

NIRAIVAGAM MENTAL HEALTH QUIZ



KNOW YOUR MENTAL HEALTH

1. What emotion do you feel when something good happens to you?
a) Sad b) Angry c) **Happy** d) Scared
2. When is World Kindness Day?
a) **13 November** b) 14 February c) 21 March d) 8 April
3. An average adult human brain weighs about
a) 3.2 kilograms b) 2.8 kilograms c) **1.4 kilograms** d) 2.4 kilograms
4. How can regular physical exercise impact your memory?
a) It decreases memory function b) **It improves memory and thinking skills**
c) It has no impact d) It makes you tired and forgetful
5. Most of the mental illness can be treated. (**True**)
6. World Mental Health Day is observed on
a) **10 October** b) 2 November c) 10 September d) 1 December
7. How might you feel if your friend gives you a surprise gift?
a) Angry b) **Joyful** c) Bored d) Lonely
8. If you feel angry, how can you calm yourself?
a) Shout at someone b) **Take deep breath** c) Throw things d) Ignore the feeling
9. When you feel scared, who is a good person to talk to?
a) A stranger b) **A trusted adult** c) No one d) Your pet
10. What does IQ stand for?
a) Intelligent Question b) Intelligence Quality
c) **Intelligence Quotient** d) Immediate Question
11. What does EI stand for?
a) **Emotional Intelligence** b) Electronic Intelligence
c) Environmental Intelligence d) Economic Intelligence
12. Name the movie directed by Shankar in 2005 where the protagonist is struggling with Dissociative Identity Disorder (multiple personality disorder).
a) **Anniyan** b) Robot c) Gentleman d) Sivaji
13. Which among the mental health institution in the city of Chennai is run by Salesians of Don Bosco?
a) SCARF b) NIEPMD c) **Niraivagam** d) Banyan
14. Which film personality was diagnosed with dyslexia when young?
a) Abhishek Bachchan b) Hrithik Roshan c) Tom Cruise d) **All the three**
15. What is the recommended amount of sleep for most adults to function optimally according to sleep experts?
a) 12-13 hours b) 2-3 hours c) **7-9 hours** d) None of the above
16. What habit is considered healthy for self-esteem?
a) Worrying b) Overthinking c) **Positive self-talk** d) Both A and B

17. Which habit is known to significantly reduce stress and anxiety?
a) Studying for an exam **b) Meditation** c) Using phone d) all of the above



18. Which of the following is a healthy coping mechanism for managing stress and preventing depression in young people?
a) Avoiding problems as if they don't exist b) **Seeking support from friends and family**
c) Engaging in substance abuse d) Withdrawing from social activities

ABBREVIATIONS

19. What does OCD stand for?
a) Over Compulsive Disorder b) **Obsessive-Compulsive Disorder**
c) Over Control Disorder d) Obsessive Control Disorder
20. What does PTSD stand for?
a) **Post-Traumatic Stress Disorder** b) Post-Traumatic Stress Development
c) Pre-Traumatic Stress Disorder d) Post-Traumatic Sleep Disorder
21. What does ADHD stand for?
a) Active Deficit Hyperactivity Disorder b) **Attention Deficit Hyperactivity Disorder**
c) Attention Development Hyper Disorder d) Active Development Hyper Disorder
22. What does FOMO stand for?
a) **Fear of Missing Out** b) Feeling of Missing Out
c) Fear of Moving Out d) Feeling of Moving Out
23. What does JOMO stand for?
a) Joy of Moving Out b) **Joy of Missing Out**
c) Joy of Marking Out d) Joy of Managing Out
24. What does SLD stand for?
a) **Specific Learning Disability** b) Special Learning Disorder
c) Specific Learning Difficulty d) Special Learning Difficulty
25. What does ID stands for in Mental Health?
a) Intelligence Deficit b) Intellectual Deficit
c) Intellectual Disorder d) **Intellectual Disability**
26. What does ASD stand for?
a) **Autism Spectrum Disorder** b) Attention Spectrum Disorder
c) Autism Special Disorder d) Attention Special Disorder
27. What does ADD stand for?
a) Autism Deficit Disorder b) Attention Development Disorder
c) **Attention Deficit Disorder** d) Autism Development Disorder
28. What is autism spectrum disorder (ASD)?
a) A contagious disease b) **A developmental disorder**
c) A type of learning disability d) An infectious condition

BODY LANGUAGE

29. Which facial expression is commonly associated with happiness?
a) **Smiling** b) Frowning c) Scowling d) Nodding
30. When someone maintains good eye contact during a conversation, it generally suggests

