

Quiz Grade: 90.0% (A)

Quiz Submission

Mental Health and Wellness

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Total Questions: 10

Course Information

Course Title: Mental Health and Wellness
Course Code: SCMHE 664
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

What is the primary aim of mental health and wellness programs?

Available Options:

- (A) To diagnose mental disorders
- (B) To promote overall well-being ← STUDENT SELECTED ← CORRECT ANSWER**
- (C) To provide medication
- (D) To conduct scientific research

Student's Answer: Option B: To promote overall well-being

Correct Answer: Option B: To promote overall well-being

Question 2 of 10

Multiple Choice Question

Which of the following is a common indicator of good mental health?

Available Options:

- (A) Constant happiness
- (B) Absence of stress
- (C) Ability to cope with normal stresses of life ← STUDENT SELECTED ← CORRECT ANSWER**
- (D) Lack of emotional responses

Student's Answer: Option C: Ability to cope with normal stresses of life

Correct Answer: Option C: Ability to cope with normal stresses of life

Question 3 of 10

Multiple Choice Question

Which approach focuses on the strengths and resources of individuals to enhance mental health?

Available Options:

(A) Pathological approach

(B) Strength-based approach ← STUDENT SELECTED ← CORRECT ANSWER

(C) Medical model

(D) Behavioral approach

Student's Answer: Option B: Strength-based approach

Correct Answer: Option B: Strength-based approach

Question 4 of 10

Multiple Choice Question

Which of the following is NOT a component of wellness?

Available Options:

(A) Physical health

(B) Financial wealth ← STUDENT SELECTED ← CORRECT ANSWER

(C) Emotional stability

(D) Social connectivity

Student's Answer: Option B: Financial wealth

Correct Answer: Option B: Financial wealth

Question 5 of 10

Multiple Choice Question

How does mindfulness contribute to mental health?

Available Options:

(A) By eliminating negative thoughts

(B) By increasing awareness and acceptance of the present moment ← STUDENT SELECTED ← CORRECT ANSWER

(C) By preventing mental disorders

(D) By improving memory

Student's Answer: Option B: By increasing awareness and acceptance of the present moment

Correct Answer: Option B: By increasing awareness and acceptance of the present moment

Question 6 of 10

Multiple Choice Question

What is the role of resilience in mental health?

Available Options:

(A) To avoid all stress

(B) To recover quickly from difficulties ← STUDENT SELECTED ← CORRECT ANSWER

(C) To ensure constant happiness

(D) To eliminate mental health issues

Student's Answer: Option B: To recover quickly from difficulties

Correct Answer: Option B: To recover quickly from difficulties

Question 7 of 10

Multiple Choice Question

Which of the following best describes the concept of 'mental health literacy'?

Available Options:

(A) Knowledge of mental health disorders

(B) Understanding how to maintain mental well-being ← STUDENT SELECTED ← CORRECT ANSWER

(C) Ability to diagnose mental health conditions

(D) Access to mental health services

Student's Answer: Option B: Understanding how to maintain mental well-being

Correct Answer: Option B: Understanding how to maintain mental well-being

Question 8 of 10

Multiple Choice Question

What is the impact of social support on mental health?

Available Options:

(A) It has no significant impact

(B) It can exacerbate stress levels

(C) It provides emotional and practical assistance ← STUDENT SELECTED ← CORRECT ANSWER

(D) It replaces the need for professional help

Student's Answer: Option C: It provides emotional and practical assistance

Correct Answer: Option C: It provides emotional and practical assistance

Question 9 of 10

Text Answer Question

Discuss the role of self-care practices in maintaining mental health and wellness.

Student's Answer:

Self-care plays a vital role in maintaining mental health and wellness by promoting emotional, physical, and psychological well-being. It involves intentional activities such as regular exercise, healthy eating, adequate sleep, mindfulness, journaling, and engaging in enjoyable hobbies. These practices help reduce stress, improve mood, enhance emotional regulation, and build resilience, enabling individuals to cope more effectively with life's challenges. Self-care also strengthens social connections by encouraging healthy relationships, setting boundaries, and seeking support when needed, which reduces feelings of isolation and promotes a sense of belonging. Additionally, it fosters self-awareness, confidence, and personal growth, contributing to greater life satisfaction. Maintaining physical health through proper nutrition, hydration, and physical activity further supports cognitive function and emotional stability. While self-care is an essential strategy for promoting mental wellness and preventing burnout, it is not a substitute for professional mental health care when significant psychological challenges arise. Consistent self-care habits create a strong foundation for long-term mental health and overall well-being.

Correct Answer:

Self-care practices, such as regular exercise, healthy eating, adequate sleep, and relaxation techniques, play a crucial role in maintaining mental health and wellness. They help reduce stress, improve mood, and enhance overall well-being.

Question 10 of 10

Text Answer Question

Explain how cognitive-behavioral strategies can be applied to improve mental health.

Student's Answer:

Correct Answer:

Cognitive-behavioral strategies focus on changing negative thought patterns and behaviors. By identifying and challenging irrational beliefs, individuals can develop healthier thinking patterns, which can lead to improved emotional regulation and mental health.