

High School Mental Health Literacy

Health Education · Practice Test · 25 Questions

1. Which neurotransmitter is most commonly associated with the regulation of mood, sleep, and appetite?

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

2. What does the term 'stigma' refer to in the context of mental health?

- A) The physical symptoms of a disorder
- B) A negative stereotype or prejudice against people with mental health conditions
- C) The process of diagnosing a psychological illness
- D) A prescribed medication regimen

3. Which of the following is considered a primary 'protective factor' for mental health?

- A) Social isolation
- B) Consistent lack of sleep
- C) Strong social support networks
- D) High exposure to social media

4. In the context of the stress response, which hormone is primarily released by the adrenal glands to prepare the body for 'fight or flight'?

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

5. What is the primary function of Cognitive Behavioural Therapy (CBT)?

- A) To prescribe medication for mood regulation
- B) To identify and challenge unhelpful patterns of thinking and behaviour
- C) To provide long-term institutionalized care
- D) To explore subconscious childhood trauma exclusively

6. Which of the following describes 'resilience' in a mental health context?

- A) The absence of any emotional stress
- B) The ability to recover quickly from difficulties or adapt to change
- C) The capacity to suppress all negative emotions
- D) The genetic resistance to mental illness

7. 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 an individual realizes their own abilities
- C) The clinical treatment of personality disorders
- D) The biological balance of brain chemistry

8. Which condition is characterized by a persistent feeling of sadness and loss of interest?

- A) Major Depressive Disorder
- B) Schizophrenia
- C) Bipolar I Disorder
- D) Obsessive-Compulsive Disorder

9. What is 'neuroplasticity'?

- A) The hardening of neural pathways due to stress
- B) The ability of the brain to reorganize itself by forming new neural connections
- C) The physical growth of the skull during adolescence
- D) The chemical imbalance of neurotransmitters

10. Which of the following is a common physiological symptom of a panic attack?

- A) Increased heart rate
- B) Lowered blood pressure
- C) Improved cognitive focus
- D) Muscle atrophy

11. What characterizes 'Generalized Anxiety Disorder' (GAD)?

- A) A specific fear of spiders
- B) Excessive, uncontrollable worry about various events or activities
- C) Flashbacks to a traumatic event
- D) The loss of contact with reality

12. Which part of the brain is primarily responsible for processing emotions such as fear and pleasure?

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

13. What is the 'diathesis-stress model' used to explain?

- A) The genetic origin of depression only
- B) How biological vulnerability and environmental stress interact to cause illness
- C) The effectiveness of pharmaceutical drugs
- D) The social impact of mental health legislation

14. Which of these is a recognized 'modifiable' risk factor for poor mental health?

- A) Genetic history
- B) Socio-economic status
- C) Age
- D) Family structure

15. What is the main goal of 'mental health first aid'?

- A) To provide a permanent diagnosis for a patient
- B) To provide initial support to someone developing a mental health problem
- C) To replace professional psychiatric care
- D) To perform minor surgery on mental health patients

16. Bipolar disorder is clinically categorized by cycles of:

- A) Hallucinations and delusions
- B) Mania and depression
- C) Obsessions and compulsions
- D) Anxiety and phobias

17. Which substance is a central nervous system depressant often misused as a coping mechanism?

- A) Caffeine
- B) Alcohol
- C) Nicotine
- D) Cocaine

18. 'Sleep hygiene' refers to:

- A) Cleaning one's bed linens
- B) Practices that improve the quality and duration of sleep
- C) The chemical process of dreaming
- D) The biological cycle of wakefulness

19. Which of the following is an example of an 'internalizing' mental health symptom?

- A) Aggressive behavior toward others
- B) Social withdrawal and self-criticism
- C) Physical destruction of property
- D) Disruptive classroom behavior

20. The prefrontal cortex is the area of the brain responsible for:

- A) Basic motor functions
- B) Executive functions like decision making and impulse control
- C) Regulation of body temperature
- D) Visual perception

21. What is the term for a mental health condition that involves a loss of contact with reality?

- A) Psychosis
- B) Neurosis
- C) Dyslexia
- D) Amnesia

22. Which of the following is a common component of Mindfulness-Based Stress Reduction?

- A) High-intensity interval training
- B) Focused attention on the present moment
- C) Systematic desensitization
- D) Cathartic emotional release

23. Social determinants of health influencing mental wellbeing include:

- A) The size of the brain
- B) Housing stability and employment
- C) The number of hours spent gaming
- D) Eye color

24. What is the purpose of 'psychotropic' medications?

- A) To improve physical athletic performance
- B) To affect mental processes by changing brain chemistry
- C) To act as a placebo to calm patients
- D) To cure all forms of mental illness immediately

25. Which organization provides the 'Diagnostic and Statistical Manual of Mental Disorders' (DSM-5)?

- A) World Health Organization
- B) American Psychiatric Association
- C) United Nations
- D) International Red Cross