

Question Bank: 22SFH18/28, Scientific Foundations of Health

Module 1: Good Health And It's Balance For Positive Mindset

Q. No.	Questions
1	<p>Which of the following statements is correct?</p> <p>a) Health promotion can refer to any event, process or activity that facilitates the protection or improvement of the health status of individuals, groups, communities or populations.</p> <p>b) The objective of health promotion is to prolong life and to improve quality of life.</p> <p>c) Health promotion practice is often shaped by how health is conceptualized.</p> <p>d) all of these</p> <p>Answer: d) all of these</p>
2	<p>The approach to health promotion is based on the assumption that humans are rational decision-makers, this approach relies heavily upon the provision of information about risks and benefits of certain behaviours.</p> <p>a) behaviour change approach b) community development approach</p> <p>c) biomedical approach d) none of these</p> <p>Answer: a) behaviour change approach</p>
3	<p>The approach to health promotion aims to improve and promote health by addressing socioeconomic and environmental determinants of health within the community.</p> <p>a) behaviour change approach b) community development approach</p> <p>c) biomedical approach d) none of these</p> <p>Answer: b) community development approach</p>
4	<p>The approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness.</p> <p>a) behaviour change approach b) community development approach</p> <p>c) biomedical approach d) none of these</p> <p>Answer: a) behaviour change approach</p>
5	<p>..... refers to the application of consumer-oriented marketing techniques in the design, implementation and evaluation of programmes aimed towards influencing behaviour change.</p> <p>a) Health education b) Social marketing c) Consumer health d) None of these</p> <p>Answer: b) Social marketing</p>
6	<p>Which of the following is a criticism of the behaviour change approach to health promotion?</p> <p>a) It is unable to target the major causes of ill health.</p> <p>b) The choice of which behaviour to target lies with 'experts' whose task is to communicate and justify this choice to the public.</p> <p>c) The behaviour change paradigm does not address the many variables other than cognitions that influence human actions.</p> <p>d) All of these</p> <p>Answer: d) All of these</p>
7	<p>Which of the following is a characteristic of the community development approach to health promotion?</p> <p>a) Improving individual attitudes and beliefs are key to successful health promotion.</p> <p>b) There is a close relationship between individual health and its social and material contexts, thus are relevant when developing initiatives for change.</p> <p>c) Individuals need to change personal behaviour rather than to change the environment to promote health.</p> <p>d) All of these</p>

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	Answer: b) There is a close relationship between individual health and its social and material contexts thus are relevant when developing initiatives for change.
8	Which of the following approaches to community psychology aim to connect intra-community processes with the broader socio-political context? a) behaviourist approach b) accomodationist approach c) critical approach d) none of these Answer: c) critical approach
9	When can we say that we are not healthy? a) When we feel good physically b) When we are able to cope well with the social pressure c) When we have a positive outlook towards life d) When we constantly suffer from headaches due to a stressful life Ans: a) When we feel good physically
10	Which of the following is not dimension of health? a) Nutrition b) Physical c) Social d) Mental Ans: a) Nutrition
11	The term 'health' is defined in many ways. The most accurate definition of the health would be a) health is a state of complete physical, mental and social well-being b) health is a state of body and mind in a balanced condition c) health is a reflection of a smiling face d) health is a symbol of economic prosperity Ans: a) health is a state of complete physical, mental and social well-being
12	As per WHO the principles of health is a) A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. b) The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. c) The health of all peoples is fundamental to the attainment of peace and security and is dependent on the fullest cooperation of individuals and States. d) All of the above Ans: d) All of the above
13	The importance of good health in a person's life a) To serve himself, nation, and community b) To save the cost of treatment and the hassle of going to hospitals c) To feel comfortable and happy d) All of the above Ans: d) All of the above
14	Which of the following is not a benefit of living healthy? a) Feel Better About Yourself b) High levels of stress c) Avoid Addictions d) Lower Medical Costs Ans: b) High levels of stress
15	How one can achieve good health and well-being? a) Drink a lot of water b) Add more fruits and vegetables to your diet c) Protect your skin d) All of the above Ans: d) All of the above
16	What influences our health? a) Economic environment b) Cultural environment c) Both d) None Ans: c) Both
17	Which are the factors that impact health?

