

MCQ question for: Course Title: Lifestyle, Wellness, and Disease Prevention

The Foundations of Health

1. Which macronutrient is the primary source of energy for the body?
 - (a) Fats
 - (b) Carbohydrates
 - (c) Proteins
 - (d) Vitamins
2. What are the two types of dietary fibre?
 - (a) Soluble and insoluble
 - (b) Saturated and unsaturated
 - (c) Simple and complex
 - (d) Essential and non-essential
3. Which vitamin is crucial for maintaining healthy vision?
 - (a) Vitamin D
 - (b) Vitamin C
 - (c) Vitamin A
 - (d) Vitamin K
4. According to dietary guidelines, what percentage of daily calories should come from saturated fats?
 - (a) Less than 10%
 - (b) 15-20%
 - (c) 25-30%
 - (d) More than 30%
5. Which type of exercise primarily focuses on improving cardiovascular health?
 - (a) Aerobic exercise
 - (b) Anaerobic exercise
 - (c) Flexibility exercise
 - (d) Strength training
6. What is the minimum recommended amount of moderate-intensity aerobic activity per week for adults?
 - (a) 60 minutes
 - (b) 120 minutes
 - (c) 150 minutes
 - (d) 180 minutes
7. Which hormone is released during exercise and is known as the "feel-good" hormone?
 - (a) a) Cortisol
 - (b) Adrenaline
 - (c) Endorphins
 - (d) Insulin

8. How does regular physical activity impact bone health?
 - (a) Decreases bone density
 - (b) Increases the risk of osteoporosis
 - (c) Increases bone density
 - (d) Has no effect on bone health
9. Which stage of sleep is considered the deepest and most restorative?
 - (a) Stage 1
 - (b) Stage 2
 - (c) Stage 3 (Slow-wave sleep)
 - (d) REM sleep
10. What is the hormone primarily responsible for regulating the sleep-wake cycle?
 - (a) Melatonin
 - (b) Serotonin
 - (c) Dopamine
 - (d) Cortisol
11. Which of the following is a common physiological response to stress?
 - (a) Decreased heart rate
 - (b) Increased digestion
 - (c) Lowered blood pressure
 - (d) Increased cortisol levels
12. Which relaxation technique involves tensing and then relaxing different muscle groups?
 - (a) Deep breathing
 - (b) Progressive muscle relaxation
 - (c) Meditation
 - (d) Visualization
13. What is the recommended daily water intake for adults?
 - (a) 1 litre
 - (b) 2 litres
 - (c) 3 litres
 - (d) 4 litres
14. Which micronutrient is essential for the formation of red blood cells?
 - (a) Calcium
 - (b) Iron
 - (c) Zinc
 - (d) Potassium
15. Which type of fat is considered the healthiest for the heart?
 - (a) Saturated fats
 - (b) Trans fats
 - (c) Unsaturated fats
 - (d) All fats are equally healthy

16. How does chronic stress impact the immune system?
 - (a) Strengthens it
 - (b) Weakens it
 - (c) Has no effect
 - (d) Varies depending on the individual
17. Which of the following is NOT a component of physical fitness?
 - (a) Cardiovascular endurance
 - (b) Muscular strength
 - (c) Flexibility
 - (d) Body mass index (BMI)
18. What is the primary function of protein in the body?
 - (a) Provide energy
 - (b) Build and repair tissues
 - (c) Regulate body temperature
 - (d) Store vitamins
19. Which mineral is essential for strong bones and teeth?
 - (a) Iron
 - (b) Calcium
 - (c) Magnesium
 - (d) Potassium
20. How does sleep deprivation affect cognitive function?
 - (a) Improves focus and attention
 - (b) Enhances memory and learning
 - (c) Impairs decision-making and problem-solving
 - (d) Has no significant impact

Public Health and Prevention

1. Which of the following is a core function of public health?
 - (a) Disease diagnosis
 - (b) Individual patient treatment
 - (c) Health promotion and disease prevention
 - (d) Pharmaceutical research
2. The "5 A Day" campaign encourages individuals to consume:
 - (a) 5 servings of dairy products
 - (b) 5 servings of fruits and vegetables
 - (c) 5 glasses of water
 - (d) 5 small meals per day

