

# Understanding Mental Health Basics

Mental Health · Answer Key · 15 Questions

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

- A) Constantly feeling anxious
- B) Ability to cope with stress**
- C) Avoiding social interactions
- D) Persistent feelings of hopelessness

## 2. Mental health is best described as:

- A) The absence of any mental illness
- B) A state of emotional, psychological, and social well-being**
- C) Only about how happy a person feels
- D) Completely separate from physical health

## 3. Which of these is a major contributing factor to maintaining good mental health?

- A) Excessive screen time
- B) Regular physical activity**
- C) Lack of sleep
- D) Social isolation

## 4. What does the term 'stigma' refer to in relation to mental health?

- A) A type of therapy
- B) A negative attitude or discrimination towards people with mental health conditions**
- C) A symptom of depression
- D) A scientific study of the brain

## 5. Which of the following is a common strategy for managing stress?

- A) Ignoring the problem
- B) Engaging in relaxation techniques**
- C) Withdrawing from friends
- D) Increasing caffeine intake

## 6. Seeking professional help for mental health concerns is:

- A) A sign of weakness
- B) A brave and important step towards recovery**
- C) Only for severe conditions
- D) Something to be ashamed of

**7. Which of the following is NOT a common symptom of anxiety?**

- A) Feeling restless or on edge
- B) Difficulty concentrating
- C) Excessive worry
- D) Feeling overwhelmingly happy and energetic**

**8. Good sleep hygiene involves:**

- A) Staying up late to watch TV
- B) Having a consistent sleep schedule**
- C) Drinking caffeine before bed
- D) Using electronic devices in bed

**9. Social support from friends and family can:**

- A) Make mental health problems worse
- B) Help protect against mental health issues**
- C) Have no impact on mental well-being
- D) Only be helpful for physical health

**10. A balanced diet is important for mental health because:**

- A) It directly causes mental illness
- B) Nutrients affect brain function and mood**
- C) It has no relation to the brain
- D) Only unhealthy food affects mental well-being

**11. Which of these is an example of a positive coping mechanism?**

- A) Substance abuse
- B) Journaling thoughts and feelings**
- C) Self-harm
- D) Excessive eating

**12. Mental health conditions can affect:**

- A) Only adults
- B) Only people with a specific genetic predisposition
- C) People of any age, gender, or background**
- D) Only people who are not physically healthy

**13. What is the primary role of a psychologist?**

- A) Prescribing medication for mental illness
- B) Diagnosing and treating mental health disorders through therapy**
- C) Performing surgery on the brain
- D) Only studying animal behaviour

**14. Mindfulness is a practice that involves:**

- A) Dwelling on past regrets
- B) Being aware of the present moment without judgment**
- C) Constantly worrying about the future
- D) Thinking only about positive things

**15. Early intervention for mental health issues can lead to:**

- A) Worse outcomes
- B) Better recovery rates and reduced severity**
- C) No significant difference
- D) Increased risk of other illnesses