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	a) air, water, and soil quality c) diet, exercise, and addictions Ans: d) All of the above	b) racism, sexism, political participation d) All of the above
18	Which is not the category of health behavior? a) Preventive health behavior c) Illness behavior Ans: b) Easy-going behaviour	b) Easy-going behavior d) Sick-role behavior
19	A child buckled into a safety seat is participating in a) health-related behavior c) both Ans: c) both	b) health-directed behavior d) None
20	Self-care behavior includes	a) the actions such as eating chicken soup, drinking liquids, or taking over-the-counter medications for cold or flu-like symptoms b) the use of alternative and complementary medical treatments, without medical supervision c) treating minor injuries such as bruises, scrapes, and twisted ankles when a person does not think a health care professional is needed d) All of the above Ans: d) All of the above
21	Health compromising behavior is	a) good to health b) harmful to health c) mediate health d) none of these Ans: b) harmful to health
22	Health compromising behaviors are commonly seen in people from	a) high class b) middle class c) low class d) none of these Ans: c) low class
23	Alcohol consumption has been linked to	a) liver cirrhosis b) high blood pressure c) stroke d) all of the above Ans: d) all of the above
24	A strong need or urge to drink is	a) craving b) loss of control c) dependence d) tolerance Ans: a) craving
25	The need to drink greater amounts of alcohol to feel the same effect is;	a) dependence b) craving c) loss of control d) tolerance Ans: d) tolerance
26	Not being able to stop drinking once drinking has begun is;	a) craving b) loss of control c) dependence d) tolerance Ans: b) loss of control
27	Withdrawal symptoms, such as nausea, sweating, shakiness, and anxiety after stopping drinking is;	a) dependence b) craving c) loss of control d) tolerance Ans: a) dependence
28	Wheezing is caused by;	a) alcohol b) smoking c) drug use d) all of the above Ans: b) smoking
29	Approach unpleasantness in a more positive and productive way is	a) self-talk b) narcissism c) positive thinking d) none of these Ans: c) positive thinking
30	What was designed as a path to spiritual enlightenment?	a) exercise b) yoga c) meditation d) asanas Ans: b) yoga

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31	A network of family, friends, neighbors, and community members that is available in times of need to give psychological, physical, and financial help a) social support b) family support c) friend support d) emotional support Ans: a) social support
32	Benefit of social support network a) sense of belonging b) increased sense of worth c) feeling of security d) all of these Ans: d) all of these
33	Best way to find a good listener a) be a good observer b) be a good listener yourself c) be a good speaker d) be a good friend Ans: b) be a good listener yourself
34	Example of skillful communication a) attentive listening skills b) empathy c) both (a) and (b) d) none of these Ans: c) both (a) and (b)
35	Goals of current doctor-patient communication? a) creating a good interpersonal relationship b) facilitating exchange of information c) including patients in decision making d) all of these Ans: d) all of these
36	Which one is the most powerful ways of providing support to patient? a) sympathy b) empathy c) helping d) listening Ans: b) empathy
37	Which one is an example of internal cause of stress? a) major life changes b) worry c) relationship difficulties d) financial problems Ans: b) worry
38	An example of physical signs of stress? a) difficulty in sleeping b) poor memory c) anger d) impulsive actions Ans: a) difficulty in sleeping
39	An example of behavioral signs of stress? a) frequent mood swing b) compulsive eating c) crying d) nervousness and sadness Ans: b) compulsive eating
40	Which one is external causes of stress a) pessimism b) unrealistic expectations c) perfectionism d) financial problems Ans: d) financial problems
41 is a physical response a) Habit b) Emotions c) Feelings d) Thinking Ans: a) Habit
42 is a stimulus which arise from within the body a) Emotions b) Sight c) Smell d) Touch Ans: a) Emotions
43 is the seat of primary emotions a) Thalamus b) Adrenal gland c) Thyroid gland d) None of these Ans: a) Thalamus
44 is a basic emotion of man a) Anger b) Fear c) Love d) All Ans: d) All
45	I.Q. is related with, a) Intelligence b) Emotion c) Folkways d) Mathematics Ans: a) Intelligence