3. Which public health initiative aims to reduce smoking prevalence through taxation, advertising restrictions, and smoke-free zones?
 - (a) The DASH Diet
 - (b) The Let's Move! Campaign
 - (c) Tobacco control programs
 - (d) The National Diabetes Prevention Program
4. What is the primary focus of workplace wellness programs?
 - (a) Increasing employee productivity
 - (b) Reducing healthcare costs
 - (c) Improving employee health and well-being
 - (d) All of the above
5. Which type of prevention aims to prevent the onset of disease in individuals who are at risk?
 - (a) Primordial prevention
 - (b) Primary prevention
 - (c) Secondary prevention
 - (d) Tertiary prevention
6. Which behaviour change model emphasizes the stages of precontemplation, contemplation, preparation, action, and maintenance?
 - (a) Health Belief Model
 - (b) Theory of Planned Behaviour
 - (c) Social Cognitive Theory
 - (d) Transtheoretical Model
7. According to the Health Belief Model, which of the following factors influences an individual's likelihood to take preventive action?
 - (a) Perceived susceptibility to the disease
 - (b) Perceived severity of the disease
 - (c) Perceived benefits of taking action
 - (d) All of the above
8. What is self-efficacy in the context of behaviour change?
 - (a) The belief in one's ability to perform a specific behaviour
 - (b) The desire to change a behaviour
 - (c) The knowledge about a behaviour's health consequences
 - (d) The social support for a behaviour change
9. Which behaviour change strategy involves setting small, achievable goals and gradually increasing the difficulty level?
 - (a) Stimulus control
 - (b) Self-monitoring
 - (c) Social support
 - (d) Gradual shaping

10. What is the role of social support in behaviour change?
 - (a) It provides information about healthy behaviours.
 - (b) It creates a sense of accountability.
 - (c) It offers emotional encouragement and practical assistance.
 - (d) All of the above
11. Which of the following is a social determinant of health?
 - (a) Genetic predisposition to disease
 - (b) Access to healthcare
 - (c) Personal health behaviours
 - (d) All of the above
12. The concept of "nudging" in public health refers to:
 - (a) Forcing individuals to make healthy choices
 - (b) Educating individuals about healthy choices
 - (c) Subtly influencing behaviour through environmental changes
 - (d) Providing financial incentives for healthy choices
13. Which strategy is effective in preventing chronic diseases related to unhealthy diets?
 - (a) Increasing access to healthy foods
 - (b) Implementing taxes on sugary drinks
 - (c) Providing nutrition education
 - (d) All of the above
14. Which model suggests that behaviour change is influenced by personal factors, environmental factors, and the interaction between them?
 - (a) Health Belief Model
 - (b) Theory of Planned Behaviour
 - (c) Social Cognitive Theory
 - (d) Transtheoretical Model
15. What is the purpose of a community health assessment?
 - (a) To identify the health needs and assets of a community
 - (b) To evaluate the effectiveness of public health programs
 - (c) To allocate resources for public health initiatives
 - (d) All of the above
16. Which of the following is an example of a policy intervention to promote physical activity?
 - (a) Building more parks and recreational facilities
 - (b) Offering financial incentives for gym memberships
 - (c) Implementing mandatory physical education in schools
 - (d) All of the above
17. Which theory emphasizes the importance of social norms and perceived social pressure in influencing behaviour?
 - (a) Health Belief Model

- (b) Theory of Planned Behaviour
 - (c) Social Cognitive Theory
 - (d) Transtheoretical Model
18. What is the role of motivational interviewing in behaviour change?
- (a) To persuade individuals to change their behaviour
 - (b) To provide information about the benefits of healthy behaviours
 - (c) To elicit and strengthen an individual's motivation to change
 - (d) To set goals and create action plans for behaviour change
19. Which of the following is a barrier to behaviour change?
- (a) Lack of knowledge
 - (b) Lack of motivation
 - (c) Lack of resources
 - (d) All of the above
20. Which type of prevention aims to reduce the impact and complications of an existing disease?
- (a) Primordial prevention
 - (b) Primary prevention
 - (c) Secondary prevention
 - (d) Tertiary prevention

