

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

EMOTIONS

32. What is a common emotion people feel when they lose a game?
a) Happy b) **Sad** c) Calm d) Excited
33. Which emotion can make your heart beat faster and palms sweat
a) Happiness b) Sadness c) **Fear** d) Boredom
34. What emotion might you feel when you have to speak in front of the class
a) Calm b) **Nervous** c) Angry d) Sleepy
35. If you accomplish something very difficult, like finishing a tough puzzle, what might you feel?
a) **Proud** b) Scared c) Bored d) Sad
36. 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
37. The stress hormone commonly known as
a) Dopamine b) Serotonin c) Adrenaline d) **Cortisol**
38. Which part of the brain is most closely associated with the processing of emotions?
a) Cerebellum b) Hypothalamus c) **Amygdala** d) Frontal lobe
39. What term describes a temporary state of mind or feeling?
a) Emotion b) **Mood** c) Resilience d) Contentment
40. 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
41. 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

42. Which stage of sleep is most important for memory consolidation?
a) **Deep Sleep** b) Light sleep c) Non REM d) Both B and C
43. Practicing yoga can help in becoming
a) Mindful b) Active c) Physically strong d) **All of the above**

44. What is a fundamental characteristic of a healthy relationship?
a) Trust b) Respect c) Affection d) **All of the above**
45. What does meddling with objects such as pens or hair usually indicate?
a) Confidence b) **Nervousness or anxiety** c) Happiness d) Boredom
46. 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
47. 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**
48. 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
49. 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
50. 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
51. 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**
52. 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
53. 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
54. Positive thinking helps in managing stress by
a) Ignoring stressors completely b) **Enhancing coping mechanism and reducing stress impact**
c) Magnifying the effects of stressors d) Making stress unavoidable
55. 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

56. When is world yoga Day celebrated?
a) **June 21** b) July 15 c) August 12 d) September 5
57. World Suicide Prevention Day is observed on

- a) 1 December b) 5 November c) 20 June d) **10 September**
58. When is World Happiness day celebrated?
a) January 10 b) **March 20** c) April 22 d) May 1
59. 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
60. International Day of Persons with Disabilities falls on
a) 1 December b) 5 November c) 10 September d) **3 December**
61. 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
62. 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
63. World Autism Awareness Day is on
a) 5 November b) **2 April** c) 10 September d) 1 December
64. The World Mental Health Day began in
a) **1992** b) 1998 c) 2000 d) 2012
65. Dyslexia Awareness Day is on
a) 20 August b) 19 June c) **8 October** d) 20 December

MENTAL HEALTH HELPLINE NUMBERS

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

- | <u>A</u> | <u>B</u> |
|---|----------|
| 66. Tamil Nadu Psychological Counselling Service | A. 1930 |
| 67. Child helpline number | B. 181 |
| 68. Helpline number for reporting violence against women | C. 1098 |
| 69. Tamil Nadu suicide helpline | D. 1550 |
| 70. Helpline number for assistance regarding substance abuse issues | E. 14416 |
| 71. National Cybercrime Helpline number | F. 104 |

ANSWERS: 66-E, 67-C, 68-B, 69-F, 70-D, 71-A

MENTAL HEALTH AND MEDIA

72. 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**

73. Name the famous person who has openly discussed having dyslexia.
a) Tom Cruise b) Albert Einstein c) Bill Gates d) **All of the above**
74. 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
75. 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