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46	Important source of social support for an individual is from	
	a) Family b) Community c) School d) None of these	
	Ans: a) Family	

Module 2: Building of healthy lifestyles for better future

Q. No.	Questions	CO
1	How many minutes should an average person walk a day? a) 30 minutes b) 40 minutes c) 20 minutes d) 50 minutes Ans: c) 20 minutes	
2	Which vitamin is good for eyes? a) Vitamin D b) Vitamin K c) Vitamin A d) All Ans: c) Vitamin A	
3	What is the recommended daily water intake? a) 0.5 Liters b) 3 Liters c) 1 Litre d) 2 Liters Ans: d) 2 Liters	
4	5. What are the general sleep requirements for an adult? a) 3 to 5 hours b) 8 to 12 hours c) 12 to 14 hours d) 7 to 9 hours Ans: 7 to 9 hours	
5	Why do people have to use bath salts? a) To heal wounds b) To relax and sleep better c) To soften the skin d) All Ans: b) To relax and sleep better	
6	What is usually recommended as a self care tip for depression? a) Sleeping for less than 7 hours b) Active lifestyle c) Eating 100 extra calories d) All of the above Ans: b) Active lifestyle	
7	How do puzzles help you? a) They help you learn numbers b) They help exercise the brain c) They are a time pass d) They help to spent money Ans: b) They help exercise the brain	
8	How often you must have a routine body checkup? a) Once in 10 years b) Once a year c) Once in 5 years d) Once in a Day Ans: b) Once a year	
9	According to the Food Guide Pyramid, how many servings a day of vegetables should you eat? a) 6-11 b) 2-4 c) 3-5 d) 1-3 Ans: c) 3-5	
10	Osteoporosis a) is a crippling disease that is more prevalent in women b) is more common for women who were calcium deficient at a young age c) is linked to heavy drinking and smoking d) all are correct Ans: d) all are correct	
11	What is not a good tip for exercising while in college? a) Park farther away from the building and get extra steps in b) Take walking or stretching breaks while studying c) Stretch during a lecture or lab d) Use exercise equipment and facilities on your campus Ans: c) Stretch during a lecture or lab	
12	What is a sign that stress is making you ill? a) Headaches and migraines b) Muscle and joint pain	

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	c) Digestive problems Ans: d) All of the above	d) All of the above	
13	What is a dangerous consequence of being drunk? a) Having sexual experiences c) Causing physical harm to yourself or others Ans: c) Causing physical harm to yourself or others	b) Reaching your personal goals d) All of the above	
14	What are the signs of depression? a) Use of alcohol or drugs c) Lack of energy or interest Ans: c) Lack of energy or interest	b) Feelings of hopefulness d) All of the above	
15	Why do students continue to engage in risky sexual behavior? a) They believe they are immortal b) They do not have symptoms of STDs or infections c) They believe nothing they do will have negative consequences d) Both (a) and (c) Ans: d) Both (a) and (c)		
16	Why do students continue to engage in risky sexual behavior? a) They believe they are immortal b) They do not have symptoms of STDs or infections c) They believe nothing they do will have negative consequences d) Both (a) and (c) Ans: d) Both (a) and (c)		
17	What should you do in order to maintain a healthy relationship? a) Don't be afraid to spend time alone with new people b) Always be agreeable and keep the peace c) If a situation makes you uncomfortable, stay and see how it progresses d) Watch for signs of subtle abuse and control Ans: d) Watch for signs of subtle abuse and control		
18	How can you make good choices and stay healthy? a) Consult health professionals when things don't seem right b) Use the internet to diagnose and treat yourself c) Know that all over-the-counter medicines are safe and reliable d) All of the above Ans: a) Consult health professionals when things don't seem right		
19	When students choose comfort food over nutritious alternatives it may be for what reason? a) Lack of education c) Increased hunger Ans: b) Increased stress	b) Increased stress d) None of the above	
20	Eating healthy means eating how often? a) Every two hours c) Regularly Ans: c) Regularly	b) Three times a day d) Once a day	
21	Learning to express fear, anger, and disappointment can have what effect? a) Lessening the negative stress from carrying those feelings b) Lower appetite and eventual weight loss c) Maintaining closer social ties d) All of the above Ans: a) Lessening the negative stress from carrying those feelings		
22	A healthy lifestyle can be described as: a) Avoiding meat, eating a balanced diet, exercising every day		