- a) Disinterested b) Distracted c) **Attentive and focused** d) none of the above

31. What does a firm handshake usually signify?

- a) Weakness b) **Confidence and assertiveness** c) Disinterest d) Nervousness

BRAIN AND NEURONS

32. What is the largest part of the human brain?

- a) The cerebellum b) **The cerebrum** c) The brainstem d) The thalamus

33. Which part of the brain is responsible for your dance skills? (Balance and coordination)

- a) Neurons b) Cerebrum c) Spinal cord d) **Cerebellum**

34. What is the brain's control centre?

- a) **Cerebrum** b) Cerebellum c) Spinal cord d) Neurons

35. The ----- is a physical organ in the body responsible for processing information and controlling bodily functions. The ----- refers to the complex processes of consciousness, thoughts, emotions, and perceptions that arise from the activity of the brain.

- a) Mind, body b) Mind, brain c) **Brain, mind** d) Brain, body

EATING DISORDER

36. What happens when a person consistently overeats fatty food and junk food?

- a) Anorexia nervosa b) Panic disorder c) **obesity** d) underweight

37. Name a behavioural disorder where a person keeps consuming large quantities of food in a short period, can't stop this urge?

- a) **Binge eating disorder** b) Sleep disorder c) Anxiety disorder d) Mood disorder

38. What is a condition in which a person is extremely overweight?

- a) Underweight b) **Obesity** c) low BMI d) both a and c

EMOTIONS

39. What is a common emotion people feel when they lose a game?

- a) Happy b) **Sad** c) Calm d) Excited

40. Which emotion can make your heart beat faster and palms sweat

- a) Happiness b) Sadness c) **Fear** d) Boredom

41. What emotion might you feel when you have to speak in front of the class

- a) Calm b) **Nervous** c) Angry d) Sleepy

42. If you accomplish something very difficult, like finishing a tough puzzle, what might you feel?

- a) **Proud** b) Scared c) Bored d) Sad

43. If all your friends go for a movie together and you are left at home, what would you feel?

- a) Joyful b) Excited c) **Lonely** d) Confident

44. The stress hormone commonly known as

- a) Dopamine b) Serotonin c) Adrenaline d) **Cortisol**

45. Which part of the brain is most closely associated with the processing of emotions?

- a) Cerebellum b) Hypothalamus c) **Amygdala** d) Frontal lobe

46. What term describes a temporary state of mind or feeling?
a) Emotion b) **Mood** c) Resilience d) Contentment
47. Mood swings are characterized by?
a) Stable emotions without fluctuations
b) **Abrupt and unpredictable changes in mood**
c) Consistent and unchanging emotional states
d) Always being in a positive mood



48. What can contribute to mood swing?
a) Balanced lifestyles and regular sleep patterns
b) Consistent exercise routine and healthy diet
c) **Hormonal changes, stress and sleep deprivation**
d) Always avoiding emotional triggers

HABITS

49. Which stage of sleep is most important for memory consolidation?
a) **Deep Sleep** b) Light sleep c) Non REM d) Both B and C
50. Practicing yoga can help in becoming
a) Mindful b) Active c) Physically strong d) **All of the above**
51. What is a fundamental characteristic of a healthy relationship?
a) Trust b) Respect c) Affection d) **All of the above**
52. What does meddling with objects such as pens or hair usually indicate?
a) Confidence b) **Nervousness or anxiety** c) Happiness d) Boredom
53. What are some strategies for managing Internet Addiction Disorder?
a) Ignoring the problem b) **Setting limits on internet use**
c) Isolating oneself from friends and family d) avoiding any form of technology
54. What are some common signs and symptoms of Internet Addiction Disorder?
a) Preoccupation with the internet b) Withdrawal symptoms when not online
c) Neglecting personal responsibilities d) **All of the above**
55. What is the term for withdrawing from social activities and isolating oneself, often seen in depressed individuals?
a) Inactivity b) **Social withdrawal** c) Anhedonia d) Fatigue
56. Which of the following activities can help alleviate symptoms of depression in young people?
a) **Regular exercise, games and gardening** b) Spending excessive time alone
c) Avoiding social interactions d) Watching TV for long periods
57. What is the term for feeling pessimistic about the future and having a negative outlook on life, common in individuals with depression?
a) Inactivity b) Optimistic c) **Hopelessness** d) Fatigue
58. Which of the following is a risk factor for depression in young people?
a) Family history of depression b) Substance abuse
c) Traumatic life events d) **All of the above**
59. What is the term for difficulty falling asleep or staying asleep, often experienced by individuals with depression?
a) Fatigue b) Inactivity c) **Insomnia** d) Anhedonia

