

# Model Question Paper-I with effect from 2021 (CBCS Scheme)

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## First Semester Common to all BE, B.Tech, B.Plan, B.Arch, BSc, Degree Examination

**Subject Title : Scientific Foundation of Health**

**Subject Code : 21SFH19 / 29**

Examination: **One Hour** Maximum Marks: **50**

### Instructions to the candidates

- i) Answer all the 50 questions, each question carries one mark.
- ii) Marking two answers for the same question makes the answer invalid.

**Choose the correct option from those given in each of the sentences below.**

**1) Which of the following statements is correct?**

- 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.
- b. The objective of health promotion is to prolong life and to improve quality of life.
- c. Health promotion practice is often shaped by how health is conceptualized.
- d. all of these**

**2) 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

**3) Signs of mental illness are**

- (A) Abnormal changes in thinking, perception and judgement
- (B) Abnormal changes in feeling and memory
- (C) Both A and B**
- (D) Abnormal changes in behaviour towards others

**4) Psychosis is characterised by**

- (A) Loss of touch with reality**
- (B) Prolonged emotional reaction to a given stress

(C) Anxiety, fear, sadness, vague aches and pains

(D) All the above

5) **The percentage of population suffering from serious mental illness is**

a) 1%

b) 5%

c) 8%

**d) 10%**

6) **A thrust area in community health is**

**(A) Prevention and control of communicable diseases**

(B) Prevention of blindness

(C) Maternal and child health

(D) School health services

7) **People suffering from mental diseases in India number**

a) 1 – 1.5 million

b) 6 – 7 million

c) 10 – 15 million

**d) 60 – 70 million**

8) **What states can do to avoid addiction**

a) Adding higher tax on sweetened beverages

b) Benefits for organic fruits

c) Availability of healthy food

**d) All of the above**

9) **Social health hazards includes**

a) Stigma

b) Anti social behavior

c) Higher crime records

**d) All of the above**

10) **What other factors increase the risk of addiction?**

a) Mental illness

b)Early use

**c) Both (a) and (b)**

d)None of the above

11) Why do some people become addicted to drugs, while others do not?

a)Aggressive behavior in childhood

b)Parental monitoring

c)Neighborhood

**d)All of the above**

12) What is protective factors for addictions

**a)Positive relationship**

b)Drug experimentation

c)Community poverty

d)All of the above

13) Types of addictive behaviour

a) Alcoholism

b) Drugs-Opium

c) Video gaming

**d) All of the above**

14) Mental health hazards includes

a)Anxiety

b)Depression

c)Organic mental disorders due to substance use

**d)All of the above**

15) How is substance use disorder treated?

a)Multiple types of treatment

b)Recognition of problem

c)Alcohol drinking

**d)Both a and b**

16) Hyper obesity value in terms of BMI

- a) >25
- b) <25
- c) >40
- d) <40**

17) In the future, which of the following will play a vital role in helping the gaming industry demystify the nuances of gambling problems?

- a) sustainability
- b) a code of conduct
- c) internet gaming**
- d) experienced recreational gamblers

18) Researchers, mental health professionals, problem gambling organizations, and the casino industry have a responsibility to the problem gamblers themselves to

- a) avoid bickering unnecessarily.
- b) unite with a common goal of reducing the costs associated with gambling.
- c) reach a consensus.
- d) avoid unnecessary bickering and unite with the common goal of reducing the costs associated with gambling only.**

19) What is the definition of overweight?

- a) BMI > 25 kg/m<sup>2</sup>
- b) BMI = 25 kg/m<sup>2</sup>
- c) BMI 25-29.9 kg/m<sup>2</sup>**
- d) BMI 25-30 kg/m<sup>2</sup>

20) Which of the following diseases does obesity increase the risk of developing?

- a) Type 2 diabetes**
- b) Cancer
- c) Cardiovascular disease
- d) None of the above

21) Which of these factors is not required for communication growth?