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	b) Eating anything you like and exercising 3 times a week c) Eating a balanced diet with fruit and vegetables, exercising regularly d) Taking a shower twice a day, avoiding fat Ans: c) Eating a balanced diet with fruit and vegetables, exercising regularly	
23	Which foods are important for the development of healthy, strong bones? a) Tomatoes, biscuits, butter b) Chicken, fish, eggs c) Cheese, milk, yoghurt d) Potatoes, fish, cucumbers Ans: c) Cheese, milk, yoghurt	
24	From the following choose the breakfast, which is lowest in fat. a) Apple juice, low fat yoghurt, grilled bacon and poached egg b) Cocoa, fried bacon and cheese sandwich c) Fried eggs, 2 slices of bacon, 1 sausage, tomato juice d) 2 sausages, 1 piece of cake, milk, 1 roll Ans: a) Apple juice, low fat yoghurt, grilled bacon and poached egg	
25	In the same amount of the following foods, which food provides the most calcium? a) Cabbage b) Milk c) Cereal d) Cake Ans: b) Milk	
26	The best way to keep a healthy you is: a) Going on a very low calorie diet b) Mixing eating with other activities c) Using the Food Pyramid d) Avoiding eating fat Ans: c) Using the Food Pyramid	
27	Which of the following are the best forms of exercise? a) Doing crosswords b) Playing computer games c) Playing chess d) Cycling Ans: d) Cycling	
28	What helps you have strong teeth? a) Eating fruit and vegetables b) Brushing your teeth at least twice a day using fluoride toothpaste c) Drinking water d) Exercising Ans: b) Brushing your teeth at least twice a day using fluoride toothpaste	
29	How can't you help the environment? a) Driving your own vehicle b) Turning off the tap while you are brushing your teeth c) Bringing your own cloth bag to the shops d) Turning off of the lights when you leave a room Ans: a) Driving your own vehicle	
30	What is the process of collecting, processing and reusing waste materials called? a) Reusing b) Reprocessing c) Recycling d) Polluting Ans: c) Recycling	
31	What is personal hygiene? a) Having showers b) Taking care of your body, cleaning yourself c) Using soap to clean yourself d) Washing your hands Ans: b) Taking care of your body, cleaning yourself	
32	When are good times to brush your teeth during the day? a) After eating sweets b) In the morning, after each meal and before going to bed c) Whenever you want to d) Before you eat, after you eat, and before going to bed Ans: b) In the morning, after each meal and before going to bed	

Module 3: Creation of Healthy and Caring Relationships

Q.	Questions	CO
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No.	
1	In communication process, when the sender and receiver interchange their roles in respect of sending and receiving the message, it is called a) Universal model b) Transactional model c) Singular flow model d) Pluralistic model. Ans: b) Transactional model
2	Identify the skills promoted by communication from the following: a) reading, speaking and listening b) listening, speaking and helping c) Helping and speaking d) All of them Ans: a) reading, speaking and listening
3	A family in which the mother, father, one child, and his uncles are living present an example of which family? a) Joint family b) Nucleus family c) Patrilocal family d) None of the above Ans: a) Joint family
4	Which one of the following statements is incorrect regarding friend and friendship? a) In true friendship, it is important to give gifts to each other regularly b) Friends usually motivates other friend and also share their joy and sorrow c) Friends don't need to have same choices in terms of food and clothing d) It is not important that friend should be of more or less same age Ans: a) In true friendship, it is important to give gifts to each other regularly
5	Which one of the following statements is correct regarding friends? a) They ensure they talk to each other daily b) They don't share their personal life with each other c) They never argue about important thing d) They try to spend quality time with each other Ans: d) They try to spend quality time with each other
6	According to Aristotle, two people have mutual respect for one another. This type of friendship is called a) friendship of pleasure b) friendship of the good c) friendship of utility d) friendship of interest Ans: b) friendship of the good
7	Sports/Games help in development of child a) immunity b) physical c) mental d) All of these Ans: d) All of these
8	Which one of the following statements is incorrect regarding work and play? a) It improves learning capacity in child b) It arouses curiosity in child c) It leads to development of physically healthy child d) Child can become stubborn Ans: d) Child can become stubborn
9	What is the basic unit of society? a) Men b) Women c) Children d) Family Ans: d) Family
10	Individualistic family pattern is fastly increasing because of the following a) Westernization b) Imagination of free lifestyle c) Population explosion and inflation d) Both a and b Ans: d) Both a and b
11	Leadership roles first emerge in which of the following kinds of communication? a) intrapersonal communication b) small group communication

