

9. Factor which influence health are
 a) Individual factor
 b) Individual behavior
 c) Public service and infrastructure
 d) All of the above
10. Psychologic disorders are
 a) Anxiety, depression, stress
 b) Stress, Anxiety
 c) Depression, anxiety
 d) None of the above
11. BMI stands for
 a) Body mass index
 b) Body material index
 c) Body mass indication
 d) None of the above
12. Overweight in BMI is (Kg/m^2)
 a) > 30
 b) > 25
 c) < 25
 d) < 30
13. Cause of obesity and overweight
 a) Energy imbalance
 b) Energy imbalance
 c) Energy balance between calories consumed and calories expended
 d) None of the above
14. Hyper obesity value in terms of BMI (in Kg/m^2)
 a) > 25
 b) < 25
 c) > 40
 d) < 40
15. Hyper is definition of overweight?
 a) $\text{BMI} > 25 \text{ Kg}/\text{m}^2$
 b) $\text{BMI} = 25 \text{ Kg}/\text{m}^2$
 c) $\text{BMI} 25 - 29.9 \text{ Kg}/\text{m}^2$
 d) $\text{BMI} 25 - 30 \text{ Kg}/\text{m}^2$
16. Which of the following disease does obesity increase the risk of developing?
 a) Type 2 diabetes
 b) High blood pressure
 c) Cardiovascular diseases
 d) All of the above
17. Communication is part of ----- skill
 a) Soft
 b) Hard
 c) Rough
 d) Short
18. Communication barriers involves
 a) Jumping into conclusion
 b) Arguing and debating
 c) Fear of offending
 d) All of the above
19. Way to improve communication skill are
 a) Active listening skills
 b) Passive listening skills
 c) Both a and b
 d) None of the above
20. Goals of communication are
 a) To inform, to persuade
 b) To inform
 c) To persuade, Fear of offending
 d) None of the above
21. Objective of communication skills are
 a) Active listening skills
 b) Aware of own communication
 c) Both a and b
 d) None of the above
22. What are the steps to improve the vocal clarity?
 a) keep your language simple
 b) slow down
 c) Both a and b
 d) Feedback

39. What is the general sleep requirements for adults?
 a) 8 to 12 hours b) 12 to 14 hour c) 7 to 9 hour d) None of the above
40. Which vitamins is good for eyes?
 a) Vitamin D b) Vitamin E c) Vitamin A d) None of the above
41. How many minutes should an average person walk a day?
 a) 30 minutes b) 40 minutes c) 20 minutes d) None of the above
42. What is the essential first step to a healthier lifestyle?
 a) Taking more vitamins
 b) Making the decision to abstinent form street drug
 c) Exercising regularly to the point of exhaustion
 d) None of the above
43. Behavioral addiction can include
 a) Gambling b) Alcohol c) inhalants d) Medication
44. Effects and health hazards from additions causes complication of
 a) physical b) psychological c) personal d) All of the above
45. Three things which are necessary for an infection to occurs
 a) source
 b) susceptible person with a way for germs to enter the body
 c) Transmission
 d) All of the above
46. Management of chronic illness for quality of life
 a) Sleep b) Happiness c) Mental health d) All of the above
47. Community based services to offer support in substance abuse consists of self help services such as?
 a) Alcoholic anonymous b) Crack crack
 c) Cannabis collective d) Hashish home
48. This causes the maximum accumulation of fat in the liver
 a) Meat + egg b) Alcohol c) Saturated fat d) Starch
49. Symptoms of chronic diseases
 a) Tiredness, aches, pains are not often visible b) Stress
 c) Anxiety d) None of the above
50. What is pain management?
 a) Taking pain relieving medicine b) Relaxation
 c) Both a and b d) None of the above

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