

Entrepreneurial Wellness and Physiology

Entrepreneurship And Human Health · Practice Test · 15 Questions

1. Which hormone, often associated with the high-stress environment of startup founding, is primarily produced in the adrenal cortex in response to perceived threats?

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

2. Long-term sleep deprivation, frequently reported by early-stage entrepreneurs, has been clinically linked to an increased risk of which metabolic condition?

- A) Type 2 Diabetes
- B) Hyperthyroidism
- C) Anemia
- D) Pernicious Anemia

3. What is the average number of hours the human brain can maintain peak executive function and deep focus before cognitive performance typically declines?

- A) 2 to 4 hours
- B) 8 to 10 hours
- C) 12 to 14 hours
- D) 16 to 18 hours

4. Which part of the human brain is most directly responsible for the 'fight or flight' response triggered during high-stakes business negotiations?

- A) Amygdala
- B) Cerebellum
- C) Occipital Lobe
- D) Medulla Oblongata

5. The sustained visual fatigue experienced by entrepreneurs working long hours at digital screens is medically known as what?

- A) Computer Vision Syndrome
- B) Ocular Hypertension
- C) Macular Degeneration
- D) Retinal Detachment

6. Which neurotransmitter is primarily responsible for the 'reward' feeling when an entrepreneur achieves a milestone or receives positive feedback?

- A) Dopamine
- B) Adrenaline
- C) Cortisol
- D) Serotonin

7. Prolonged sedentary behavior in office environments is a known risk factor for the development of which cardiovascular condition?

- A) Deep Vein Thrombosis
- B) Atrial Fibrillation
- C) Heart Valve Prolapse
- D) Pericarditis

8. What is the minimum recommended duration of moderate-intensity aerobic physical activity per week for adults to maintain optimal cardiovascular health?

- A) 150 minutes
- B) 45 minutes
- C) 300 minutes
- D) 60 minutes

9. Which organ is primarily responsible for metabolizing the caffeine consumed by many entrepreneurs to maintain wakefulness?

- A) Liver
- B) Kidneys
- C) Pancreas
- D) Stomach

10. Chronic stress in high-pressure entrepreneurial roles can lead to the physical thinning of which protective tissue in the stomach lining?

- A) Mucosal barrier
- B) Dermis
- C) Epidermis
- D) Cartilage

11. Which essential vitamin, often deficient in office-bound workers with low sunlight exposure, is synthesized by the skin upon UVB radiation exposure?

- A) Vitamin D
- B) Vitamin C
- C) Vitamin B12
- D) Vitamin K

12. What physiological phenomenon occurs when the body's circadian rhythm is disrupted by irregular 'hustle culture' sleep schedules?

- A) Social Jetlag
- B) Circadian Alignment
- C) Hypoglycemia
- D) Tachycardia

13. Which mineral is essential for maintaining nerve function and preventing muscle cramps during high-stress, physically demanding work periods?

- A) Magnesium
- B) Iron
- C) Calcium
- D) Zinc

14. What is the medical term for the high blood pressure that can be induced by chronic environmental stress and lack of physical exercise?

- A) Hypertension
- B) Hypotension
- C) Bradycardia
- D) Arrhythmia

15. Which substance, when consumed in excess during 'all-nighters', acts as a diuretic, potentially leading to dehydration?

- A) Caffeine
- B) Protein
- C) Fiber
- D) Carbohydrates