60. Positive thinking can be described as:
 a) Always expecting perfect outcomes b) Ignoring challenges and difficulties
 c) **Finding the silver lining in tough situations** d) Denying reality and living in fantasy
61. Positive thinking helps in managing stress by
 a) Ignoring stressors completely b) **Enhancing coping mechanism and reducing stress impact**
 b) Magnifying the effects of stressors d) Making stress unavoidable
62. Which neurotransmitter plays a key role in reinforcing habits through the reward system of the brain?
 a) **Dopamine** b) Oxytocin c) Norepinephrine d) Melatonin



IMPORTANT DATES AND DAYS

63. When is world yoga Day celebrated?
 a) **June 21** b) July 15 c) August 12 d) September 5
64. World Suicide Prevention Day is observed on
 a) 1 December b) 5 November c) 20 June d) **10 September**
65. When is World Happiness day celebrated?
 a) January 10 b) **March 20** c) April 22 d) May 1
66. World Laughter Day is celebrated on
 a) Second Sunday in May b) First Sunday in October
 c) **First Sunday in June** d) First Sunday in May
67. International Day of Persons with Disabilities falls on
 a) 1 December b) 5 November c) 10 September d) **3 December**
68. Eating Disorder Awareness Week occurs during
 a) **First week of February** b) Second week of March
 c) First week of April d) Last week of January
69. Sleep Awareness Week is from:
 a) 5 to 11 November b) **2 to 8 March** c) 10 to 16 September d) 1 to 7 December
70. World Autism Awareness Day is on
 a) 5 November b) **2 April** c) 10 September d) 1 December
71. The World Mental Health Day began in
 a) **1992** b) 1998 c) 2000 d) 2012
72. Dyslexia Awareness Day is on
 a) 20 August b) 19 June c) **8 October** d) 20 December

LEARNING DIFFICULTIES

73. What is the most common specific learning disability?
 a) **Dyslexia** b) Dysgraphia c) Dyscalculia d) Dyspraxia
74. What is the best environment for studying to improve memory?
 a) **Quiet and well-lit** b) Noisy and crowded c) Dark and cluttered d) Near a TV



75. What technique can help you remember a list of items in a sequential order?
a) **Making a story with the items** b) learn by heart the list
c) By hearing them d) Watching TV
76. Which method helps improve memory by reinforcing information?
a) Reading once b) Rote learning c) mugging up d) **Repeating the information**
77. Why are flashcards a good tool for memory?
a) They help in learning in short time b) They are only for young kids
c) They are attractive d) **They provide repeated exposure to information**
78. How can mindfulness activities benefit a person?
a) To improve memory b) To improve focus
c) To improve mood d) **All of the above**
79. Which hemisphere of the brain is primarily affected in dyslexia?
a) Right hemisphere b) **Left hemisphere**
c) Both hemispheres equally d) Occipital lobe
80. Which specific learning disability primarily affects a person's ability to write?
a) Dyslexia b) **Dysgraphia** c) Dyscalculia d) Dyspraxia
81. What is the main difficulty faced by individuals with dyscalculia?
a) Understanding written language b) **understanding and using numbers**
c) Social interactions d) visual perception
82. What is phonological processing?
a) **Ability to perceive and use sounds in language**
b) Ability to understand spatial relationships
c) Ability to process visual information
d) Ability to recall historical facts
83. What is meant by sense of orientation and relation to space?
a) Phonological processing b) **Spatial awareness**
c) Visual perception d) Social interaction
84. What is a mnemonic device?
a) A type of music b) **A tool to help remember information** c) A video game d) Radar
85. How can drawing pictures help with memory?
a) It makes it harder to remember b) It wastes time
c) **It creates visual connections** d) It distracts you
86. What is chunking in terms of memory?
a) Studying alone b) Watching videos
c) Ignoring information d) **Grouping information into smaller parts**
87. How does staying hydrated affect memory?
a) It has no effect b) **It can help improve memory function**
c) It makes one forgetful d) It is only important for physical health

MENTAL DISORDER

88. According to who, the most common mental health disorder among young people?
a) Depression b) **Anxiety disorders** c) Behavioural disorders d) All of the above

