

Quiz Grade: 85.0% (A)

Quiz Submission

Mental Health

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Total Questions: 10

Course Information

Course Title: Mental Health
Course Code: MHE 264
Credit Hours: 3

Quiz Questions, Student Answers, and Correct Answers

Question 1 of 10

Multiple Choice Question

Which of the following is a common symptom of anxiety disorders?

Available Options:

- (A) Excessive worry ← STUDENT SELECTED ← CORRECT ANSWER**
- (B) Euphoria
- (C) Mania
- (D) Delusions

Student's Answer: Option A: Excessive worry

Correct Answer: Option A: Excessive worry

Question 2 of 10

Multiple Choice Question

Which neurotransmitter is primarily associated with mood regulation?

Available Options:

- (A) Dopamine
- (B) Serotonin ← STUDENT SELECTED ← CORRECT ANSWER**
- (C) Acetylcholine
- (D) GABA

Student's Answer: Option B: Serotonin

Correct Answer: Option B: Serotonin

Question 3 of 10

Multiple Choice Question

Cognitive-behavioral therapy (CBT) is most effective for treating which condition?

Available Options:

- (A) Bipolar disorder
- (B) Schizophrenia
- (C) Depression ← STUDENT SELECTED ← CORRECT ANSWER**
- (D) Dementia

Student's Answer: Option C: Depression

Correct Answer: Option C: Depression

Question 4 of 10

Multiple Choice Question

Which of the following is NOT a protective factor for mental health?

Available Options:

- (A) Strong social support
- (B) Regular physical activity
- (C) Chronic stress ← STUDENT SELECTED ← CORRECT ANSWER**
- (D) Balanced diet

Student's Answer: Option C: Chronic stress

Correct Answer: Option C: Chronic stress

Question 5 of 10

Multiple Choice Question

What is the primary goal of mental health interventions?

Available Options:

- (A) To cure mental disorders
- (B) To eliminate all mental health symptoms
- (C) To improve quality of life ← STUDENT SELECTED ← CORRECT ANSWER**
- (D) To provide medication

Student's Answer: Option C: To improve quality of life

Correct Answer: Option C: To improve quality of life

Question 6 of 10

Multiple Choice Question

Which of the following is a risk factor for developing mental health disorders?

Available Options:

(A) Genetic predisposition ← STUDENT SELECTED ← CORRECT ANSWER

(B) Supportive family

(C) Access to education

(D) Regular exercise

Student's Answer: Option A: Genetic predisposition

Correct Answer: Option A: Genetic predisposition

Question 7 of 10

Multiple Choice Question

The biopsychosocial model suggests that mental health is influenced by which of the following?

Available Options:

(A) Biological factors only

(B) Psychological factors only

(C) Social factors only

(D) A combination of biological, psychological, and social factors ← STUDENT SELECTED ← CORRECT ANSWER

Student's Answer: Option D: A combination of biological, psychological, and social factors

Correct Answer: Option D: A combination of biological, psychological, and social factors

Question 8 of 10

Text Answer Question

Describe how societal stigma can impact individuals with mental health disorders.

Student's Answer:

societal stigma can impact individuals' mental disorders as help will and can act as a barrier preventing them to seek help, cause them to feel worse about themselves; which will eventually worsen their mental health.

Correct Answer:

Societal stigma can lead to discrimination, social isolation, and reduced access to treatment for individuals with mental health disorders, exacerbating their condition and hindering recovery.

Question 9 of 10

Text Answer Question

Explain the role of lifestyle changes in the management of depression.

Student's Answer:

It is believed, that lifestyles changes act as a complement for the medication given for depression; with things like regular exercise, sleep and social activities to name a few, depression can be better managed.

Correct Answer:

Lifestyle changes such as regular exercise, a balanced diet, adequate sleep, and stress management can improve mood and overall well-being, complementing other treatments like therapy and medication in managing depression.

Question 10 of 10

Text Answer Question

Analyze the impact of early intervention on the prognosis of mental health disorders.

Student's Answer:

With early intervention on the prognosis of mental health disorders individuals will have a chance to recover faster, greater reduction in the seriousness of their symptoms and less risk of becoming disabled by their disorder.

Correct Answer:

Early intervention can significantly improve the prognosis of mental health disorders by preventing symptom progression, reducing the severity of symptoms, and enhancing the effectiveness of treatments, leading to better overall outcomes.

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