

Internal Assessment Test 3 – April, 2023

Sub:	Scientific Foundations of Health				Sub Code:	BSFHK158		
Date:	01/04/2023	Duration:	60 mins	Max Marks:	50	Sem / Sec:	I / I, J, K, L, M, N, O, P	OBE

All 50 questions are compulsory (MARK ONLY ONE ANSWER)

Marks: 1 X 50

Q	Text	CO	RBT
Q1	Cognitive behavioral therapy (CBT) is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. It is generally considered that evidence-based CBT changes A) Thought processes B) Behavior C) Thought and Behavior D) Mood processes.	CO4	L1
Q2	According to the National Institute on Drug Abuse (NIDA), USA substance use disorder (i.e. addiction) is classified as a _____ disorder. A) treatable mental B) untreatable mental C) treatable physical D) treatable physical and mental.		
Q3	_____ is an international peer-led mutual aid fellowship meeting online and in-person dedicated to abstinence-based recovery from alcoholism. The community based support group is active in India. A) Crack Crack B) Alcoholics Anonymous C) Cannabis Collective D) Hashish Home.		
Q4	The main pharmacological action of cocaine is to: A) Act as a direct agonist at alpha-2 noradrenergic receptors B) Inhibit monoamine oxidase (MAO) C) Act as a direct agonist at dopaminergic D-2 receptors D) Block the re-uptake of dopamine.		
Q5	Caffeine is believed to produce its main pharmacological effect by A) Blocking adenosine receptors B) Stimulating phosphodiesterase C) Acting as an agonist at cholinergic receptors D) Acting as an agonist at dopamine D-1 receptors.		
Q6	Illegal psychedelic drug, LSD is A) Sedative B) Stimulant C) Tranquilizer D) Hallucinogenic.		
Q7	Most common substance abuse in India is: A) Tobacco B) Cannabis C) Alcohol D) Heroin.		
Q8	After drinking alcohol, consumption of this leads to death A) Morphine B) Opium C) Barbiturates D) All of these.		
Q9	The National Institute on Drug Abuse (NIDA) describes _____ as a major public health problem. A) drug addicts B) drug abuse C) child abuse D) alcohol.		
Q10	Transdermal drug administration means that a drug is A) absorbed through the skin. B) inhaled. C) injected into a vein. D) placed under the tongue.		
Q11	The most noticeable effect of THC (Tetrahydrocannabinol), the psychoactive substance in marijuana, is A) hyperactivity. B) slouching posture. C) bloodshot eyes. D) loss of appetite.		
Q12	PCP (also known as phencyclidine and angel dust) was originally developed as A) an experimental psychiatric medication. B) an anesthetic with which a person remains conscious but feels no pain. C) a drug to induce vomiting. D) an anesthetic used in veterinary practice.		
Q13	Nirmalya, a college student, is a habitual drinker. He/She has become preoccupied with obtaining alcohol and obsessed with his/her need to drink. Nirmalya is exhibiting A) lack of responsibility. B) tolerance. C) denial. D) compulsion.		
Q14	Alcoholism causing fatty acid syndrome is called A) Cirrhosis B) Neuritis C) Gastritis D) Nephritis.		
Q15	Process addictions include all of the following EXCEPT A) compulsive buying, both in stores and online. B) exercise addiction to the point of working out at least 3 hours a day. C) compulsive gambling that results in the need to borrow money. D) the use of Ritalin to help concentration when studying.		
Q16	The alcohol intoxicated individual has less cognitive capacity available to process all on-going information, and so alcohol acts to narrow attention and means that the drinker processes fewer cues less well. This is known as: A) Alcohol dependency B) Alcohol myopia C) Alcohol abuse D) Alcohol amnesia.		
Q17	Drugs of abuse create intense feelings because they _____. A) depress the nervous system B) shut off receptors in the occipital lobe C) cause a rise in dopamine in the limbic system D) cause a fall in dopamine in the limbic system.		
Q18	Brain cells or neurons turn electrical impulses into _____. A) chemical signals B) movement C) axons D) None of these.		
Q19	Which of the following are the consequences of vitamin and mineral deficiencies which can lead to dementia and memory disorders in alcohol abuse? A) Smirnov's syndrome B) Helmer syndrome C) Korsakoff's syndrome D) Huynh-Feldt syndrome.		
Q20	The brain's reward system is part of the _____. A) sensory cortex B) limbic system C) spinal cord D) all of these.		
Q21	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.		
Q22	This causes tunnel vision A) Smoking B) Alcohol C) Barbiturates D) Vitamin A deficiency.		
Q23	Constituent of alcoholic beverage is A) Propyl alcohol B) Methyl alcohol C) Ethyl alcohol D) Mix of all of these.		
Q24	Behavioral Self-Control Training (BSCT) is based on conditioning principles. These include which of the following? A) Stimulus control B) Using rewards to reinforce abstinence C) Learning to be aware of when and how frequently drug taking occurs. D) All of the above.		
Q25	Local community drug prevention schemes have used which of the following? A) Peer-pressure resistance training B) Peer pressure C) Peer promotion D) Peer propaganda.		

