

## MODULE 1 : GOOD HEALTH AND IT'S BALANCEFOR POSITIVE MINDSET

### MCQ QUESTIONS

1. The World Health Day is celebrated on\_\_\_\_\_.

- a. 1<sup>st</sup> March
- b. 7<sup>th</sup> April
- c. 6<sup>th</sup> October
- d. 10<sup>th</sup> December

**Sol: (b) 7th April.**

2. Cleanliness, physical exercise, rest and sleep are a part of\_\_\_\_\_.

- a. Hygiene
- b. Social hygiene
- c. Personal hygiene
- d. None of the above

**Sol: (c) Personal hygiene.**

3. Which one of the following is an unhealthy habit?

- a. Sharing food
- b. Bathing twice a day
- c. Drinking boiled water
- d. Eating without washing one's hand

**Sol: (d) Eating without washing one's hand.**

4. Which one of the following is not a bacterial disease?

- a. AIDS
- b. Dengue
- c. Measles
- d. All of the above

**Sol: (d) All of the above.**

5. Which of the following diseases is also called as "Salmonella enterica serotype Typhi"?

- a. Typhoid
- b. Malaria
- c. Diarrhea
- d. Yellow fever

**Sol: (a) Typhoid.**

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**6. Which of the following is the main cause for transmission of the Hepatitis virus?**

- a. The bite of a mosquito
- b. Sharing drug needles
- c. Drinking contaminated water
- d. All of the above

**Sol: (b) Sharing drug needles.**

**7. Which of the following statements is true about contamination?**

- a. Contamination is caused by the entry of germs by an insect bite
- b. Contamination is caused by the entry of germs by an animal bite
- c. Contamination is caused by the entry of germs into drinking water or edible foods.
- d. None of the above

**Sol: (c) Contamination is caused by the entry of germs into drinking water or edible foods.**

**8. Which of the following diseases is not caused by bacteria?**

- a. Typhoid
- b. Poliomyelitis
- c. Tuberculosis
- d. All of the above.

**Sol: (b) Poliomyelitis.**

**9. The main cause of contagious disease is\_.**

- a. Contaminated Air
- b. Contaminated Food
- c. Poor hygienic conditions
- d. All of the above

**Sol: (d) All of the above.**

**10. Which of the following factors is necessary for a healthy person?**

- a. Vaccination
- b. Balanced diet
- c. Personal hygiene
- d. All of the above

**Sol: (d) All of the above.**

**11. Which of the following components are major nutrients in our food?**

- a. Carbohydrates

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- b. Lipids and Proteins
- c. Vitamins and Minerals
- d. All of the above

**Sol:** (d) All of the above.

**12. Which of the following food components is required for the growth and maintenance of the human body?**

- a. Proteins
- b. Vitamins
- c. Minerals
- d. Both (a) and (b)

**Sol:** (d) Both (a) and (b)

**13. Which of the following food components give energy to our body?**

- a. Proteins
- b. Vitamins
- c. Minerals
- d. Carbohydrates

**Sol:** (d) Carbohydrates.

**14. Which of the following food items provides dietary fibre?**

- a. Pulses
- b. Wholegrain
- c. Fruits and vegetables
- d. All of the above

**Sol:** (d) All of the above.

**15. Which of the following food products are the best sources of animal proteins?**

- a. Milk
- b. Egg
- c. Cheese
- d. All of the above.

**Sol:** (d) All of the above.

**16. Which of the following mineral functions by building strong bones and teeth?**

- a. Iodine
- b. Calcium

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- c. Iron
- d. Sodium

**Sol:** (b) Calcium.

**17. Egg is a rich source of \_\_\_\_\_**

- a. Proteins
- b. Vitamins
- c. Minerals
- d. All of the above

**Sol:** (d) All of the above.

**18. Which of the following food components does not provide any nutrients?**

- a. Milk
- b. Water
- c. Fruit Juice
- d. Vegetable soup

**Sol:** (b) Water.

**19. Which of the following food items is the best source of plant proteins?**

- a. Milk
- b. Egg
- c. Legumes
- d. Cheese

**Sol:** (c) Legumes.

**20. Which of the following food components is rich in fat?**

- a. Rice and Maize
- b. Milk, egg and beans
- c. Butter, cheese and oil
- d. None of the above

**Sol:** (c) Butter, cheese and oil.

**21. Which of the following statements is false about nutrients in milk?**

- a. Milk is a good source of calcium

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- b. Milk is a good source of protein
- c. Milk is a good source of vitamin C
- d. Milk is a good source of vitamin D

**Sol:** (c) Milk is a good source of vitamin C.

**22. Guava, Lemon, Orange and Tomato are rich in\_\_.**

- a. vitamin A
- b. vitamin B
- c. vitamin C
- d. vitamin D

**Sol:** (c) vitamin C.

**23. Potatoes, cereals, beans, pulses and oats are rich in\_\_.**

- a. Proteins
- b. Vitamins
- c. Minerals
- d. Carbohydrates

**Sol:** (d) Carbohydrates.

**24. Which of the following is not a component of food?**

- a. Fats
- b. Fibres
- c. Water
- d. None of the above

**Sol:** (d) None of the above.

**25. The most significant and essential mineral required for our body is\_\_.**

- a. Iron
- b. Sodium
- c. Calcium
- d. All of the above

**Sol:** (d) All of the above.

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**26. Which of the following statements is correct?**

- a. Evidence from a variety of social surveys has confirmed the increasingly sedentary lifestyle of modern society.
- b. In 2008, the most common form of occupational and non-occupational physical activity in England was walking.
- c. The most common barriers to doing more physical activity identified by adults in England were work commitments and a lack of leisure time.
- d. all of these