Lifestyle Diseases in Focus

1. Which of the following is NOT a contributing factor to obesity?
- (a) Genetics
 - (b) Physical inactivity
 - (c) High-calorie diet
 - (d) Frequent consumption of fruits and vegetables
2. What is the most common way to measure obesity?
- (a) Waist circumference
 - (b) Hip-to-waist ratio
 - (c) Body mass index (BMI)
 - (d) Body fat percentage
3. Which of the following is a serious health consequence of obesity?
- (a) Type 2 diabetes
 - (b) Heart disease
 - (c) Certain types of cancer
 - (d) All of the above
4. What is a key component of obesity prevention?
- (a) A sedentary lifestyle

- (b) Regular physical activity
 - (c) A diet high in processed foods
 - (d) Limited intake of fruits and vegetables
5. What type of surgery is sometimes used to treat severe obesity?
- (a) Bariatric surgery
 - (b) Cosmetic surgery
 - (c) Orthopaedic surgery
 - (d) Neurosurgery
6. What are the two main types of diabetes?
- (a) Type 1 and type 2
 - (b) Gestational and type 1
 - (c) Juvenile and adult-onset
 - (d) Insulin-dependent and non-insulin-dependent
7. Which of the following is a major risk factor for developing type 2 diabetes?
- (a) Being underweight
 - (b) Regular exercise
 - (c) A diet low in sugar and refined carbohydrates
 - (d) Obesity and physical inactivity
8. What is the primary function of insulin in the body?
- (a) Regulate blood sugar levels
 - (b) Control blood pressure
 - (c) Break down fats
 - (d) Stimulate appetite
9. Which of the following is a complication of poorly controlled diabetes?
- (a) Nerve damage
 - (b) Kidney damage
 - (c) Vision problems
 - (d) All of the above
10. What is the goal of diabetes management?
- (a) To cure diabetes completely
 - (b) To maintain normal blood sugar levels
 - (c) To eliminate the need for medication
 - (d) To prevent all complications
11. What is the leading cause of death worldwide?
- (a) Cancer
 - (b) Respiratory diseases

- (c) Cardiovascular disease
 - (d) Infectious diseases
12. Which of the following is a major risk factor for cardiovascular disease?
- (a) High blood pressure
 - (b) High cholesterol
 - (c) Smoking
 - (d) All of the above
13. What type of diet is recommended for reducing the risk of cardiovascular disease?
- (a) High in saturated fats
 - (b) Low in fruits and vegetables
 - (c) High in processed foods
 - (d) Rich in fruits, vegetables, and whole grains
14. What is the recommended amount of moderate-intensity exercise for adults to reduce cardiovascular disease risk?
- (a) 30 minutes most days of the week
 - (b) 60 minutes most days of the week
 - (c) 90 minutes most days of the week
 - (d) 120 minutes most days of the week
15. Which of the following is a common symptom of a heart attack?
- (a) Chest pain
 - (b) Shortness of breath
 - (c) Nausea and vomiting
 - (d) All of the above
16. Which of the following lifestyle factors does NOT contribute to the development of chronic diseases?
- (a) Physical inactivity
 - (b) Poor diet
 - (c) Smoking
 - (d) Moderate alcohol consumption
17. What is metabolic syndrome?
- (a) A cluster of conditions that increase the risk of heart disease, stroke, and diabetes
 - (b) A type of cancer
 - (c) A respiratory disorder
 - (d) A rare genetic condition

18. Which type of diabetes is often diagnosed in childhood and is characterized by the body's inability to produce insulin?
- (a) Type 1 diabetes
 - (b) Type 2 diabetes
 - (c) Gestational diabetes
 - (d) Prediabetes
19. What is atherosclerosis?
- (a) A build-up of plaque in the arteries
 - (b) A type of heart valve disease
 - (c) An inflammation of the heart muscle
 - (d) A genetic disorder affecting blood vessels
20. Which of the following is a non-modifiable risk factor for chronic diseases?
- (a) Age
 - (b) Physical inactivity
 - (c) Smoking
 - (d) Unhealthy diet

Yoga for Mind and Body

1. Which of the following is NOT a primary benefit of yoga?
- (a) Increased flexibility
 - (b) Stress reduction
 - (c) Improved cardiovascular health
 - (d) Significant muscle hypertrophy (growth)
2. How does yoga typically impact the nervous system?
- (a) Increases sympathetic nervous system activity (fight-or-flight)
 - (b) Decreases parasympathetic nervous system activity (rest-and-digest)
 - (c) Shifts the balance towards parasympathetic nervous system dominance
 - (d) Has no effect on the nervous system
3. Which yoga practice is particularly effective for stress reduction?
- (a) Vinyasa yoga
 - (b) Restorative yoga
 - (c) Power yoga
 - (d) Hot yoga
4. How does yoga affect cortisol levels, the stress hormone?
- (a) Increases cortisol levels

