Mental Health and Brain Science

Health Education · Answer Key · 6 Questions

1. Which brain structure plays the primary role in processing emotional responses such as fear and threat detection?

A) Amygdala
B) Cerebellum
C) Brainstem
D) Occipital lobe

2. Which chemical messenger in the brain primarily helps regulate mood, sleep, and appetite?

A) Insulin
B) Serotonin
C) Thyroxine
D) Adrenaline

3. What hormone is released by the adrenal glands during a prolonged fight-or-flight stress response?

A) Melatonin
B) Glucagon
C) Cortisol
D) Calcitonin

4. Which part of the autonomic nervous system calms the body down after stress, helping it 'rest and digest'?

A) Central nervous system
B) Somatic nervous system
C) Sympathetic nervous system
D) Parasympathetic nervous system

5. During which stage of sleep does most vivid dreaming occur, playing a critical role in emotional memory processing?

A) REM sleep
B) Stage 1 sleep
C) Stage 2 sleep
D) Deep NREM sleep

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6. Which region of the brain responsible for decision-making and impulse control continues maturing into early adulthood?

A) Brainstem

B) Prefrontal cortex

C) Primary visual cortex

D) Cerebellum

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