- a) Growth in size of organizations

**b) Negative atmosphere**

c) Globalisation

d) Public relations

22) Communication is a part of ----- skills

**a)Soft**

b)Hard

c)Rough

d)Short

23) Communication barriers involves

a)Jumping into the conclusion

b)Arguing and debating

c)Fear of offending

**d)All of the above**

24) Ways to improve the communication skills are

a)Active listening skills,

b)Passive listening skills

**c)Both a & b**

d)None of the above

25) Goals of communication are

**a)To inform, to persuade**

b)To inform, Fear of offending

c)To persuade, Fear of offending

d)None of the above

26) Objectives of communication skills are

a)Active listening skills

b) Aware of own communication barrier

**c) Both a and b**

d)None of the above

27) What are the steps to increase the vocal clarity a)Keep your

language simple b) Slow down during conversation c) Feedback

**d) Both a and b**

28) How one can improve the communicate skills

a) Listen with willingness b) Respond appropriately

c) Provide feedback **d) All of the above**

29) Body language plays an important role in

**a) Communication** b) Judgment

c) Both a and b d) None of the above

30) Consumption of this causes increase in the fat synthesis, dilation of blood vessels, low blood sugar and stomach-inflammation

(a) drug addiction and tobacco **(b) alcohol**

(c) tobacco (d) drug addiction

31) This causes tunnel vision

(a) Smoking **(b) Alcohol**

(c) Barbiturates (d) Vitamin A deficiency

32) After drinking alcohol, consumption of this leads to death

(a) Morphine (b) Opium

(c) Barbiturate **(d) All of these**

33) Constituent of alcoholic beverage is

(a) Propyl alcohol (b) Methyl alcohol

**(c) Ethyl alcohol** (d) Mix of all of these

34) This is a consequence of alcohol addiction

(a) psychosis, hypertension and fatty liver syndrome

(b) cardiovascular diseases, hypertension and fatty liver syndrome

(c) ulcers, all types of mental illness, vitamin deficiency, cardiovascular diseases

**(d) all of these**

35) This causes the maximum accumulation of fat in the liver

- (a) meat and egg (b) alcohol
- (c) saturated fat **(d) starch**

36) What is defined to be a regular and excessive use of a substance in spite of dangers?

- a) Use **b) Abuse**
- c) Substance d) Dependence

37) 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?

- a) Use
- b) Abuse
- c) Substance
- d) Dependence**

38) What is the goal of social engineering?

- a) Sabotage a person's social media
- b) To gain vital personal information
- c) To catfish someone
- d) To build trust**

39) Using abbreviations in communication leads to which type of communication barrier

- a) Language/ Linguistic**
- b) Physical
- c) Cultural
- d) Organizational

40) which can be used to overcome the communication barrier

- a) Using a translator**
- b) By writing a letter
- c) Not communicating at all
- d) Using your own language

**41) Community health aims at**

- a) Better health and family planning
- b) Better hygiene and clean environment
- c) Removing communicable diseases

**d) All the above**

42) Obesity occurs due to:

**a) more consumption of calorie**

- b) more consumption of protein
- c) more consumption of vitamins
- d) None

43) Which are intimately related?