- (b) Decreases cortisol levels
 - (c) Has no effect on cortisol levels
 - (d) Varies depending on the individual
5. Which type of yoga is often recommended for individuals with anxiety or depression?
- (a) Ashtanga yoga
 - (b) Bikram yoga
 - (c) Iyengar yoga
 - (d) Kundalini yoga
6. How does yoga impact cardiovascular health?
- (a) Raises blood pressure
 - (b) Increases heart rate variability
 - (c) Decreases oxygen uptake
 - (d) Has no effect on cardiovascular health
7. Which of the following is a common physiological effect of yoga?
- (a) Decreased flexibility
 - (b) Increased muscle tension
 - (c) Improved respiratory function
 - (d) Elevated stress levels
8. What is the impact of yoga on the endocrine system?
- (a) Disrupts hormone balance
 - (b) Increases inflammation
 - (c) May help regulate hormone levels
 - (d) Has no effect on the endocrine system
9. Which type of yoga emphasizes alignment and precision in poses?
- (a) Hatha yoga
 - (b) Iyengar yoga
 - (c) Vinyasa yoga
 - (d) Bikram yoga
10. How does yoga practice typically impact sleep quality?
- (a) Worsens sleep quality
 - (b) Improves sleep quality
 - (c) Has no effect on sleep quality
 - (d) Varies depending on the individual
11. Which of the following mental health conditions has shown potential improvement with yoga practice?

- (a) Depression
 - (b) Anxiety
 - (c) PTSD
 - (d) All of the above
12. What is the role of mindfulness in yoga?
- (a) Focusing on future worries
 - (b) Distracting oneself from present sensations
 - (c) Cultivating awareness of the present moment
 - (d) Analysing past experiences
13. Which yoga practice involves long holds of seated postures?
- (a) Yin yoga
 - (b) Yang yoga
 - (c) Power yoga
 - (d) Ashtanga yoga
14. How does yoga potentially impact chronic pain?
- (a) Worsens chronic pain
 - (b) Increases inflammation
 - (c) May help reduce chronic pain
 - (d) Has no effect on chronic pain
15. What is the primary focus of pranayama (breathwork) in yoga?
- (a) Increasing heart rate
 - (b) Shallow breathing
 - (c) Regulating the breath and energy flow
 - (d) Enhancing physical strength
16. Which yoga practice is known for its dynamic flow and emphasis on linking breath with movement?
- (a) Restorative yoga
 - (b) Yin yoga
 - (c) Vinyasa yoga
 - (d) Iyengar yoga
17. How does yoga typically affect flexibility?
- (a) Decreases flexibility
 - (b) Increases flexibility
 - (c) Has no effect on flexibility
 - (d) Varies depending on the individual

18. Which of the following is a common psychological benefit of yoga?
- (a) Increased anxiety
 - (b) Reduced self-esteem
 - (c) Improved mood and well-being
 - (d) Heightened stress levels
19. What is the impact of yoga on bone density?
- (a) Decreases bone density
 - (b) Increases bone density
 - (c) Has no effect on bone density
 - (d) Varies depending on the individual
20. Which type of yoga is known for its emphasis on detoxification and use of heat?
- (a) Kundalini yoga
 - (b) Bikram yoga
 - (c) Iyengar yoga
 - (d) Restorative yoga

Meditation and Mindfulness

1. What is the primary focus of mindfulness meditation?
- (a) Manipulating thoughts to achieve a specific outcome
 - (b) Emptying the mind of all thoughts
 - (c) Non-judgmental awareness of the present moment
 - (d) Analysing past experiences and future worries
2. Which meditation technique involves repeating a word or sound to focus the mind?
- (a) Loving-kindness meditation
 - (b) Body scan meditation
 - (c) Mantra meditation
 - (d) Vipassana meditation
3. What is the main goal of transcendental meditation (TM)?
- (a) To achieve a state of deep relaxation and inner peace
 - (b) To focus on the breath and bodily sensations
 - (c) To cultivate compassion and kindness towards oneself and others
 - (d) To observe thoughts and emotions without judgment
4. Which of the following is NOT a common benefit of regular meditation practice?