89. What is the term for a mental health condition characterized by persistent sadness, loss of interest or pleasure that affect daily functioning?
 a) Anxiety b) **Depression** c) Panic disorder d) ADHD
90. What is the term for intense, irrational fears that interfere with daily life?
 a) Anxiety b) Depression c) **Phobia** d) Bipolar disorder
91. What mental health disorder is characterized by persistent, intrusive thoughts followed by repetitive behaviors?
 a) Depression b) Anxiety disorders
 c) Bipolar disorder d) **Obsessive-compulsive disorder**
92. What is the term for intense fear or discomfort in social situations?
 a) **Social Anxiety Disorder** b) Depression
 c) Bipolar disorder d) Schizophrenia
93. What mental health disorder is characterized by difficulty paying attention, impulsivity, and hyperactivity?
 a) Panic disorder b) **Attention-deficit/hyperactivity disorder (ADHD)**
 c) Generalized anxiety disorder d) Seasonal affective disorder
94. What is the term for experiencing intense fear or panic attacks without warning?
 a) Generalized anxiety disorder b) Post-traumatic stress disorder
 c) **Panic disorder** d) Seasonal affective disorder
95. What is the primary symptom of depression in young people?
 a) Hallucinations b) **Persistent sadness or low mood** c) Hyperactivity d) Delusions
96. Which mental health experts can help young people with persistent depressive symptoms in the Indian context?
 a) Psychiatrist b) Clinical Psychologist c) Counselling Psychologist d) **All of the above**
97. What is the term for experiencing a disconnection from reality, often accompanied by hallucinations or delusions?
 a) Anxiety disorders b) Depression c) Bipolar disorder d) **Psychosis**
98. What is the term for a pattern of behaviour in which a young person repeatedly violates the rights of others and societal norms?
 a) Depression b) Bipolar disorder c) **Conduct disorder** d) Schizophrenia
99. What mental health condition is characterized by excessive worry and fear about a wide range of situations?
 a) Post-traumatic stress disorder b) **Generalized anxiety disorder (GAD)**
 c) Seasonal affective disorder d) Attention-deficit/hyperactivity
100. What is a common symptom of stress?
 a) Feeling sad or lonely b) Trouble sleeping or sleeping too much
 b) binge eating d) **All of the above**

101. Why is it important to reduce stigma around mental health?
 a) **Stigma can prevent people from seeking help**
 b) Mental health issues are not serious enough to warrant attention
 c) People with mental illnesses are always dangerous
 d) It's better to keep mental health issues a secret to avoid embarrassment.
 e)
102. Whom among the following professionals do you find in schools?
 a) Psychiatrist b) **Counsellor** c) Doctor d) Physician



103. A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. This definition was given by:
 a) Centers for Disease control and prevention (CDC) b) American Medical Association
 c) **World Health Organization (WHO)** d) National Institute of Health
104. Which of the following is true about mental health during adolescence?
 a) It is influenced by significant physical growth and development.
 b) Hormonal changes during this period can impact emotions and behaviours.
 c) It is a time when individuals may experience challenges that affect their mental well-being.
 d) **All of the above**

MENTAL HEALTH HELPLINE NUMBERS

Match each service with the correct helpline number from the options provided

- | <u>A</u> | <u>B</u> |
|--|----------|
| 105. Tamil Nadu Psychological Counselling Service | A. 1930 |
| 106. Child helpline number | B. 181 |
| 107. Helpline number for reporting violence against women | C. 1098 |
| 108. Tamil Nadu suicide helpline | D. 1550 |
| 109. Helpline number for assistance regarding substance abuse issues | E. 14416 |
| 110. National Cybercrime Helpline number | F. 104 |

ANSWERS: 105-E, 106-C, 107-B, 108-F, 109-D, 110-A

MENTAL HEALTH AND MEDIA

111. The Hindi movie 'Taare Zameen Par' produced and acted by Aamir Khan highlights on?
 a) Anger Management b) Anxiety disorders
 c) Bipolar disorder d) **Learning disability**
112. Name the famous person who has openly discussed having dyslexia.
 a) Tom Cruise b) Albert Einstein c) Bill Gates d) **All of the above**
113. Tamil movie 'Peranbu' dealt on the struggles of a girl child character (Paapa) struggling with?
 a) **Cerebral Palsy** b) Down syndrome c) Depression d) Bipolar disorder

114. In the movie Deiva Thirumagal the character of the father (played by Vikram) seeking custody of his daughter was suffering from
a) Drug addiction b) **Intellectual disability** c) Physical disability d) Cancer

