Community Medicine MCQ Bank

Chapter-wise Multiple Choice Questions with Options, Correct Answers, and Explanations

Based on CBME Competencies (CM1–CM14) and Park’s Textbook of Preventive & Social Medicine (27th Edition)

# CM1: Concept of Health and Disease

1. Q1. Which of the following is NOT a dimension of health as per WHO?

a) Spiritual

b) Mental

c) Social

d) Genetic

✅ Answer: Genetic

💡 Explanation: WHO includes physical, mental, social; later spiritual, vocational. Genetic is a determinant, not a dimension.

1. Q2. The concept of 'positive health' includes:

a) Absence of disease only

b) Physical fitness, mental efficiency, social well-being

c) Ability to earn livelihood only

d) Presence of risk factors but no symptoms

✅ Answer: Physical fitness, mental efficiency, social well-being

💡 Explanation: Positive health means well-being beyond absence of disease.

# CM2: Epidemiology & Research Methods

1. Q1. Best measure of association in a cohort study is:

a) Prevalence ratio

b) Odds ratio

c) Relative risk

d) Attributable risk

✅ Answer: Relative risk

💡 Explanation: Cohort studies calculate incidence → allow RR estimation.

1. Q2. An epidemic curve with multiple peaks at interval of incubation period suggests:

a) Common source

b) Point source

c) Propagated epidemic

d) Mixed epidemic

✅ Answer: Propagated epidemic

💡 Explanation: Multiple peaks = person-to-person spread.

# CM3: Environment & Health

1. Q1. Break-point chlorination ensures:

a) All chlorine removed

b) Residual chlorine after demand met

c) Only bacteria killed

d) Organic matter removed

✅ Answer: Residual chlorine after demand met

💡 Explanation: Ensures free residual chlorine 0.5 mg/L after 1 hr.

1. Q2. Minimum standard floor space/person in housing is:

a) 25 sq ft

b) 50 sq ft

c) 100 sq ft

d) 150 sq ft

✅ Answer: 100 sq ft

💡 Explanation: ICMR standard is ≥100 sq ft per person.

# CM4: Screening for Disease

1. Q1. A highly sensitive test will:

a) Detect most true positives

b) Detect most true negatives

c) Give no false positives

d) Miss most cases

✅ Answer: Detect most true positives

💡 Explanation: Sensitivity = true positive rate.

1. Q2. Lead-time bias occurs in:

a) Cohort study

b) Screening programmes

c) Case-control study

d) Ecological study

✅ Answer: Screening programmes

💡 Explanation: Apparent survival increase without real change.

# CM5: Nutrition

1. Q1. MUAC <11.5 cm in a child indicates:

a) Normal

b) Mild malnutrition

c) Moderate malnutrition

d) Severe acute malnutrition

✅ Answer: Severe acute malnutrition

💡 Explanation: WHO cut-off <11.5 cm = SAM.

1. Q2. Vitamin A prophylaxis dose at 9 months is:

a) 50,000 IU

b) 1 lakh IU

c) 2 lakh IU

d) 5 lakh IU

✅ Answer: 1 lakh IU

💡 Explanation: First dose at 9 months: 1 lakh IU orally.

# CM6–7: Demography & Family Planning

1. Q1. India is in which stage of demographic cycle?

a) Early expanding

b) Late expanding

c) Low stationary

d) Declining

✅ Answer: Late expanding

💡 Explanation: India nearing replacement level fertility.

1. Q2. Copper-T 380A is effective for:

a) 3 years

b) 5 years

c) 10 years

d) 15 years

✅ Answer: 10 years

💡 Explanation: CuT-380A lasts 10 years.

# CM8: Communicable Diseases

1. Q1. Herd immunity is not useful in:

a) Measles

b) Tetanus

c) Polio

d) Rubella

✅ Answer: Tetanus

💡 Explanation: Tetanus not transmitted person-to-person.

1. Q2. Incubation period of measles is:

a) 1–2 days

b) 5–7 days

c) 10 days

d) 3 weeks

✅ Answer: 10 days

💡 Explanation: Measles IP ~10 days (10–14 days).

# CM9: Non-Communicable Diseases

1. Q1. Which of the following is primordial prevention?

a) Health education in children against smoking

b) Vaccination

c) Screening for HTN

d) Rehabilitation

✅ Answer: Health education in children against smoking

💡 Explanation: Primordial prevention = prevent emergence of risk factors.

1. Q2. Most common cancer in Indian women is:

a) Breast

b) Cervical

c) Ovarian

d) Lung

✅ Answer: Breast

💡 Explanation: Breast cancer recently overtook cervical cancer.

# CM10: Health Statistics & Research Methods

1. Q1. In normal distribution, 95% of values lie within:

a) 1 SD

b) 2 SD

c) 3 SD

d) 4 SD

✅ Answer: 2 SD

💡 Explanation: 68% in 1 SD, 95% in 2 SD, 99.7% in 3 SD.

1. Q2. Chi-square test is used for:

a) Means

b) Proportions

c) Correlation

d) Regression

✅ Answer: Proportions

💡 Explanation: Chi-square tests association between categorical variables.

# CM11: Occupational Health

1. Q1. Byssinosis is caused by:

a) Silica dust

b) Asbestos

c) Cotton dust

d) Coal dust

✅ Answer: Cotton dust

💡 Explanation: Byssinosis = brown lung disease in cotton mill workers.

1. Q2. Most common occupational cancer due to asbestos is:

a) Lung cancer

b) Bladder cancer

c) Mesothelioma

d) Leukemia

✅ Answer: Mesothelioma

💡 Explanation: Asbestos strongly linked to mesothelioma.

# CM12: Health System in India

1. Q1. Population covered by one Sub-Centre is:

a) 1000–2000

b) 3000–5000

c) 10,000

d) 20,000

✅ Answer: 3000–5000

💡 Explanation: SC covers 3000 in hilly/tribal, 5000 in plains.

1. Q2. Staff at PHC includes:

a) 1 MO + 14 staff

b) 2 MO + 20 staff

c) 4 specialists

d) ASHA workers

✅ Answer: 1 MO + 14 staff

💡 Explanation: PHC has 1 doctor, 14 staff, 6 beds.

# CM13: National Health Programmes

1. Q1. Which programme includes DEC + albendazole MDA?

a) RNTCP

b) NVBDCP

c) UIP

d) NTCP

✅ Answer: NVBDCP

💡 Explanation: Filaria elimination via MDA under NVBDCP.

1. Q2. Anemia Mukt Bharat targets anemia reduction in:

a) Children only

b) Pregnant women only

c) All age groups

d) 6 beneficiary groups

✅ Answer: 6 beneficiary groups

💡 Explanation: Covers children, adolescents, women of reproductive age, pregnant, lactating, men.

# CM14: International Health

1. Q1. Alma Ata declaration year was:

a) 1975

b) 1978

c) 1981

d) 1986

✅ Answer: 1978

💡 Explanation: PHC Alma Ata conference held in 1978.

1. Q2. Sustainable Development Goals (SDGs) target year is:

a) 2020

b) 2025

c) 2030

d) 2040

✅ Answer: 2030

💡 Explanation: SDGs 2015–2030, 17 goals, 169 targets.