

Internal Assessment Test 3 – September 2023

Sub:	Scientific Foundations of Health				Sub Code:	BSFHK258			
Date:	05/09/2023	Duration:	60 mins	Max Marks:	50	Sem / Sec:	II / A, B, C, D, E, F, G, H		OBE
All 50 Questions are Compulsory (Mark only one answer)							Marks: 50 X 1	CO	RBT
Q1	Chemicals that relay messages (impulses) from one nerve cell to another or to other cells are A) chemoreceptors. B) enzymes. <input checked="" type="checkbox"/> C) neurotransmitters. D) synapses.								
Q2	Temporary physical and psychological symptoms that occur when use of an addictive substance is discontinued is A) compulsion. B) relapse. <input checked="" type="checkbox"/> C) withdrawal. D) addiction.							CO4	L1
Q3	Signs of mental illness are A) Abnormal changes in thinking, perception and judgment B) Abnormal changes in feeling and memory <input checked="" type="checkbox"/> C) Both A and B D) Abnormal changes in behavior towards others.								
Q4	Denial is a person's <input checked="" type="checkbox"/> A) inability to perceive that behaviour is self-destructive. B) experience of a blackout episode or memory loss. C) failure to stop an addictive behaviour. D) change in the usual pattern of drinking or drug use.								
Q5	An individual who knowingly tries to protect an addict from natural consequences of his or her destructive behaviour is <input checked="" type="checkbox"/> A) enabling. B) intervening. C) encouraging. D) Sheltering.								
Q6	The development and maintenance of drug addiction depends on A) age, financial, and genetic factors <input checked="" type="checkbox"/> B) Biological, psychological, social and environmental factors C) gender, financial, psychological and environmental factors D) age, gender, financial, psychological and environmental factors.								
Q7	Caffeine is believed to produce its main pharmacological effect by <input checked="" type="checkbox"/> 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.								
Q8	Social health hazards includes A) Stigma B) Anti social behavior C) Higher crime records <input checked="" type="checkbox"/> D) All of the above.								
Q9	Skills that allow you to be effective at saying no to drugs or alcohol offers A) Being awesome <input checked="" type="checkbox"/> B) Refusal skills C) Affective refusal D) Nagging.								
Q10	Cognitive behavioral therapy is used to help addicted individual by teaching them A) recognize and avoid the constructive thoughts and behaviors B) recognize and avoid the destructive thoughts and behaviors <input checked="" type="checkbox"/> C) Both B and D. D) harmful consequence of addiction by structured conversation.								
Q11	Why do some people become addicted to drugs, while others do not? A) Aggressive behavior in childhood B) Parental monitoring C) Neighborhood influence <input checked="" type="checkbox"/> D) All of the above.								
Q12	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-5 B) The Diagnostic and Statistical Manual of Mental Disease-5, C) The Demonstrative and Statistical Manual of Mental Disorders-5 <input checked="" type="checkbox"/> D) The Diagnostic and Statistical Manual of Mental Disorders-5.								
Q13	Students who don't plan to go to college are far more at risk for ____ than students who do plan to go to college. A) using illegal drugs B) drinking alcohol C) smoking cigarettes <input checked="" type="checkbox"/> D) all of these.								
Q14	Addiction is A) Most severe type chronic substance use disorder with substantial gain of self-control B) Moderate type chronic, substance use disorder with substantial gain of self-control <input checked="" type="checkbox"/> C) Most severe type of chronic substance use disorder with substantial loss of self-control D) Severe type substance use disorder with substantial loss of self-control.								
Q15	Why do people take drugs? A) To feel good and better B) To do better C) Curiosity and peer pressure <input checked="" type="checkbox"/> D) All of these.								
Q16	The consumption of psychoactive compounds e.g. alcohol, tobacco and drugs may lead to addiction, which is known as A) Behavioral type of addiction <input checked="" type="checkbox"/> B) Substance abuse type addiction C) Health compromising addiction D) Both a and b								
Q17	Process addictions include all of the following EXCEPT <input checked="" type="checkbox"/> A) the use of Ritalin to help concentration when studying. B) compulsive buying, both in stores and online. C) exercise addiction to the point of working out at least 3 hours a day. D) compulsive gambling that results in the need to borrow money.								
Q18	This causes the maximum accumulation of fat in the liver A) meat and egg <input checked="" type="checkbox"/> B) alcohol C) saturated fat D) starch.								
Q19	What are protective factors for addictions <input checked="" type="checkbox"/> A) Positive relationship B) Drug experimentation C) Community poverty D) All of the above.								
Q20	Constituent of alcoholic beverage is A) Propyl alcohol B) Methyl alcohol <input checked="" type="checkbox"/> C) Ethyl alcohol D) Mix of all of these.								
Q21	Which of the following is not a characteristic of addiction? <input checked="" type="checkbox"/> A) Habitual behaviour B) Loss of control B) Negative consequence D) Denial.								
Q22	Pathological gambling or Gambling disorder involves repeated problem gambling behavior which is a <input checked="" type="checkbox"/> A) Behavioral type of addiction B) Substance abuse type addiction C) Trouble making type of addiction D) Both A and B.								
Q23	When an increased amount of a drug, other substance, or behaviour is needed to produce the desired effect, this phenomenon is known as A) psychological dependence. B) physiological dependence. <input checked="" type="checkbox"/> C) tolerance. D) withdrawal.								
Q24	Which of the following is NOT a characteristic of addiction? A) Negative consequences B) Loss of control <input checked="" type="checkbox"/> C) Habitual behaviour D) Denial.								
Q25	The symptoms associated with a substance use disorder are A) Impaired control i.e. craving or strong urge to use the substance B) social problems – failed to complete major task at work, college C) Risky use and drugs effects – dependence, tolerance and withdrawal symptoms <input checked="" type="checkbox"/> D) All of the above.								