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	d) None of the above Ans: b) Healthy psychological processes influence physical health directly and via behaviour	
20	Which is a characteristic of private relationships (in comparison to public relationships)? a) Substitutability b) use of particularistic knowledge c) extrinsic rewards d) normative rule Ans: b) use of particularistic knowledge	

Module 4: Avoiding Risks and Harmful Habits

Q. No.	Questions	CO
1	Addiction is a characterized by compulsive engagement in rewarding stimuli despite adverse consequences a) heart disorder b) brain disorder c) sleeping disorder d) none of the above Ans: b) brain disorder	
2	Health psychology is linked to a) The behavioral sciences b) Clinical psychology c) Behavioral medicine d) All of the above Ans: d) All of the above	
3	Factors that may cause development of addiction are ... a) neurobiological factors b) psychosocial factors c) both a and b d) None of the above Ans: c) both a and b	
4	The classic hallmarks of addiction does not include a) Substance modification and control b) impaired control over substances or behavior c) preoccupation with substance or behavior d) continued use of substances despite consequences Ans: a) Substance modification and control	
5	The short-term reward of addiction is typically characterized by immediate , coupled with delayed deleterious effects (long-term costs). a) gratification b) satisfaction c) pleasure d) all of the above Ans: d) all of the above	
6	Currently the major cause of illness is a) Behavior or lifestyle b) Genetic or family background c) Care taken during childhood d) Work environments Ans: a) Behavior or lifestyle	
7	Potential long-term consequences include: a) getting an infectious disease, especially through shared needles and dropping out of school or getting poor grades b) damaged relationships with friends and family, loss of good standing or tarnished reputation, and arrests or jail time c) eviction from the home or failed mortgage payments, loss of job, and loss of parental rights d) All of the above Ans: d) All of the above	
8	General signs of addiction does not include: a) lack of control, or inability to stay away from a substance or behavior b) increased socialization, like completing commitments or recognizing relationships	

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	c) ignoring risk factors, like sharing needles despite potential consequences d) physical effects, like withdrawal symptoms or needing higher dosage for effect Ans: b) increased socialization, like completing commitments or recognizing relationships	
9	The symptoms of heart failure include a) shortness of breath b) fatigue c) fluid accumulation d) All of the above are symptoms of heart failure Ans: d) All of the above are symptoms of heart failure	
10	The two types of addictions are a) Chemical addiction & Substance addiction b) Substance addiction & Drug addiction c) Chemical addiction and Behavioural addiction d) Behavioural addiction and Drug addiction Ans: c) Chemical addiction and Behavioural addiction	
11	Which of the following changes in lifestyle are recommended to treat or prevent hypertension? a) control weight b) limit dietary salt intake c) exercise regularly d) All of the above lifestyle changes are recommended to treat or prevent hypertension Ans: d) All of the above lifestyle changes are recommended to treat or prevent hypertension	
12	Which one is the correct statement regarding persons with drug addiction a) They admits the problems but do not know to solve it b) Rather than admit the problem exists, they will find ways to justify and continue the behavior c) They cannot identify the problems d) None of them are correct Ans: b) Rather than admit the problem exists, they will find ways to justify and continue the behavior	
13	Feelings such as sadness, despair and anxiety are indicators of a) Mental illness b) Physical health c) Sociocultural health d) Psychological health Ans: d) Psychological health	
14	The biopsychosocial model of health a) allows a systems interpretation of factors affecting illness and injury b) separates the mind from the body c) is more complex than the biomedical model d) a and c are correct Ans: d) a and c are correct	
15	Substance addiction is dependence on any one or more of the following: a) nicotine, or tobacco, and alcohol b) inhalants, often household items like oven cleaners, spray paints, or other aerosol products c) drugs, and medication d) all of the above Ans: d) all of the above	
16	Behavioral addiction can include: a) gambling b) working, shopping c) video games, using the Internet or media d) all of the above	