- a) Disease and health
- b) Body and health

**c) Body and mind**

- d) Body and spiritual values

44) Mental health is a state of development of one's

- a) Personality
- b) Emotional attitude

**c) Both A and B**

- d) Intellect

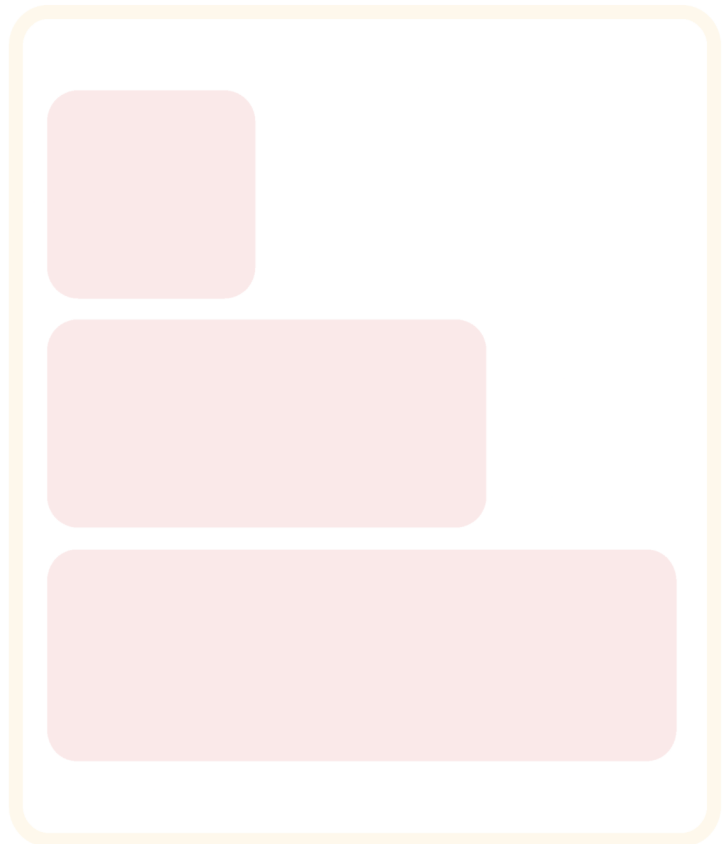
45) Planning refers to

- a) Communities in which they live in
- b) Health services
- c) Financial stability

**d) None of the above**

46) WHO principles includes

- a) Development of child
- b) Health is one of the fundamental right
- c) Promotion and protection of health





**d) All of the above**

47) Types of health

a) Mental health only b) Physical health only **c)**

**Mental and physical health** d) None of the above

48). Financial health refers to

a) Physical activity b) Mental illness

**c) Good income** d) None of the above

49) Spiritual health refers

a) Meditation b) Exercising

c) Body composition **d) All of the above**

50) What influence your health

a) Heredity b) Environment

c) Physical environment **d) All of the above**

50) Is addiction a

**a) Mental disorder**

b) Physical disorder

c) Both (a) & (b)

d) None of the above



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1) A mentally sick person has

**(A) Tendency to get upset with change of routine**

(B) Feeling of friendship and trust for all

(C) Tendency to perform all the daily chores by oneself

(D) Tendency to solve all the problems without aid of others

2) A person is mentally sick if one is

(A) Worried

**(B) With moods fluctuating between depression and elation**

(C) Excessively happy

(D) Extra talkative

Q.3) Community health aims

(A) Care of the infants old

(B) Care of infirms

**(C) Improvement of health of all**

(D) Improvement of health of children

Q.4) Overweight in BMI is

**a)>30**

b)>25

c)<25

d)<30

5) Causes of Obesity and Overweight

a)Energy imbalance

b)Energy balance

**c)Energy imbalance between calories consumed and calories expended**

d)None of the above

Q.6) Is addiction a

**a)Mental disorder**

b)Physical disorder

c)Both (a) & (b)

d)None of the above

7). What are the reasons for taking drugs?

a)To feel good

b)To feel better

c)To do better

**d)All of the above**

Q.8) What states can do to avoid addiction

a) Adding higher tax on sweetened beverages

b)Benefits for organic fruits

c)Availability of healthy food

**d)All of the above**

Q.9) Social health hazards includes

a)Stigma

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c)Higher crime records

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a) Alcoholism b) Drugs-Opium c) Video gaming **d) All of the above**

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a)Anxiety b)Depression c)Organic mental disorders due to substance use **d)All of the above**

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Q.16) Hyper obesity value in terms of BMI

a)>25 b)<25 c)>40 **d)<40 Q.**

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41) What is health?

a)Physical wellbeing b)Mental Wellbeing

c)Social Wellbeing **d)All of the above**

42) Important roles of health are

a)Fighting diseases b)Feeling happy

c)Enjoy life **d)All of the above**

43)As per WHO health is defined as a state of complete

a) physical wellbeing b) Mental wellbeing

c) Social wellbeing **d) Physical, Mental and social Wellbeing**

44)Wellness is

**a)Positive approach** b)Negative approach

c)Positive or Negative approach d)Positive and Negative approach

45)Risk factors that increases a person's illness or injury due to

a)Smoking b)Extreme physical activity

c)Alcohol drinking **d)All of the above**

4.6) Wellness dimensions are

a)4 b)2

c)6 **d)8**

47)Physical wellness includes

- a)Enhancing sedentary lifestyle **b)Avoiding sedentary lifestyle** c)Creativity d)None of the above

48)Intellectual wellness includes

- a)Eating balanced diet  
b)Drinking sufficient water  
c)Having good nutrition

**d)Mental exercise**

49) Symptoms of substance use disorder is

- a)Impaired control  
b)Social Problems  
c)Risky use

**d)All of the above**

50)Emotional wellbeing includes

- a)Stress situation management**  
b)Smoking  
c)Drinking alcohol  
d)None of the above