- (a) Reduced stress and anxiety
 - (b) Improved focus and concentration
 - (c) Increased emotional reactivity
 - (d) Enhanced self-awareness
5. In mindfulness-based stress reduction (MBSR), what is the primary focus of the "body scan" practice?
- (a) Observing thoughts and emotions without judgment
 - (b) Focusing on the breath and its movement in the body
 - (c) Systematically bringing awareness to different parts of the body
 - (d) Cultivating feelings of compassion and kindness
6. Which type of meditation involves focusing on a specific object, such as a candle flame or a flower?
- (a) Mantra meditation
 - (b) Guided meditation
 - (c) Focused attention meditation
 - (d) Open monitoring meditation
7. What is the "monkey mind" in the context of meditation?
- (a) A state of deep relaxation and inner peace
 - (b) A wandering and restless mind
 - (c) A heightened state of awareness
 - (d) A focused and concentrated mind
8. What is the role of "non-judgmental awareness" in mindfulness?
- (a) Evaluating and labeling thoughts and emotions
 - (b) Suppressing unwanted thoughts and emotions
 - (c) Observing thoughts and emotions without criticism or attachment
 - (d) Trying to control thoughts and emotions
9. Which meditation technique involves focusing on the breath as it enters and leaves the body?
- (a) Body scan meditation
 - (b) Mindfulness of breath meditation
 - (c) Loving-kindness meditation
 - (d) Transcendental meditation
10. How does meditation typically impact the stress response?
- (a) Increases the production of stress hormones
 - (b) Activates the sympathetic nervous system (fight-or-flight)
 - (c) Reduces physiological arousal and promotes relaxation

- (d) Has no effect on the stress response
11. Which of the following is a potential benefit of loving-kindness meditation?
 - (a) Increased feelings of self-criticism
 - (b) Heightened anger and frustration
 - (c) Improved empathy and compassion
 - (d) Decreased social connection
 12. What is the main focus of Zen meditation (Zazen)?
 - (a) Observing the breath and bodily sensations
 - (b) Cultivating compassion and kindness
 - (c) Sitting in stillness and observing the mind
 - (d) Repeating a mantra to focus the mind
 13. How does meditation typically impact brainwave activity?
 - (a) Increases beta waves (associated with alertness and focus)
 - (b) Decreases alpha waves (associated with relaxation)
 - (c) Increases theta waves (associated with deep relaxation and creativity)
 - (d) Decreases delta waves (associated with deep sleep)
 14. Which of the following is NOT a common obstacle to meditation practice?
 - (a) Restlessness and impatience
 - (b) Sleepiness and drowsiness
 - (c) Physical discomfort
 - (d) Increased mental clarity
 15. What is the role of a "meditation cushion" or "zafu"?
 - (a) To provide comfort and support during meditation
 - (b) To distract the mind from thoughts and emotions
 - (c) To create a specific ambiance for meditation
 - (d) To enhance spiritual experiences
 16. Which type of meditation involves visualizing a peaceful scene or object?
 - (a) Guided imagery meditation
 - (b) Mindfulness of breath meditation
 - (c) Loving-kindness meditation
 - (d) Transcendental meditation
 17. How does meditation potentially impact emotional regulation?
 - (a) Increases emotional reactivity
 - (b) Improves the ability to manage emotions
 - (c) Suppresses emotional experiences

- (d) Has no effect on emotional regulation
18. What is the difference between mindfulness and meditation?
- (a) Mindfulness is a state of being, while meditation is a practice to cultivate mindfulness.
 - (b) Meditation is a state of being, while mindfulness is a practice to cultivate meditation.
 - (c) Mindfulness and meditation are interchangeable terms.
 - (d) Mindfulness focuses on the breath, while meditation focuses on thoughts.
19. Which of the following is a potential benefit of meditation for physical health?
- (a) Lowered blood pressure
 - (b) Improved immune function
 - (c) Pain reduction
 - (d) All of the above
20. What is the main purpose of "walking meditation"?
- (a) To get exercise while meditating
 - (b) To focus on the physical sensations of walking
 - (c) To clear the mind of thoughts
 - (d) To cultivate a sense of gratitude