**Answer: D**

**27. Which of the following diseases have been associated with sedentary lifestyle?**

- a. Colon cancer
- b. Stroke
- c. Cardiovascular disease
- d. All of these

**Answer: D**

**28. Environmental psychologists emphasize the importance of taking which of the following into consideration when examining behaviour?**

- a. Genetics
- b. Brain structure
- c. Physical and social context
- d. None of these

**Answer: C**

**29. Which of the following models propose that behaviour, such as physical activity and exercise, is predicted by intention to engage in such behaviour, which in turn is predicted by the individual's attitude towards exercise and the perceived social norm?**

- a. Health belief model
- b. Theory of reasoned action
- c. Transtheoretical model

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- d. None of these

**Answer: b**

**30. Health compromising behaviors are commonly seen in people from**

- a. High class
- b. Middle class
- c. Low class
- d. None of these

**Answer:c. Low class**

**31. Alcohol consumption has been linked to**

- a. Liver cirrhosis
- b. High blood pressure
- c. Stroke
- d. All of the above

**Answer: d. All of the above**

**32. When findings are difficult to generalize to the world outside of the laboratory, we say the research is lacking in \_\_\_\_\_ validity.**

- a. Ecological
- b. Economical
- c. Empirical
- d. Experimental

**Answer: a**

**33. More research is necessary to confirm the assumption that \_\_cause positive changes to quality of life.**

- a. Lifestyle changes
- b. Research findings
- c. Survey data
- d. Questionnaire responses

**Answer: a**

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**34.** Which of the following processes are important in explaining obesity?

- a. Food environment
- b. Physical activity
- c. Individual psychology
- d. All of these

**Answer:** d

**35.** Obesity is caused by an increase in\_\_\_\_\_.

- a. Adiposity
- b. Epidosity
- c. Ediposity
- d. Apidosity

**Answer:** a

**36.** The formula for the body mass index is \_\_\_\_.

- a. A person's weight in kilograms squared divided by the square of his/her height in meters ( $\text{kg}^2/\text{m}^2$ )
- b. A person's weight in kilograms squared divided by his/her height in meters ( $\text{kg}^2/\text{m}$ )
- c. A person's weight in kilograms divided by his/her height in meters ( $\text{kg}/\text{m}$ )
- d. A person's weight in kilograms divided by the square of his/her height in meters ( $\text{kg}/\text{m}^2$ )

**Answer:** d

**37.** Which of the following health communication style makes use of the patient's knowledge and experience?

- a. Doctor-centred communication
- b. Patient-centred communication
- c. Practitioner-centred communication
- d. None of these

**Answer:** b

**38.** Which of the following charters defined health promotion as 'the process of enabling people to increase control over, and to improve, their health'.

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- a. Charter of the United Nations (1945)
- b. Tokyo Charter (1946)
- c. Ottawa Charter (1986)
- d. none of these

**Answer: c**

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**39.** This approach to health promotion aims to improve and promote health by addressing socioeconomic and environmental determinants of health within the community.

- a. Behaviour change approach
- b. Community development approach
- c. Biomedical approach
- d. None of these

**Answer: b**

**40.** This approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness.

- a. behaviour change approach
- b. community development approach
- c. biomedical approach
- d. none of these

**Answer: a**

**41.** Which of the following is a characteristic of the community development approach to health promotion?

- a. Improving individual attitudes and beliefs are key to successful health promotion.
- b. There is a close relationship between individual health and its social and material contexts, thus are relevant when developing initiatives for change.
- c. Individuals need to change personal behaviour rather than to change the environment to promote health.
- d. all of these

**Answer: b**

**42.** Who proposed the biopsychosocial model?

- a. Freud
- b. Sontag
- c. Engel
- d. None of these

**Answer: c**

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43. In H.J. Eysenck's twentieth-century theory of personality, how did he reinterpret the classical phlegmatic temperament?

- a. Stable extravert
- b. Stable introvert
- c. Unstable extravert
- d. Unstable introvert

**Answer: a**

44. HIV is a retrovirus that infects and colonizes cells in the \_\_\_\_.

- a. immune system
- b. immune system and the central nervous system
- c. endocrine system
- d. immune system and endocrine system

**Answer: b**

45. In 2015, the global prevalence of HIV infection was \_\_\_\_.

- a. 0.2%
- b. 0.4%
- c. 0.6%
- d. 0.8%

**Answer: d**

46. In\_\_\_\_, blood glucose homeostasis ceases to function because the beta cells of the pancreatic islets are destroyed.

- a. Type 1 diabetes mellitus
- b. Type 2 diabetes mellitus
- c. Gestational diabetes
- d. Both type 2 diabetes mellitus and gestational diabetes

**Answer: a**

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**47.** Which year did the World Health Organization first express the right to health as a fundamental human right?

- a. 1946
- b. 1952
- c. 1987
- d. 2000

**Answer:** a

**48.** The influence of families, schools and neighbourhoods in explaining social inequalities in health can be categorised in which of the following systems?

- a. Microsystem
- b. Mesosystem
- c. Exosystemic
- d. Macrosystem

**Answer:** a

**49.** Which philosopher was central to the conceptualization of human beings as composed of mind and body?

- a. John Locke
- b. Plato
- c. Rene Descartes
- d. Confucius

**Answer:** c

**50.** The WHO report in 2013 estimated that tobacco will kill as many as\_\_people this century if the WHO Framework Convention on Tobacco Control is not implemented rapidly.

- a. 2 billion
- b. 1 billion
- c. Half a billion
- d. Quarter of a billion

**Answer:**

**b**

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