

Middle School Mental Health Literacy

Health Education · Practice Test · 8 Questions

1. Which of the following describes the definition of 'mental health' according to the World Health Organization?

- A) The absence of any medical illness or physical pain
- B) A state of well-being in which an individual realizes their own abilities
- C) The ability to suppress all negative emotions in social settings
- D) Having an IQ score above the average range

2. What is the primary function of neurotransmitters in the brain?

- A) To filter oxygen from the bloodstream
- B) To act as chemical messengers between neurons
- C) To store long-term memories in the frontal lobe
- D) To regulate the body's internal temperature

3. Which term refers to the ability to recover quickly from difficulties or setbacks?

- A) Resilience
- B) Suppression
- C) Avoidance
- D) Detachment

4. Chronic stress is most strongly linked to the long-term overproduction of which hormone?

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

5. What is the common purpose of a 'stigma' in the context of mental health?

- A) To promote better understanding of brain chemistry
- B) To encourage people to seek professional help
- C) To create a negative perception that discourages people from seeking support
- D) To identify symptoms of clinical depression

6. Which of the following is considered a physiological sign of an acute stress response?

- A) Increased heart rate
- B) Lowered blood pressure
- C) Decreased respiratory rate
- D) Slower processing speed

7. What does the 'fight-or-flight' response primarily aim to prepare the body for?

- A) Deep meditative sleep
- B) Digesting complex carbohydrates
- C) Reacting to a perceived threat
- D) Social communication

8. Which professional is specifically trained to provide psychotherapy and diagnose mental health conditions without prescribing medication?

- A) Neurologist
- B) Psychologist
- C) General Practitioner
- D) Pharmacist