

SFH Module-1 Question Bank

1. **Why is good health important for an individual?**

- A. For wealth
- B. For social media influence
- C. For overall well-being
- D. For fame

Answer: C

2. **Which of the following is NOT a benefit of good health?**

- A. Increased productivity
- B. Improved mental alertness
- C. Chronic illness
- D. Emotional stability

Answer: C

3. **Health helps in achieving:**

- A. Social isolation
- B. Mental confusion
- C. Life goals
- D. Laziness

Answer: C

4. **Good physical health supports:**

- A. Mood swings
- B. Positive mindset
- C. Anxiety
- D. Anger

Answer: B

5. **Healthy individuals are more likely to:**

- A. Face depression
- B. Perform poorly
- C. Live longer
- D. Become lazy

Answer: C

6. **Health is important in promoting:**

- A. Passive lifestyle
- B. Dependency
- C. Economic growth
- D. None of the above

Answer: C

7. **What aspect does good health influence the most?**

- A. Fashion sense
- B. Self-esteem
- C. Superstitions
- D. Risky behavior

Answer: B

8. **Good health leads to a:**

- A. Negative mindset

- B. Balanced lifestyle
- C. Lonely life
- D. Rigid routine

Answer: B

9. Who benefits from a person's good health?

- A. Only the individual
- B. Society and family
- C. Only friends
- D. None

Answer: B

10. Health is defined as:

- A. Absence of wealth
- B. Complete physical, mental, and social well-being
- C. Only mental stability
- D. Only physical strength

Answer: B

11. Which of the following is a major factor influencing health?

- A. Horoscope
- B. Genetics
- C. Television shows
- D. Superstitions

Answer: B

12. Lifestyle choices affecting health include:

- A. Sleeping patterns
- B. Eating habits
- C. Exercise routine
- D. All of the above

Answer: D

13. Environmental factors that affect health include:

- A. Clean water
- B. Air quality
- C. Noise levels
- D. All of the above

Answer: D

14. Which factor is LEAST likely to affect an individual's health?

- A. Peer pressure
- B. Family history
- C. Random luck
- D. Physical activity

Answer: C

15. Which of the following is a social determinant of health?

- A. Income
- B. Education
- C. Access to healthcare

D. All of the above

Answer: D

16. Mental health can be negatively affected by:

- A. Supportive friends
- B. High stress levels
- C. Healthy relationships
- D. Proper sleep

Answer: B

17. The term ‘modifiable health factor’ refers to:

- A. Genes
- B. Age
- C. Diet
- D. Gender

Answer: C

18. Health disparities are often caused by:

- A. Equal income distribution
- B. Equal access to care
- C. Social inequality
- D. Equal education

Answer: C

19. Which factor is both a mental and physical health influencer?

- A. Internet speed
- B. Cultural background
- C. Chronic stress
- D. Skin tone

Answer: C

20. Access to health services is an example of a:

- A. Biological factor
- B. Social factor
- C. Genetic factor
- D. None

Answer: B

21. Which is a personal behavior that influences health?

- A. Brushing teeth
- B. Gossiping
- C. Watching sports
- D. None of the above

Answer: A

22. Pollution affects health primarily through the:

- A. Nervous system
- B. Respiratory system
- C. Digestive system
- D. Endocrine system

Answer: B

23. Nutrition plays a key role in:

- A. Preventing illness

- B. Causing stress
- C. Triggering laziness
- D. None of the above

Answer: A

24. Health education helps in:

- A. Spreading rumors
- B. Encouraging unhealthy practices
- C. Promoting healthy behavior
- D. Avoiding medical care

Answer: C

25. Chronic diseases are mostly caused by:

- A. Bad weather
- B. Poor lifestyle habits
- C. Astrological signs
- D. Mobile phone usage

Answer: B

26. Health beliefs are shaped primarily by:

- A. Sleep cycles
- B. Culture, religion, and personal experiences
- C. Exercise alone
- D. Social media trends