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	Ans: d) all of the above	
17	<p>The psychological goal of most information based interventions designed to reduce the stress associated with operations is:</p> <ul style="list-style-type: none"> a) to minimize physiological arousal b) to increase perceptions of control c) to allow people to forget about things they cannot control d) to help people distract from worrying thoughts <p>Ans: b) to increase perceptions of control</p>	
18	<p>Some early stage clues of addiction include:</p> <ul style="list-style-type: none"> a) experimentation and seeking out situations where the substance or activity is present b) family history of addiction and being particularly drawn to an activity or substance c) episodes of binging or loss of control with little to no feelings of remorse after d) all of the above <p>Ans: d) all of the above</p>	
19	<p>For a drug addicted person the major personality or behavior changes does not include:</p> <ul style="list-style-type: none"> a) A lack of interest in hobbies or activities that used to be important and neglecting relationships or reacting negatively to those closest to them b) Risk taking tendencies, and distinct change in sleeping patterns that result in chronic fatigue c) Understanding the negative consequences of their actions and completing important obligations like work d) Increased secrecy, like lying about the amount of substance used or time spent <p>Ans: c) Understanding the negative consequences of their actions and completing important obligations like work</p>	
20	<p>What is the ideal environment for starting to learn relaxation?</p> <ul style="list-style-type: none"> a) Listening to instructions on headphones to avoid distraction b) In a group context using biofeedback c) At home listening to deep music and taped instructions d) Led by a trained practitioner in a quiet room and comfortable chair <p>Ans: d) Led by a trained practitioner in a quiet room and comfortable chair</p>	
21	<p>The way to recognize a drug addicted person is</p> <ul style="list-style-type: none"> a) bloodshot or glazed eyes, constant illness, unexplained injuries, abrupt change in weight b) bad skin, hair, teeth, and nails, physical withdrawal symptoms like sweating, trembling, or vomiting c) memory loss or problems with recall, change in speech like slurred words or rapid rambling d) all of the above <p>Ans: d) all of the above</p>	
22	<p>How to help someone who might be dealing with addiction?</p> <ul style="list-style-type: none"> a) Get more information about substance misuse and addiction which can give you a better idea of what they're going through and the type of help that might be available b) Show support and avoid judgment c) Stay involved in the treatment process d) All the above answers are correct <p>Ans: d) All the above answers are correct</p>	
23	A long-term user of cocaine may well develop symptoms of other psychological	

