

Middle School Mental Health Basics

Health Education · Practice Test · 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