Mental Health Basics for Pre-Teens

Mental Health · Practice Test · 10 Questions

1. Which of these is defined by the World Health Organization as a state of well-being where an individual realizes their own abilities and can cope with normal life stresses?

A) Physical fitness
B) Mental health
C) Social media literacy
D) Academic intelligence

2. What is the term for the biological chemical messengers in the brain, like serotonin and dopamine, that help regulate mood and emotions?

A) Neurotransmitters
B) Red blood cells
C) Digestive enzymes
D) Muscle fibers

3. Which of the following is a common, healthy physiological response to stress that prepares the body to face or flee from a perceived threat?

A) The sleep cycle
B) The fight-or-flight response
C) The metabolic process
D) The circadian rhythm

4. What is the primary purpose of the 'amygdala' located within the human brain?

A) Regulating hunger levels
B) Processing emotions and fear
C) Controlling fine motor skills
D) Storing long-term mathematical data

5. Chronic stress can lead to an increase in the levels of which primary hormone in the body?

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

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6. Which professional is specifically trained to diagnose and treat mental health conditions using talk therapy and behavioral techniques?

A) A cardiologist
B) A podiatrist
C) A clinical psychologist
D) An optometrist

7. Regular physical exercise is scientifically proven to improve mental health by triggering the release of which natural mood-lifting chemicals in the brain?

A) Endorphins
B) Antibiotics
C) Insulin
D) Glucose

8. What is 'resilience' in the context of mental health?

A) The ability to avoid all negative feelings
B) The capacity to recover quickly from difficulties
C) The act of suppressing emotions
D) The refusal to ask for help

9. Which sleep-related factor is essential for maintaining healthy brain function and emotional regulation in pre-teens?

A) Sleeping exactly 4 hours per night
B) Consistency and adequate duration of sleep
C) Sleeping only during the daytime
D) Avoiding all REM sleep cycles

10. What does the term 'stigma' refer to in relation to mental health?

A) A medical treatment method
B) Negative attitudes or discrimination against people with mental health conditions
C) A type of brain scan
D) A positive support network

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