



Question Paper Version : A

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Scientific Foundations of Health

[Max. Marks: 50]

INSTRUCTIONS TO THE CANDIDATES

- Ver - A - 1 of 5

6. What is the definitions of overweight?
 - a) BMI > 25 kg/m²
 - b) BMI = 25 kg/m²
 - c) BMI 25 – 29.9 kg/m²
 - d) BMI < 25 kg/m²
7. Communication is a part of ____ skills.
 - a) Soft
 - b) Hard
 - c) Short
 - d) Rough
8. Which of these factors is not required for communication growth?
 - a) Globalisation
 - b) Negative Atmosphere
 - c) Growth size of organizations
 - d) Public relations
9. Body language plays an important role in
 - a) Communication
 - b) Judgment
 - c) Both (a) & (b)
 - d) None of these
10. This causes tunnel vision.
 - a) Smoking
 - b) Alcohol
 - c) Barbiturates
 - d) Vitamins A
11. This causes maximum accumulation of fat in the liver.
 - a) Meat & Egg
 - b) Alcohol
 - c) Saturated fat
 - d) Starch
12. Using abbreviations in communication leads to which type of communication barrier.
 - a) Language / Linguistic
 - b) Physical
 - c) Cultural
 - d) Organizational
13. Obesity occurs due to ; More consumption of
 - a) Calorie
 - b) Protein
 - c) Vitamins
 - d) None of these
14. What is intimately related?
 - a) Body & health
 - b) Body & mind
 - c) Disease & Health
 - d) Body & Spiritual values
15. What influences your health?
 - a) Heredity
 - b) Environment
 - c) Physical environment
 - d) All of these
16. A lack of judgment regarding whether a particular substance or behavior will be healthy of damaging to oneself is known as
 - a) Denial
 - b) Obsession
 - c) Loss of control
 - d) Compulsion
17. Which of the following diseases is transmitted by an insert vector?
 - a) Malaria
 - b) HIV/AIDS
 - c) CTB
 - d) None of these
18. Disease of the heart, joint and nervous system is called
 - a) Degenerative diseases
 - b) Mental diseases
 - c) Communicable diseases
 - d) Deficiency diseases

19. How often one must have a routine body checkup?
a) Once in 10 year b) Twice a year c) Once a year d) Once in 5 year
20. How do puzzles help you?
a) Physical exercise b) They are a time pass
c) They help exercise the brain d) They help you learn numbers
21. Alcohol based hand rub is the preferred method of hand hygiene.
a) False b) True c) Not sure d) None of these
22. Is addiction a
a) Mental disorder b) Physical disorder c) Both (a) & (b) d) None of these
23. Important roles of life are
a) Feeling happy b) Enjoy life c) Fighting diseases d) All of these
24. Signs of mental illness are
a) Abnormal thinking , perception and judgment
b) Abnormal changes in feeling and memory
c) Both (a) & (b)
d) Abnormal changes in behavior towards others.
25. People suffering from mental diseases in India.
a) 1 – 1.5 millions b) 6 – 7 millions c) 10 – 15 millions d) 60 – 70 millions
26. Social health hazards includes.
a) Stigma b) Anti – social behaviour
c) Higher crime records d) All of these
27. Hyper obesity value in terms of BMI.
a) > 25 b) 40 c) > 40 d) < 40
28. Goals of communication.
a) To inform , to persuade b) To inform, fear of offending
c) To persuade, fear of offending d) None of these
29. In which year WHO articulated the right to health in its constitution?
a) 2000 b) 1946 c) 1952 d) 1987
30. Spiritual health refers
a) Body composition b) Meditation c) Exercising d) All of these
31. When findings are difficult to generalize to the world outside of the laboratory, we say the research is lacking in _____ validity.
a) Ecological b) Economical c) Empirical d) Experimental

44. What is the goal of social engineering?
a) Sabotage a person's social media
b) To build trust
c) To gain vital personal information
d) To catfish someone.
45. After drinking Alcohol, consumption of this leads to death.
a) Morphine
b) Opium
c) Onion
d) None of these
46. How is substance use disorder treated?
a) Multiple types of treatment
b) Alcohol drinking
c) Recognition of problem
d) Both (a) & (c)
47. What are proactive factors for addictions?
a) Positive relationship
b) Drug experimentation
c) Community poverty
d) All of these
48. Objectives of communication skill are
a) Active listening skill
b) Aware of own communication barrier
c) Both (a) & (b)
d) None of these
49. Post Correspondence Problem (PCP) was originally developed as
a) A drug to induce vomiting
b) An anesthetic used in veterinary practice
c) An anesthetic with which person remains conscious but feels no pain
d) An experimental psychiatric medication.
50. Which of the following statement about amphetamines is true?
a) They are not addictive
b) They are stimulants
c) They have no known side effects
d) They cause drop in heart rate and respiration rate.