Answer: B

27. Which of the following is a health belief?

- A. Drinking water keeps skin healthy
- B. Money ensures health
- C. Watching movies improves immunity
- D. Gossip helps digestion

Answer: A

28. Health beliefs can influence:

- A. Medical decisions
- B. Eating habits
- C. Preventive care practices
- D. All of the above

Answer: D

29. Belief that illness is caused by bad karma is an example of:

- A. Scientific belief
- B. Religious/cultural belief
- C. Modern medicine
- D. Economic belief

Answer: B

30. One common misconception about health is:

- A. Balanced diet is essential
- B. Mental health doesn't matter
- C. Physical activity improves mood
- D. Hygiene prevents illness

Answer: B

31. Which factor can change someone's health belief over time?

- A. Education
- B. Cultural exposure
- C. Personal experience
- D. All of the above

Answer: D

32. People who believe in preventive care are more likely to:

- A. Avoid doctors
- B. Practice healthy habits
- C. Eat fast food
- D. Ignore illness symptoms

Answer: B

33. Health beliefs influence behavior by:

- A. Directly dictating mood
- B. Shaping lifestyle choices
- C. Causing hunger
- D. None of the above

Answer: B

34. Which belief promotes good health?

- A. Ignoring mental health
- B. Regular exercise helps well-being
- C. Stress is useful for focus
- D. Junk food is harmless

Answer: B

35. Health myths can lead to:

- A. Improved wellness
- B. Confusion and poor choices
- C. Long life
- D. Strong immunity

Answer: B

36. One of the main advantages of good health is:

- A. Frequent illness
- B. High medical expenses
- C. Increased energy and productivity
- D. Laziness

Answer: C

37. A healthy person is more likely to:

- A. Be socially isolated
- B. Have low self-esteem
- C. Handle stress effectively
- D. Avoid physical activity

Answer: C

38. Good health supports a:

- A. Weak immune system
- B. Positive mindset
- C. Sedentary lifestyle

D. Negative attitude

Answer: B

39. Which of the following is NOT an advantage of good health?

- A. Improved quality of life
- B. Better mental clarity
- C. Poor emotional control
- D. Enhanced physical performance

Answer: C

40. Being healthy can improve:

- A. Social connections
- B. Sleep quality
- C. Career performance
- D. All of the above

Answer: D

41. People with good health often experience:

- A. Frequent anxiety
- B. Consistent fatigue
- C. Balanced emotions
- D. Low motivation

Answer: C

42. Good health helps prevent:

- A. Longevity
- B. Chronic diseases
- C. Mental stability
- D. Motivation

Answer: B

43. Healthy individuals usually have better:

- A. Cognitive functions
- B. Social media presence
- C. Fear of illness
- D. Relationship problems

Answer: A

44. Which is a direct benefit of maintaining a healthy lifestyle?

- A. Lack of confidence
- B. Clearer thinking
- C. Frequent doctor visits
- D. Reduced energy

Answer: B

45. Which of the following is linked to good health?

- A. Greater resilience
- B. Higher stress
- C. More conflicts
- D. Poor digestion

Answer: A

46. Health and behavior are:

- A. Not related

- B. Occasionally linked
- C. Closely interrelated
- D. Mutually exclusive

Answer: C

47. Which behavior contributes positively to health?

- A. Smoking
- B. Regular physical activity
- C. Overeating junk food
- D. Ignoring mental health

Answer: B

48. Unhealthy behavior may lead to:

- A. Happiness
- B. Disease
- C. Positive mindset
- D. Improved memory

Answer: B

49. Health-related behavior includes:

- A. Exercise
- B. Sleep hygiene
- C. Nutrition
- D. All of the above

Answer: D

50. How does behavior affect physical health?

- A. Through luck
- B. Through choices like diet and activity
- C. Through zodiac signs
- D. It doesn't

Answer: B

51. Which of these behaviors negatively impacts health?

- A. Smoking
- B. Excessive alcohol consumption
- C. Drug abuse
- D. All of the above

