

# Quiz Grade: 100.0% (A)

## Quiz Submission

Metal Minds: How Trace Elements Can Change Human Consciousness

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**Study Program:** Artificial Intelligence  
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**Submission Date:** July 02, 2026 at 6:25 PM  
**Total Questions:** 10

### Course Information

**Course Title:** Metal Minds: How Trace Elements Can Change Human Consciousness  
**Course Code:** SCMMI 266  
**Credit Hours:** 3

## Quiz Questions, Student Answers, and Correct Answers

### Question 1 of 10

*Multiple Choice Question*

**Which trace element is most commonly associated with cognitive function and is often found in dietary supplements?**

**Available Options:**

(A) Iron

**(B) Zinc ← STUDENT SELECTED ← CORRECT ANSWER**

(C) Copper

(D) Magnesium

**Student's Answer:** Option B: Zinc

**Correct Answer:** Option B: Zinc

### Question 2 of 10

*Multiple Choice Question*

**What is the primary role of trace elements in the human body?**

**Available Options:**

(A) Provide energy

(B) Build muscle

**(C) Support enzymatic functions ← STUDENT SELECTED ← CORRECT ANSWER**

(D) Protect against viruses

**Student's Answer:** Option C: Support enzymatic functions

**Correct Answer:** Option C: Support enzymatic functions

Question 3 of 10

Multiple Choice Question

Which trace element deficiency is linked to neurological issues and developmental delays?

Available Options:

(A) Iodine ← STUDENT SELECTED ← CORRECT ANSWER

(B) Calcium

(C) Phosphorus

(D) Potassium

Student's Answer: Option A: Iodine

Correct Answer: Option A: Iodine

Question 4 of 10

Multiple Choice Question

What trace element has been studied for its potential role in mood regulation and depression?

Available Options:

(A) Selenium

(B) Manganese

(C) Lithium ← STUDENT SELECTED ← CORRECT ANSWER

(D) Cobalt

Student's Answer: Option C: Lithium

Correct Answer: Option C: Lithium

Question 5 of 10

Multiple Choice Question

In what way can trace elements influence neurotransmitter function?

Available Options:

(A) By altering their structure

(B) By affecting their synthesis ← STUDENT SELECTED ← CORRECT ANSWER

(C) By changing their color

(D) By deactivating them

Student's Answer: Option B: By affecting their synthesis

Correct Answer: Option B: By affecting their synthesis

Question 6 of 10

Multiple Choice Question

Which of the following trace elements is crucial for the synthesis of dopamine, a key neurotransmitter?

Available Options:

(A) Boron

(B) Molybdenum

(C) Iron ← STUDENT SELECTED ← CORRECT ANSWER

(D) Nickel

Student's Answer: Option C: Iron

Correct Answer: Option C: Iron

Question 7 of 10

Multiple Choice Question

What trace element is a component of the antioxidant enzyme glutathione peroxidase?

Available Options:

(A) Chromium

(B) Selenium ← STUDENT SELECTED ← CORRECT ANSWER

(C) Vanadium

(D) Tin

Student's Answer: Option B: Selenium

Correct Answer: Option B: Selenium

Question 8 of 10

Multiple Choice Question

Which trace element is known for its role in maintaining healthy thyroid function?

Available Options:

(A) Iodine ← STUDENT SELECTED ← CORRECT ANSWER

(B) Fluoride

(C) Sulfur

(D) Arsenic

Student's Answer: Option A: Iodine

Correct Answer: Option A: Iodine

Question 9 of 10

Text Answer Question

**Explain how an imbalance of trace elements can affect mental health.**

**Student's Answer:**

An imbalance of trace elements can disrupt neurotransmitter production and regulation, leading to symptoms like anxiety, depression, or cognitive decline.

**Correct Answer:**

**An imbalance of trace elements can disrupt neurotransmitter synthesis, impair enzymatic functions, and lead to oxidative stress, all of which can contribute to mood disorders, cognitive decline, and other mental health issues.**

Question 10 of 10

Text Answer Question

**Discuss the potential ethical implications of using trace elements to enhance cognitive performance.**

**Student's Answer:**

Using trace elements to enhance cognitive performance raises concerns, such as unequal access, potential health risks, and the risk of widening social inequalities if only some people can safely benefit.

**Correct Answer:**

**The use of trace elements to enhance cognitive performance raises ethical concerns such as accessibility, potential health risks, and fairness in competitive environments. It may also lead to societal pressures to enhance oneself artificially, creating disparities between those who have access to such enhancements and those who do not.**