MULTIPLE INTELLIGENCE

115. What is the study of reasoning?

- a) Linguistics b) Psychology c) Sociology d) **Logic**

116. Which intelligence pertains to understanding and working effectively with others?

- a) Logical-mathematical intelligence b) Linguistic intelligence
c) **Interpersonal intelligence** d) Intrapersonal intelligence

117. What type of intelligence involves analytical thinking and problem-solving?

- a) **Logical-mathematical intelligence** b) Visual spatial intelligence
c) Musical intelligence d) Bodily kinesthetic intelligence

118. Which intelligence relates to artistic expression and creativity?

- a) Interpersonal intelligence b) Musical intelligence
c) Linguistic intelligence d) **Visual-spatial intelligence**

119. What intelligence involves physical coordination and skills?

- a) **Kinesthetic intelligence** b) Linguistic intelligence
c) Logical-mathematical intelligence d) Musical intelligence

120. Name an intelligence associated with sensitivity to the environment.

- a) Linguistic intelligence b) **Naturalistic intelligence**
c) Logical-mathematical intelligence d) Musical intelligence

MYTHS -TRUE/FALSE

121. Mental illness can affect anyone (**True**)

122. Mental illness are just an excuse for poor behaviour. (**False**)

123. Bad parenting can be a cause for developing mental health related issues among children. (**True**)

124. People who experience mental illness can be helped to handle stress. (**True**)

125. Children can't have a mental illness like depression. Only adults will have mental problems. (**False**)

126. If a person has a mental health condition, it means the person has low intelligence. (**False**)

127. You only need to take care of your mental health if you have a mental health condition. (**False**)

128. Teenagers are not affected by poor mental health. They just have mood swings caused by hormonal fluctuations and act out due to a desire for attention. (**False**)

129. A mental health illness is a sign of weakness; stronger persons will not have this problem, they would not have this condition. (**False**)

130. Seeking professional help can protect and prevent people from developing mental health conditions. (**True**)

131. Adolescents who get good grades and have a lot of friends will not have mental health conditions because they have nothing to be depressed about. (**False**)
132. People with mental illness are always violent. (**False**)
133. Many mental illnesses occur before a person turns 14 years old. (**True**)
134. In an Inclusive School, it is each student's responsibility to ensure that everyone feels included and valued. **True**
135. Therapy and early intervention improve symptoms and quality of life for individuals with autism spectrum disorder (ASD). **True**

PERSONALITY

136. Characteristics that influence how individuals think, feel, and behave consistently over time are called
- a) Habits b) **Traits** c) Temperament d) Character
137. What refers to a person's unique pattern of thoughts, feelings, and behaviours?
- a) Dyslexia b) Phobia c) Habits d) **Personality**
138. A person who is usually reserved, quiet, and prefers solitary activities is called
- a) Extrovert b) Ambivert c) **Introvert** d) Omnivert
139. What personality trait refers to someone who is friendly, empathetic, and enjoys helping others?
- a) Selfish b) **Compassionate** c) Narcissistic d) Aloof
140. Which term describes someone who is confident and speaks up for themselves?
- a) Introvert b) Shy c) **Assertive** d) Selfish
141. What do you call a person who enjoys spending time with both friends and alone, depending on their mood and situation?
- a) Extrovert b) Introvert c) **Ambivert** d) Shy
142. Which term describes individuals who are calm, easy-going, and tend to avoid conflict?
- a) Extroverted b) Neurotic c) Ambivert d) **Agreeable**
143. What is the tendency to experience negative emotions such as anxiety, depression, and moodiness?
- a) **Neurosis** b) Phobic c) Psychosis d) Maniac

PHOBIA

144. What is the phobia pertaining to snakes?
- a) Mysophobia b) Altophobia c) **Ophidiophobia** d) Agoraphobia
145. What is the term for the fear of crowded spaces?
- a) Glassophobia b) Agoraphobia c) **Claustrophobia** d) All of the above
146. Persistent and irrational fear of heights is known as
- a) Mysophobia b) **Altophobia** c) Nyctophobia d) Agoraphobia



147. What is the phobia of open spaces called?
a) Testophobia b) Altophobia c) Glassophobia d) **Agoraphobia**
148. What is the term for the fear of public speaking?
a) Agoraphobia b) **Glossophobia** c) Both A and B d) None of the above
149. What is the fear of germs or contamination called?
a) **Germophobia** b) Mysophobia c) Claustrophobia d) Agoraphobia
150. What is the name of the phobia associated with the fear of failure?
a) **Atychiphobia** b) Claustrophobia c) Alto phobia d) Ophidiophobia