

# Celestial Mental Health Perspectives

Mental Health And Space Science · Practice Test · 20 Questions

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**1. What term describes the psychological phenomenon where astronauts experience a profound shift in awareness when viewing Earth from space?**

- A) The Overview Effect
- B) Cosmic Displacement
- C) Zero-G Anxiety
- D) Stellar Dissociation

**2. Prolonged isolation in space habitats can lead to disruptions in circadian rhythms; which hormone is primarily responsible for regulating the sleep-wake cycle on Earth and in space?**

- A) Adrenaline
- B) Melatonin
- C) Cortisol
- D) Insulin

**3. To combat the 'Earth-out-of-view' phenomenon during long-duration spaceflight, what is a primary psychological intervention used by mission control?**

- A) Increased caloric intake
- B) Strict isolation protocols
- C) Regular high-fidelity video contact with family
- D) Frequent exercise in the dark

**4. The psychological stress of 'confinement' in space stations often results in what specific type of sensory-related adaptation over time?**

- A) Hyper-acute hearing
- B) Increased sensitivity to artificial lighting
- C) Decreased interest in complex tasks
- D) Heightened color perception

**5. Which space-related psychological stressor is caused by the lack of natural environmental stimuli, common in long-term deep space travel?**

- A) Sensory monotony
- B) Planetary vertigo
- C) Orbital claustrophobia
- D) Solar radiation shock

**6. NASA researchers use the 'HI-SEAS' mission to simulate which aspect of space travel that significantly impacts crew mental health?**

- A) Microgravity impact
- B) Long-term social isolation
- C) Lunar dust inhalation
- D) Solar flare navigation

**7. In space psychology, what is the 'Third-Quarter Phenomenon' often associated with?**

- A) A peak in morale just before mission end
- B) A drop in motivation mid-mission
- C) Extreme hyperactivity
- D) Memory loss

**8. Which psychological measure is commonly tracked in astronauts to detect signs of chronic stress during missions?**

- A) Serum cortisol levels
- B) Eye color changes
- C) Skin elasticity
- D) Height growth

**9. Space agencies prioritize 'crew cohesion' to mitigate the risk of which mental health condition?**

- A) Interpersonal conflict
- B) Supernova syndrome
- C) Space-time blindness
- D) Gravity-induced depression

**10. Why does the light spectrum on the International Space Station use 'tunable' LEDs to support crew mental health?**

- A) To grow food faster
- B) To mimic the natural circadian progression of Earth's daylight
- C) To prevent radiation damage
- D) To detect invisible gas leaks

**11. What is a commonly reported cognitive effect of 'Space Flight Associated Neuro-ocular Syndrome' (SANS) that can cause stress?**

- A) Short-term vision impairment
- B) Total memory loss
- C) Inability to speak
- D) Increased aggression

**12. Which psychological state, characterized by a feeling of 'detachment' from the mission, is sometimes reported by astronauts?**

- A) Dissociation
- B) Stellar euphoria
- C) Vacuum psychosis
- D) Planet-fixation

**13. What role does 'Private Psychological Support' (PPS) play during deep space missions?**

- A) It provides specialized medical surgery
- B) It offers a confidential outlet for stress management
- C) It records crew conversations for public broadcast
- D) It dictates the daily exercise schedule

**14. Why is 'Earth-gazing' (looking at Earth from a window) encouraged by space psychologists?**

- A) To reduce radiation exposure
- B) To provide a grounding psychological stimulus
- C) To calibrate the spaceship sensors
- D) To measure gravity fluctuations

**15. What mental health risk is specifically associated with the 'delay' in communication between Mars and Earth?**

- A) Immediate panic response
- B) Increased feelings of autonomy
- C) Increased sense of isolation and reduced real-time support
- D) Obsessive clock-watching

**16. What is the primary function of 'virtual reality' used in space stations regarding mental health?**

- A) To distract from physical pain
- B) To simulate natural environments and reduce cabin fever
- C) To train for emergency repairs
- D) To communicate with aliens

**17. Chronic stress in space flight is most commonly associated with changes in which brain region, responsible for emotional regulation?**

- A) The Hippocampus
- B) The Occipital Lobe
- C) The Cerebellum
- D) The Spinal Cord

**18. Which psychological condition can arise from the absence of natural weather patterns and seasons in a space habitat?**

- A) Seasonal Affective Disorder (SAD)
- B) Planetary disorientation
- C) Atmospheric panic
- D) Lunar cycle mania

**19. What is a key strategy for managing 'confinement stress' during simulated missions?**

- A) Maintaining a strict, predictable routine
- B) Restricting all sunlight
- C) Increasing total silence
- D) Removing all exercise equipment

**20. Why is 'cognitive flexibility' considered a vital skill for astronaut mental health?**

- A) To adjust to changing mission parameters and isolation
- B) To pilot the ship manually at all times
- C) To perform faster calculations than computers
- D) To endure higher G-forces