

Mental Health Science for Tweens

Mental Health · Practice Test · 18 Questions

1. Which part of the brain is primarily responsible for processing emotional responses, including fear and anxiety?

- A) Cerebellum
- B) Amygdala
- C) Occipital lobe
- D) Brain stem

2. What is the primary function of the neurotransmitter serotonin in the human brain?

- A) Regulating mood and sleep cycles
- B) Increasing physical muscle mass
- C) Storing long-term memories
- D) Triggering allergic reactions

3. Which condition is characterized by a persistent feeling of sadness and a loss of interest in activities that were once enjoyed?

- A) Dyslexia
- B) Major Depressive Disorder
- C) Attention Deficit Hyperactivity Disorder
- D) Autism Spectrum Disorder

4. What does the term 'neuroplasticity' refer to?

- A) The hardening of skull bones
- B) The brain's ability to reorganize and form new neural connections
- C) The speed at which nerves transmit electrical signals
- D) The process of replacing old brain cells with new ones

5. The 'fight-or-flight' response is a physiological reaction triggered by the release of which hormone?

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

6. Which term describes the body's natural state of internal balance and stability?

- A) Homeostasis
- B) Metabolism
- C) Circadian rhythm
- D) Synapse

7. What is the scientific term for the persistent, involuntary focus on negative thoughts?

- A) Rumination
- B) Hallucination
- C) Motivation
- D) Coordination

8. Which brain region is heavily involved in decision-making, planning, and impulse control?

- A) Prefrontal cortex
- B) Medulla oblongata
- C) Thalamus
- D) Temporal lobe

9. What is the clinical definition of 'chronic stress' in a biological context?

- A) A brief burst of energy before a race
- B) The prolonged and constant feeling of being overwhelmed
- C) A sudden drop in blood pressure
- D) The inability to speak during a public presentation

10. Which hormone, often called the 'love hormone,' plays a role in social bonding and trust?

- A) Oxytocin
- B) Cortisol
- C) Adrenaline
- D) Testosterone

11. What defines the term 'stigma' in the context of mental health?

- A) A type of medical treatment
- B) A set of negative or unfair beliefs that society has about a condition
- C) A diagnostic tool for brain scans
- D) A physical exercise routine

12. Which of these is a recognized sleep disorder that involves difficulty falling or staying asleep?

- A) Narcolepsy
- B) Insomnia
- C) Somnambulism
- D) Apnea

13. What is the main role of the 'hippocampus' within the brain?

- A) Regulating body temperature
- B) Forming and retrieving new memories
- C) Controlling fine motor skills
- D) Processing visual input

14. In psychology, what is the 'circadian rhythm'?

- A) The sound of the heartbeat
- B) The internal 24-hour cycle that regulates sleep-wake patterns
- C) The speed at which a person learns new languages
- D) The reaction to bright lights

15. Which neurodevelopmental condition is characterized by difficulty with attention, executive function, and hyperactivity?

- A) Anorexia Nervosa
- B) ADHD
- C) Obsessive-Compulsive Disorder
- D) Bipolar Disorder

16. What is the psychological term for a strong, irrational fear of a specific object or situation?

- A) Phobia
- B) Mania
- C) Amnesia
- D) Delirium

17. What does the 'autonomic nervous system' control?

- A) Voluntary muscle movements
- B) Involuntary bodily functions like digestion and heart rate
- C) Memory retrieval
- D) Creative thinking

18. Which of the following is a known environmental factor that can influence an individual's mental health?

- A) Color of clothing
- B) Exposure to chronic noise or violence
- C) Preference for certain food types
- D) Number of pets in a household