The Healing Power of Music

1. Which term describes the use of music to improve physical, emotional, and cognitive health?
- (a) Music therapy
 - (b) Musicology
 - (c) Music education
 - (d) Music production
2. Which hormone, known to reduce stress and promote bonding, is often released during music listening?
- (a) Cortisol
 - (b) Adrenaline
 - (c) Dopamine
 - (d) Oxytocin
3. Which type of music is often used in music therapy to induce relaxation and reduce anxiety?
- (a) Heavy metal

- (b) Upbeat pop
 - (c) Classical music
 - (d) Electronic dance music (EDM)
4. How does music potentially impact the perception of pain?
- (a) Increases pain sensitivity
 - (b) Distracts from pain and reduces its intensity
 - (c) Intensifies the emotional response to pain
 - (d) Has no effect on pain perception
5. Which part of the brain is primarily responsible for processing music and its emotional impact?
- (a) Cerebellum
 - (b) Brainstem
 - (c) Limbic system
 - (d) Frontal lobe
6. Which of the following is NOT a common goal of music therapy?
- (a) Improving mood and emotional well-being
 - (b) Enhancing cognitive function
 - (c) Promoting physical rehabilitation
 - (d) Diagnosing medical conditions
7. How does music therapy potentially benefit individuals with dementia?
- (a) Restores lost memories
 - (b) Improves cognitive function
 - (c) Triggers emotional responses and memories
 - (d) Cures dementia
8. Which type of music is often used to stimulate and motivate individuals during physical therapy?
- (a) Slow, calming music
 - (b) Rhythmic and upbeat music
 - (c) Classical music with complex melodies
 - (d) Ambient music with no clear rhythm
9. How does music potentially impact the immune system?
- (a) Suppresses immune response
 - (b) Increases inflammation
 - (c) Strengthens immune function
 - (d) Has no effect on the immune system

10. Which of the following is a potential benefit of music therapy for children with autism spectrum disorder (ASD)?
 - (a) Improved communication skills
 - (b) Enhanced social interaction
 - (c) Reduced anxiety and agitation
 - (d) All of the above
11. What is the term for the therapeutic use of singing to improve respiratory function and voice quality?
 - (a) Music therapy
 - (b) Vocal rehabilitation
 - (c) Choral singing
 - (d) Opera therapy
12. Which of the following is NOT a common method used in music therapy?
 - (a) Songwriting and lyric analysis
 - (b) Improvisation with instruments
 - (c) Listening to pre-recorded music
 - (d) Prescribing medication
13. How does music potentially impact the cardiovascular system?
 - (a) Increases heart rate and blood pressure
 - (b) Decreases heart rate variability
 - (c) Reduces stress hormones and promotes relaxation
 - (d) Has no effect on the cardiovascular system
14. Which musical element is particularly effective in evoking emotions?
 - (a) Tempo
 - (b) Melody
 - (c) Harmony
 - (d) All of the above
15. How does music therapy potentially benefit individuals with depression?
 - (a) Cures depression completely
 - (b) Provides a distraction from negative thoughts
 - (c) Elevates mood and promotes emotional expression
 - (d) Replaces traditional psychotherapy
16. Which term describes the emotional connection between music and personal memories?
 - (a) Music therapy
 - (b) Music-evoked autobiography

- (c) Musical nostalgia
 - (d) Musical entrainment
17. How does music potentially impact the production of dopamine, a neurotransmitter associated with pleasure and reward?
- (a) Decreases dopamine levels
 - (b) Increases dopamine levels
 - (c) Has no effect on dopamine levels
 - (d) Varies depending on the individual
18. Which of the following is a potential benefit of music therapy for individuals with Parkinson's disease?
- (a) Improved motor coordination and movement
 - (b) Enhanced cognitive function
 - (c) Reduced anxiety and depression
 - (d) All of the above
19. Which type of music therapy involves creating and playing music with others in a group setting?
- (a) Individual music therapy
 - (b) Group music therapy
 - (c) Community music therapy
 - (d) Family music therapy
20. Which of the following is a challenge in conducting research on the healing power of music?
- (a) Lack of interest from the scientific community
 - (b) Difficulty in measuring subjective experiences
 - (c) Limited funding for music therapy research
 - (d) All of the above