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	<p>disorders such as,</p> <p>a) Major depression g-term user of cocaine may well develop symptoms b) Social phobia s c) eating disorders c d) All of the above</p> <p>Ans: d) All of the above</p>	
24	<p>What is defined to be a condition in which a person develops intense cravings for the substance and the inability to control their behaviors in regards to obtaining and using it?</p> <p>a) Use b) Abuse c) Addiction d) Dependence</p> <p>Ans: c) Addiction</p>	
25	<p>What is defined to be a regular and excessive use of a substance in spite of dangers?</p> <p>a) Use b) Abuse c) Addiction d) Dependence</p> <p>Ans: b) Abuse</p>	
26	<p>What disease arises due to the effects of chronic alcohol abuse and the damage that this causes to neurons and glia?</p> <p>a) Korsakoff's syndrome b) Cirrhosis of the liver c) Parkinson's disease d) Multiple sclerosis</p> <p>Ans: a) Korsakoff's syndrome</p>	
27	<p>Which of these treatments has been found to be most effective in treating addiction?</p> <p>a) Rehab and 12 step programs b) Mindfulness and meditation c) Drug therapies that reduce euphoric effects of the drug and diminish craving d) These therapies are most effective when used in combination</p> <p>Ans: d) These therapies are most effective when used in combination</p>	
28	<p>Which of these statements is true regarding the differences in alcohol consumption and abuse between men and women?</p> <p>a) Females tend to use more alcohol than males; males tend to be more biologically vulnerable to alcohol addiction than females b) Females tend to use more alcohol than males; females tend to be more biologically vulnerable to alcohol addiction than males c) Males tend to use more alcohol than females; females tend to be more biologically vulnerable to alcohol addiction than males d) There are no gender differences in alcohol use</p> <p>Ans: c) Males tend to use more alcohol than females; females tend to be more biologically vulnerable to alcohol addiction than males</p>	
29	<p>Tobacco smoking causes inflammation of lung alveoli and causes</p> <p>a) lung cancer b) emphysema c) pulmonary TB d) bronchitis</p> <p>Ans: b) emphysema</p>	
30	<p>Alcoholics generally suffer from which vitamin deficiency</p> <p>a) vitamin D b) vitamin E c) vitamin A d) vitamin K</p> <p>Ans: c) vitamin A</p>	

Module 5: Preventing and Fighting Against Diseases For Good Health

Q. No.	Question	CO
1	<p>..... is a disorder or bad functioning (malfunctioning of mind or body) which leads to departure of good health</p> <p>a) Physical disease b) Health c) Disease d) Infectious disease</p> <p>Ans: c) Disease</p>	
2	Disease of the heart, joints, and nervous system are called	

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	a) Degenerative diseases c) Deficiency diseases Ans: a) Degenerative diseases	b) Communicable diseases d) Mental diseases	
3	Hemophilia disease can be transferred through a) Heredity b) Vector c) Vehicle d) Pollutant Ans: a) Heredity		
4	A bacterial disease is a) Tuberculosis b) Polio c) Influenza d) All of the above Ans: a) Tuberculosis		
5	Scurvy disease is caused by the deficiency of vitamin a) C b) A c) D d) K Ans: a) C		
6	Which disease can be transmitted from infected to uninfected people? a) Cholera and tuberculosis b) Lung cancer and tuberculosis c) Whooping cough and sickle cell anemia d) Sickle cell anemia and cholera Ans: a) Cholera and tuberculosis		
7	Which of the following diseases is transmitted by ab insect vector? a) Malaria b) HIV/AIDS c) TB d) None of the above Ans: a) Malaria		
8	Diphtheria is caused by a) Bacteria b) Viruses c) Fungi d) Protozoan Ans: a) Bacteria		
9	The time of period between entering of pathogen into the body and appearance of symptoms of disease is called a) Incubation period b) Adoption period c) Reserve period d) Incubation period Ans: d) Incubation period		
10	Which of the following is true about Malaria disease? a) Fever and anemia b) Sore throat and dry cough c) It is prevented through boiling and chlorinating water d) Formation of ulcers in the intestine Ans: a) Fever and anemia		
11	A sudden onset of a disease with rapid changed is commonly known as a) Acute b) Chronic c) Contagious d) Non contagious Ans: a) Acute		
12	Cholera is Type of bacterial disease a) Diphtheria b) Amoebic dysentery c) Athlete's foot d) Influenza Ans: a) Diphtheria		
13	A sore throat, nose and throat get blocked are the main symptoms of a) Diphtheria b) Whooping cough c) Tetanus d) Gonorrhea Ans: a) Diphtheria		
14	What does niacin deficiency cause? a) Pellagra b) Acne c) Scurvy d) Boils Ans: a) Pellagra		
15	What are the effects of Vitamin B6 deficiency? a) Beriberi b) Certain types of Eczema c) Survy d) None of the above Ans: b) Certain types of Eczema		
16	Which of the following disease is associated with vitamin C deficiency? a) Scurvy b) Psoriasis c) Pellagra d) Vitiligo Ans: a) Scurvy		

