

Middle School Mental Health Basics

Health Education · Answer Key · 18 Questions

1. Which three elements make up the health triangle?

A) Physical, mental, and social health

B) Diet, exercise, and sleep

C) Brain, heart, and lungs

D) Family, school, and friends

2. Which part of the human brain plays a central role in processing emotions such as fear?

A) Cerebellum

B) Amygdala

C) Brainstem

D) Occipital lobe

3. What are the chemical messengers that transmit signals across brain cells called?

A) Hormones

B) Enzymes

C) Neurotransmitters

D) Antibodies

4. What term describes negative attitudes, stereotypes, or discrimination directed towards mental health conditions?

A) Stigma

B) Empathy

C) Resilience

D) Mindfulness

5. Which hormone is primarily released during an acute 'fight-or-flight' stress response?

A) Insulin

B) Melatonin

C) Estrogen

D) Adrenaline

6. According to health guidelines, how many hours of sleep per night are recommended for adolescents aged 13 to 18?

A) 4 to 6 hours

B) 8 to 10 hours

C) 11 to 13 hours

D) 14 to 16 hours

7. What is the scientific term for the brain's ability to adapt and build new neural connections throughout life?

- A) Photosynthesis
- B) Homeostasis
- C) Neuroplasticity**
- D) Metabolism

8. Which chemicals are naturally released by the body during physical exercise to elevate mood and reduce pain?

- A) Endorphins**
- B) Hemoglobin
- C) Lactate
- D) Keratin

9. What concept refers to the psychological ability to recover and adapt after facing adversity or stress?

- A) Burnout
- B) Introversion
- C) Perfectionism
- D) Resilience**

10. Which hormone, responsible for regulating sleep-wake cycles, is suppressed by blue light from electronic devices?

- A) Thyroxine
- B) Melatonin**
- C) Dopamine
- D) Cortisol

11. How is mindfulness defined in health education?

- A) Suppressing all thoughts and emotions
- B) Recalling past memories in detail
- C) Focusing on the present moment without judgment**
- D) Daydreaming about future events

12. What is the clinical term for a mood condition characterized by persistent sadness lasting two weeks or longer?

- A) Depression**
- B) Euphoria
- C) Insomnia
- D) Claustrophobia

13. Which term describes the ability to understand and share another person's feelings?

- A) Apathy
- B) Empathy**
- C) Antipathy
- D) Symbiosis

14. Which mental health condition involves excessive, persistent worry and fear about everyday situations?

- A) Bipolar disorder
- B) Schizophrenia
- C) Anxiety disorder**
- D) Dyslexia

15. What is a key difference between a psychiatrist and a psychologist?

- A) A psychiatrist is a medical doctor who can prescribe medication**
- B) A psychologist performs brain surgeries
- C) A psychiatrist only works with children
- D) A psychologist cannot conduct therapy

16. In Australia, what free 24/7 phone and online counselling service is specifically dedicated to young people aged 5 to 25?

- A) Beyond Blue
- B) Lifeline
- C) Medicare
- D) Kids Helpline**

17. What state of physical and emotional exhaustion is caused by prolonged, unmanaged stress?

- A) Resilience
- B) Burnout**
- C) Euphoria
- D) Mindfulness

18. What term refers to practicing deliberate activities to preserve physical, emotional, and mental well-being?

- A) Self-isolation
- B) Self-consciousness
- C) Self-care**
- D) Self-fulfilment