A) Anxiety disorder
- B) Obsessive-compulsive disorder (OCD)
- C) Common cold
- D) Schizophrenia

14. Mindfulness is a practice that involves:

- A) Distracting yourself from problems
- B) Focusing on the present moment without judgment
- C) Constantly thinking about the past
- D) Worrying about the future

15. What is the role of a psychiatrist?

- A) To conduct physical therapy
- B) To prescribe medication for mental health conditions
- C) To provide financial advice
- D) To teach music

16. A balanced diet can positively impact mental health by:

- A) Causing mood swings
- B) Providing essential nutrients for brain function
- C) Leading to fatigue
- D) Increasing anxiety

17. What does it mean to 'seek professional help' for mental health?

- A) Ignoring the problem until it resolves itself
- B) Talking to strangers on the internet
- C) Consulting with a mental health professional like a therapist or counselor
- D) Self-diagnosing and self-treating

18. Which of these is a common symptom of anxiety?

- A) Deep relaxation
- B) Excessive worry and nervousness
- C) Lack of energy
- D) Strong sense of well-being

19. Mental health conditions are:

- A) A sign of weakness
- B) Rarely treatable
- C) Common and treatable
- D) Always permanent

20. What is the term for a mental health condition characterized by significant mood swings, ranging from manic highs to depressive lows?

- A) Depression
- B) Schizophrenia
- C) Bipolar disorder
- D) Anxiety disorder

21. Social connection is important for mental health because:

- A) It increases feelings of isolation
- B) It provides a sense of belonging and support
- C) It causes stress
- D) It leads to unhealthy competition

22. What is the World Health Organization (WHO) definition of mental health?

- A) The absence of mental illness
- B) A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community
- C) A state of constant happiness
- D) The ability to ignore all problems

23. Which of the following is a positive coping mechanism?

- A) Substance abuse
- B) Self-harm
- C) Engaging in hobbies
- D) Excessive anger

24. The term 'well-being' in relation to mental health refers to:

- A) Only the absence of illness
- B) A broader concept including emotional, psychological, and social health
- C) The ability to always be happy
- D) The absence of any challenges

25. How can early intervention in mental health be beneficial?

- A) It makes conditions worse
- B) It can prevent the escalation of problems and improve outcomes
- C) It is not important
- D) It always requires long-term medication