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17	What does Vitamin K deficiency lead to? a) Problem in blood coagulation b) Problem in digestion c) Problem in calcium metabolism d) all the three Ans: a) Problem in blood coagulation	
18	Using purgatives on a regular basis is harmful to health. Which deficiency does it cause? a) Potassium b) Iron c) Iodine d) Chromium Ans: a) Potassium	
19	What is the condition known as in which the body does not get its fair share of nutrients, either from starvation, or as a result of poor absorption? a) Malnutrition b) Marasmus c) Kwashiorkor d) Malnutrition & Marasmus Ans: a) Malnutrition	
20	Night blindness, drying of conjunctiva, dry and scaly skin, and loss of hair are some of the symptoms of: a) Vitamin A deficiency b) Vitamin K deficiency c) Iron deficiency d) Folic acid deficiency Ans: a) Vitamin A deficiency	
21	Which of the following diseases is communicable? a) Cholera b) Rickets c) Diabetes d) Scurvy Ans: a) Cholera	
22	Congenital diseases are a) Disease present at birth b) Diseases present after birth c) Diseases that spread from one individual to another d) diseases that occur during life time Ans: a) Disease present at birth	
23	A sexually transmitted bacterial disease is a) Syphilis b) AIDS c) Cholera d) Hepatitis Ans: a) Syphilis	
24	Which of the following is a degenerative disease? a) Stroke b) Kwashiorkor c) Scurvy d) Hemophilia Ans: a) Stroke	
25	Which of the following is a water borne disease? a) Cholera b) Tuberculosis c) Malaria d) AIDS Ans: a) Cholera	
26	Which measure would help control the spread of TB? a) Spitting in public place must be banned b) Provision of clean water c) Sewage treatment d) Use of insecticides Ans: a) Spitting in public place must be banned	
27	Which of the following is a communicable disease? a) Tuberculosis b) Diabetes c) Hypertension d) Kwashiorkor Ans: a) Tuberculosis	
28	The disease carrying agents are called a) vector b) pathogen c) reservoir d) vaccines Ans: a) vector	
29	A transmittable protozoan disease is a) Amoebic dysentery b) Syphilis c) Cholera d) Sickle cell anemia Ans: a) Amoebic dysentery	
30 Is a type of disease that is always present among a particular people a) Endemic b) pandemic c) epidemiology d) epidemic Ans: a) Endemic	

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31	What is the name of the disease in man arising out of Vitamin B1 deficiency? a) beriberi b) scurvy c) pellagra d) gingivitis Ans: a) beriberi	
32	The deficiency of which of the following group of nutrition affects the skin? a) Riboflavin, Niacin, Pyridoxin, Pantothenic acid b) Iron, Iodine, Zinc, Potassium c) Vitamin K, Calcium, Fluorine, Copper d) All the three Ans: a) Riboflavin, Niacin, Pyridoxin, Pantothenic acid	
33	Deficiency of vitamin D gives rise to: a) Rickets b) Rheumatism c) Arthritis d) Hernia Ans: a) Rickets	
34	Non-infectious diseases are best defined as a) all diseases that can be transmitted from mother to child b) all diseases of old age c) diseases caused by malnutrition d) all diseases that are not caused by a pathogen Ans: d) all diseases that are not caused by a pathogen	
35	A droplet infection is a) common cold b) tetanus c) syphilis d) cholera Ans: a) common cold	
36 Diseases are also called inborn diseases a) acquired b) infected c) contagious d) congenital Ans: a) acquired	
37	RBC count is low in anaemia and a) Myxoedema b) Influenza c) Typhoid d) Leukemia Ans: d) Leukemia	
38	What additional symptoms are present in Kwashiorkor child? a) wasted muscles b) decrease in body weight c) impaired physical growth d) oedema Ans: b) decrease in body weight	
39	Chronic anaemia and multiple sclerosis are a) hereditary diseases b) allergic diseases c) autoimmune diseases d) hormonal diseases Ans: c) autoimmune diseases	
40	Which one of the following statement is correct about T-lymphocytes in mammals? a) these are originated in lymphoid tissues b) these are produced in thyroid c) they scavenge damaged cells and cellular debris d) there are three main types – cytotoxic T cells, helper T cells, and suppressor T cells Ans: a) these are originated in lymphoid tissues	