		CO	RBT
Q26	In which age group, drug addiction is a major problem? A) Childhood B) Adolescence C) Adulthood D) Old Age.		
Q27	Which of the following is an example of a substance use disorder (SUD)? A) Alcohol related disorders B) Caffeine related disorders C) Inhalant related disorders D) All of the above.	CO4	L1
Q28	The term psychoactive refers to: A) A drug that alters mood, cognition and/or behavior. B) The psychology of physical activity. C) A particularly active psychopath. D) A drug-induced hallucination.		
Q29	The fifth edition of diagnostic manual for clinicians that contains descriptions and symptoms of all mental disorders is known as A) The Diagnostic and Systematical Manual of Mental Disorders B) The Diagnostic and Statistical Manual of Mental Disease C) The Diagnostic and Statistical Manual of Mental Disorders. D) The Demonstrative and Statistical Manual of Mental Disorders.		
Q30	Alcohol abuse is greatest among which of these age groups? A) 15- to 17-year-olds B) 18- to 29- year-olds C) 30- to 54-year-olds D) 55 and older.		
Q31	Which of the following can be a result of drug or alcohol abuse? A) Coma and death due to failure of heart B) Reckless behavior, vandalism and violence. C) A combination of drugs and alcohol lead to overdosing and then to death. D) All of these.		
Q32	Dependence of drugs can be: A) Tendency of the body to manifest a characteristic and pleasant withdrawal syndrome if the regular dose is discontinued B) Characterized by anxiety, shakiness, nausea, and sweating C) something which leads to follow all social norms for all sufficient funds. D) There will be no social adjustment problems ultimately.		
Q33	Addiction is A) Most severe type chronic substance use disorder with substantial gain of self-control B) Moderate type acute substance use disorder with substantial loss of self-control C) Most severe type chronic substance use disorder with substantial loss of self-control. D) Mild type of chronic substance use disorder with loss of self-control.		
Q34	The development and maintenance of drug addiction depends on A) age, financial, emotional and genetic factors B) Biological, psychological, social and environmental factors C) gender, financial, psychological and environmental factors D) age, gender, financial, psychological and environmental factors.		
Q35	The term psychological dependence is used when: A) It is clear that the individual has changed their life to ensure continued use of the drug B) Their activities are centered on the drug and its use C) Leads to neglect of other important activities such as work, social and family commitments D) All of the above.		
Q36	When is International Day Against Drug Abuse celebrated? A) 26th June B) 12th August C) 14th September D) 1st December.		
Q37	Chemicals that relay messages (impulses) from one nerve cell to another or to other cells are A) Chemoreceptors. B) Neurotransmitters. C) Enzymes. D) Synapses.		
Q38	Which of the following is an important factor in substance abuse? A) Whether the family environment is rural or urban B) Whether you are a twin C) Whether the substances are regularly used by other family members. D) Whether you are born in the winter.		
Q39	Which of the following is not a common problem of Adolescence? A) Spirituality B) Acne C) Post-traumatic Stress Disorder D) Mood Swings.		
Q40	Why do people take drugs? A) To feel good B) To do better C) Curiosity and peer pressure D) All of these.		
Q41	Consumption of this causes increase in the fat synthesis, dilation of blood vessels, low blood sugar and stomach-inflammation A) Alcohol B) drug addiction and tobacco C) tobacco D) drug addiction.		
Q42	What is protective factors for addictions A) Positive relationship B) Drug experimentation C) Community poverty D) All of the above.		
Q43	This is a consequence of alcohol addiction A) psychosis, hypertension and fatty liver syndrome B) ulcers, all types of mental illness, vitamin deficiency, cardiovascular diseases C) cardiovascular diseases, hypertension and fatty liver syndrome D) all of these.		
Q44	What parts of the brain are changed by drug use? A) Brain Stem B) Limbic system C) Cerebral cortex D) All of these.		
Q45	Which of the following cannot be a cause of drug abuse in adolescence? A) Stable family structure B) Peer pressure C) To escape facing problems. D) To look cool and progressive.		
Q46	Drugs work in the brain because they have similar _____ A) electrical charges as brain cells B) size and shape as natural brain chemicals C) nerve cells as the brain D) None of these.		
Q47	Which of the following is NOT a characteristic of addiction? A) Negative consequences B) Loss of control C) Habitual behavior D) Denial.		
Q48	Types of addictive behavior A) Alcoholism B) Drugs-Opium C) Video gaming D) All of the above.		
Q49	Drug tolerance occurs when: A) Decreased sensitivity to a substance develops as a result of its continuous use B) A drug produces more of an effect than it did previously. C) The sensitivity of cAMP is reduced D) It requires a smaller dose to repeat the initial drug effect.		
Q50	Which of these treatments has been found to be most effective in treating addiction? A) Cognitive behavioral therapy and trans-theoretical model of behavioral change 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.		
All 50 Questions are Compulsory (Mark ONLY ONE ANSWER) May all beings be happy and peaceful!!			

CMR INSTITUTE OF TECHNOLOGY

OMR ANSWER SHEET



Subject: SFH

Time : 90 Minutes

IAT-3/2022-23/SEM-I

DATE: 01/04/2023

ROLL / USN NO.

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SECTION

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I, J, K, L, M, N, O, P.

Candidate's Sign

Invigilator's Sign

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