Answer: D

52. Good health behaviors are often the result of:

- A. Education and awareness
- B. Gossip
- C. Social media likes
- D. None of the above

Answer: A

53. Healthy coping behaviors during stress include:

- A. Overeating
- B. Deep breathing
- C. Avoiding responsibilities
- D. Substance abuse

Answer: B

54. Health behavior change is possible through:

- A. Motivation and support
- B. Superstition
- C. Ignorance
- D. Inactivity

Answer: A

55. A person who exercises, eats well, and sleeps enough is demonstrating:

- A. Health risk behavior
- B. Preventive behavior
- C. Lazy habits
- D. Unhealthy routines

Answer: B

56. Society influences health through:

- A. Isolation
- B. Norms and support systems
- C. TV advertisements
- D. Superstitions

Answer: B

57. Social support is important for health because it:

- A. Increases stress
- B. Encourages risky behaviors
- C. Promotes emotional well-being
- D. Decreases social interaction

Answer: C

58. Public health campaigns aim to:

- A. Scare people
- B. Promote wellness and disease prevention
- C. Reduce awareness
- D. Support unhealthy choices

Answer: B

59. Which social factor affects community health?

- A. Education
- B. Employment
- C. Housing
- D. All of the above

Answer: D

60. How does poverty impact health?

- A. Improves diet
- B. Limits access to healthcare
- C. Encourages regular checkups
- D. None of the above

Answer: B

61. A healthier society leads to:

- A. More hospital admissions
- B. Higher productivity and better quality of life
- C. More crime

D. Less education

Answer: B

62. Cultural norms in a society can influence:

- A. Only language
- B. Only traditions
- C. Health beliefs and practices
- D. Financial status

Answer: C

63. Which of these can improve health at a societal level?

- A. Community health programs
- B. Peer pressure
- C. Gossip
- D. Social media debates

Answer: A

64. Access to clean water and sanitation is a:

- A. Fashion trend
- B. Social luxury
- C. Basic public health requirement
- D. Cultural belief

Answer: C

65. An example of a health-supporting societal policy is:

- A. Banning smoking in public
- B. Encouraging junk food ads
- C. Promoting sedentary work
- D. Ignoring mental health

Answer: A

66. Family plays a crucial role in:

- A. Academic grading
- B. Health promotion and habit formation
- C. Weather control
- D. None of the above

Answer: B

67. Children often adopt health habits from:

- A. Television
- B. Strangers
- C. Family members
- D. Celebrities

Answer: C

68. Family support helps in:

- A. Delaying treatment
- B. Emotional stability and quicker recovery
- C. Promoting unhealthy diets
- D. Avoiding physical activity

Answer: B

69. A healthy family environment encourages:

- A. Anxiety

- B. Isolation
- C. Positive lifestyle habits
- D. Miscommunication

Answer: C

70. Which of the following can disrupt family health?

- A. Open communication
- B. Conflict and poor relationships
- C. Shared meals
- D. Supportive parenting

Answer: B

71. Family-based health education is important because:

- A. It promotes misinformation
- B. It builds lifelong habits early
- C. It's rarely effective
- D. It discourages independence

Answer: B

72. A strong family bond is associated with:

- A. Depression
- B. Poor immune function
- C. Better coping during stress
- D. Decreased motivation

Answer: C

73. Family can influence health negatively by:

- A. Encouraging smoking or alcohol
- B. Promoting physical activity
- C. Sharing nutritious meals
- D. Supporting emotional needs

Answer: A

74. Positive parenting improves a child's:

- A. Height only
- B. Mental and emotional health
- C. Athletic ability only
- D. None of the above

Answer: B

75. Shared family meals are associated with:

- A. Increased loneliness
- B. Poor communication
- C. Better eating habits and emotional well-being
- D. Lower self-esteem

Answer: C

76. Good health can positively influence:

- A. Personality development
- B. Laziness
- C. Social withdrawal
- D. Memory loss

