

24. A major effect and health hazards from substance addiction is _____
 a) Loss of self control b) Injury
 c) Cardio vascular disorder d) Fetal damage
25. Addiction not only impairs a range of bodily function but also changes the way a person thinks is referred as _____
 a) Physiological complication b) Psychological complication
 c) Biological complication d) None of the above
26. _____ is an example for substance addiction.
 a) Shopping b) Video games c) Tobacco d) Using internet
27. Depression, Anxiety, Loneliness are the effects of
 a) Substance addiction b) Behaviour addiction
 c) Both (a) & (b) d) None of the above
28. What is SUD stands in addiction?
 a) Subjective unit of distress b) Substance unit of distress
 c) Substance use disorder d) None of the above
29. The purpose of using drugs are
 a) To deify the body
 b) To feel high pleasure, relieve stress, forget problems
 c) To boost physical health d) All the above
30. Addiction not only damages physical and mental health but also affects _____
 a) Relationships & Financial status b) Only friend circle
 c) Only economic status d) None of the above
31. A good listener is the one who
 a) Non judgmental b) More talkative
 c) Make uncomfortable d) Create stress
32. The value of good relationship depends on
 a) Self care b) Mutual respect
 c) Mutual money exchange d) None of the above
33. The art of transmitting information, ideas and attitudes from one person to another is referred as _____
 a) Tradition b) Obstruction c) Communication d) None of the above
34. Goals of Communication are
 a) Sending and receiving of information
 b) Inform, to persuade and to build relationships
 c) Encode and decoding of information d) All the above
35. One of the step to increase vocal clarity is _____
 a) Slow down the conversation b) Fasten the conversation
 c) Stop the conversation d) None of the above
36. Communication is the key to healthy relationships because it
 a) Avoid misunderstanding b) Create misunderstanding
 c) Brings expectation d) None of the above

37. "Wearing seat belt while driving" is an example for
 a) Unhealthy behavior through social engineering
 b) Healthy behavior through social engineering
 c) Social responsibility d) Both (b) & (c)
38. _____ influence people mindset to both positive and negative.
 a) Social gathering b) Travelling c) Media d) All the above
39. Dress code of individual is an example of _____ communication.
 a) Spoken b) Verbal c) Non - verbal d) None of the above
40. An unhealthy relationship cause _____
 a) Lot of stress b) Trust in each other
 c) Harmony in each other d) All the above
41. How to maintain better quality of life in chronic illness?
 a) Good medical advice, living healthy life style and negative mindset.
 b) Good medical advice and positive mindset
 c) Good medical advice and living healthy life style.
 d) Good medical advice, living healthy life style and positive mindset.
42. The disease which cannot be cured but if can be managed is called as
 a) Acute illness b) Infection disease c) Chronic illness d) Allergy
43. The following is an example for chronic disease :
 a) Diabetes b) Cold c) Cough d) Head ache
44. Following are the measures required in maintaining Quality of life in chronically ill state.
 a) Emotional support b) Understanding the medication
 c) Reliable information about diseases, its treatment and management
 d) All the above
45. The following are the steps to avoid transmitted infections :
 a) Good hygiene b) Vaccinations c) Temperature d) Both (a) & (b)
46. Virus, Bacteria, Fungus are means of transmission of _____ disease.
 a) Infection b) Cancer c) Stroke d) Obesity
47. Health compromising behavior are commonly seen in _____ class of people.
 a) High b) Middle c) Low d) None of these
48. Which of the following health communication style makes use of the patients knowledge and experience?
 a) Doctor - centered communication b) Patient - centered communication
 c) Practitioner - centered communication d) None of these
49. Health has intimacy with _____
 a) Behaviour b) Society c) Personality d) All the above
50. What is a sign of toxic friendship?
 a) Lack of empathy b) Understanding c) Being supportive d) None of these