		CO	RBT
Q26	Types of addictive behaviour A) Alcoholism B) Drugs-Opium C) Video gaming <input checked="" type="checkbox"/> All of the above.	CO4	L1
Q27	Chandrima, a college student, is a habitual drinker. She has become preoccupied with obtaining alcohol and obsessed with her need to drink. Chandrima is exhibiting <input checked="" type="checkbox"/> A) compulsion. B) tolerance. C) denial. D) lack of responsibility.		
Q28	How does improved mental clarity help us? A) Clarity of thoughts helps us to think clearly and make wise decisions B) mental clarity helps us to concentrate better on certain things and helps us in learning. C) poor mental health leads to easy distraction. <input checked="" type="checkbox"/> All of the above.		
Q29	Which of the following is classified as a stimulant? <input checked="" type="checkbox"/> A) Methamphetamine B) Marijuana C) Alcohol D) LSD.		
Q30	PCP was originally developed as A) an experimental psychiatric medication. <input checked="" type="checkbox"/> 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.		
Q31	Which of the following statements about amphetamines is true? <input checked="" type="checkbox"/> A) They are stimulants. B) They have no known side effects. C) They are not addictive. D) They can cause a dangerous drop in heart rate and respiratory rate.		
Q32	Intellectual health refers to <input checked="" type="checkbox"/> A) learning new challenges B) Good self esteem C) Maintaining good interpersonal relations D) Developing compassion.		
Q33	After a prolonged period of drug abuse, the brain _____. A) needs less drug to get the same effect <input checked="" type="checkbox"/> B) needs more drug to get the same effect C) experiences increasing amounts of dopamine. D) None of these.		
Q34	The brain's reward system is part of the _____. A) sensory cortex <input checked="" type="checkbox"/> B) limbic system C) spinal cord. D) All of these.		
Q35	Drugs of abuse create intense feelings because they _____. A) depress the nervous system B) shut off receptors in the occipital lobe. <input checked="" type="checkbox"/> C) cause a rise in dopamine in the limbic system. D) None of these.		
Q36	Alcohol abuse and smoking share a window of vulnerability especially during A) Adulthood <input checked="" type="checkbox"/> B) Adolescence C) Middle age D) old age.		
Q37	According to the National Institute on Drug Abuse (NIDA), USA substance use disorder (i.e. addiction) is classified as a _____ disorder. <input checked="" type="checkbox"/> A) treatable mental B) untreatable mental C) treatable physical D) treatable physical and mental.		
Q38	How is substance use disorder treated? A) Multiple types of treatment B) Recognition of problem C) Alcohol drinking <input checked="" type="checkbox"/> D) Both A and B.		
Q39	Alcoholic anonymous maintains that alcoholism is A) a disease that can be cured B) a disease that can be managed but never cured <input checked="" type="checkbox"/> C) a problem if a person starts experiencing its synergistic effects D) a serious problem for problem only for binge-drinkers.		
Q40	Which of these treatments has been found to be most effective in treating addiction? A) Cognitive behavioural 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 <input checked="" type="checkbox"/> D) These therapies are most effective when used in combination.		
Q41	A mentally sick person has <input checked="" type="checkbox"/> 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.		
Q42	Advantages of being healthy A) Building confidence B) Reduces stress C) Optimizes performance <input checked="" type="checkbox"/> D) All of the above.		
Q43	Consumption of this causes increase in the fat synthesis, dilation of blood vessels, low blood sugar and stomach-inflammation A) drug addiction and tobacco <input checked="" type="checkbox"/> B) alcohol C) tobacco D) drug addiction.		
Q44	The development and maintenance of drug addiction depends on A) age, financial, emotional and genetic factors <input checked="" type="checkbox"/> B) Biological, psychological, social and environmental factors C) gender, financial, psychological and environmental factors D) age, gender, financial, psychological and environmental factors.		
Q45	What states can do to avoid addiction A) Adding higher tax on sweetened beverages B) Benefits for organic fruits C) Availability of healthy food <input checked="" type="checkbox"/> D) All of the above.		
Q46	Drugs work in the brain because they have similar _____. A) electrical charges as brain cells. <input checked="" type="checkbox"/> B) size and shape as natural brain chemicals. C) nerve cells as the brain. D) None of these.		
Q47	Signs of compulsive buying include A) purchasing several gifts when they go on sale <input checked="" type="checkbox"/> B) repeatedly buying more than you need or can afford. C) purchasing only one item in your favourite colour. D) showing new clothes to your friends or family when you bring them home.		
Q48	Drugs in suppository form are absorbed into the bloodstream through the <input checked="" type="checkbox"/> A) rectal or vaginal walls. B) alveoli. C) stomach lining. D) intestinal walls.		
Q49	Which of the following statements about cocaine is NOT true? A) A cheap and widely available form of cocaine that can be smoked is known as crack. B) It is a powerful stimulant. C) When snorted, it can damage the mucous membranes. <input checked="" type="checkbox"/> D) It can cause drowsiness, depression, and loss of appetite.		
Q50	The most noticeable effect of THC, the psychoactive substance in marijuana, is A) slouching posture. <input checked="" type="checkbox"/> B) bloodshot eyes. C) hyperactivity. D) loss of appetite.		
	All questions are compulsory (select best possible answer & mark only one answer) May all beings are happy and peaceful!!		