Answer: A

77. Which personality trait is often linked with healthy habits?

- A. Conscientiousness
- B. Aggressiveness
- C. Pessimism
- D. Impulsiveness

Answer: A

78. Chronic illness may affect personality by causing:

- A. Improved mood
- B. Withdrawal or irritability
- C. Enhanced confidence
- D. Increased focus

Answer: B

79. People with healthy lifestyles often exhibit:

- A. Better self-discipline
- B. Lower self-esteem
- C. Aggression
- D. Mood swings

Answer: A

80. A balanced personality supports:

- A. Emotional instability
- B. Risky behaviors
- C. Mental well-being
- D. Self-doubt

Answer: C

81. Mental health disorders may result in:

- A. Strong leadership
- B. Significant personality changes
- C. Superhuman abilities
- D. Better social life

Answer: B

82. Which of the following helps maintain a stable personality?

- A. Poor diet
- B. Sleep deprivation
- C. Regular exercise and mindfulness
- D. Substance abuse

Answer: C

83. Personality development is influenced by:

- A. Health and social environment
- B. Only genetics
- C. Weather
- D. Age alone

Answer: A

84. Unhealthy habits can lead to:

- A. Improved personality traits
- B. Depression or anxiety
- C. Positive mindset

D. None of the above

Answer: B

85. A healthy mind and body encourage:

- A. A shy personality
- B. A well-adjusted and confident individual
- C. A scattered mindset
- D. Confusion in behavior

Answer: B

86. Which of the following is a common psychological disorder?

- A. Diabetes
- B. Hypertension
- C. Depression
- D. Asthma

Answer: C

87. Anxiety disorders can lead to:

- A. Calm behavior
- B. Motivation boost
- C. Panic attacks and sleep disturbances
- D. Better digestion

Answer: C

88. One effective method to improve psychological health is:

- A. Ignoring emotions
- B. Practicing mindfulness
- C. Avoiding social support
- D. Skipping sleep

Answer: B

89. Which of the following improves mental well-being?

- A. Chronic stress
- B. Regular physical activity
- C. Social isolation
- D. Negative self-talk

Answer: B

90. Good psychological health is indicated by:

- A. Emotional instability
- B. Difficulty in relationships
- C. Clear thinking and emotional regulation
- D. Constant irritability

Answer: C

91. Talking to a mental health professional can help in:

- A. Increasing confusion
- B. Understanding and managing emotions
- C. Developing negative thoughts
- D. Encouraging denial

Answer: B

92. What can worsen psychological disorders?

- A. Healthy diet

- B. Consistent sleep
- C. Substance abuse
- D. Supportive environment

Answer: C

93. A person with good mental health usually has:

- A. Poor coping mechanisms
- B. Positive self-image and balanced emotions
- C. Aggressive behavior
- D. Extreme fear

Answer: B

94. Which of these is a sign of poor psychological health?

- A. High energy levels
- B. Mood swings and low motivation
- C. Self-care and goal-setting
- D. Healthy communication

Answer: B

95. Which technique is widely used to improve psychological health?

- A. Meditation
- B. Negative self-talk
- C. Overthinking
- D. Suppressing emotions

Answer: A

96. Changing health habits requires:

- A. Ignorance
- B. Self-awareness and commitment
- C. Peer pressure
- D. Instant rewards

Answer: B

97. The first step in changing a bad health habit is to:

- A. Avoid responsibility
- B. Recognize and acknowledge the behavior
- C. Wait for motivation
- D. Ignore the issue

Answer: B

98. Setting SMART goals for health behavior change means goals should be:

- A. Small, Mean, Angry, Ridiculous, Timed
- B. Specific, Measurable, Achievable, Relevant, Time-bound
- C. Short, Medium, Actionable, Realistic, Tested
- D. None of the above

Answer: B

99. Which of the following helps in sustaining good health habits?

- A. Social support and tracking progress
- B. Procrastination
- C. Crash dieting
- D. Isolation

Answer: A

100. **Maintaining good health habits leads to:**

- A. Long-term well-being and positive mindset
- B. Quick fixes
- C. Temporary results only
- D. Dependence on medications

Answer: A