

Mental Health and Brain Science

Health Education · Practice Test · 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

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