

## Child and Adolescent Mental Health Disorders Multiple Choice Questions

Choose the best answer for each of the following questions.

1. Which statement is **not** true about mental wellbeing?
  - a. mental wellbeing is a multidimensional concept as it addresses how we feel and function
  - b. mental wellbeing is about absence of depression or anxiety
  - c. mental wellbeing can be measured at an individual or population level
  - d. PREMA model is a framework developed by Martin Seligman to assess mental wellbeing
  
2. According to the WHO definition which statement does not describe mental health?
  - a. a state of mental wellbeing that enables people to cope with the stresses of life
  - b. an integral component of health and well-being
  - c. merely absence of disease
  - d. none of the above
  
3. Which are the manifestations of intellectual disability? (you can choose more than 1 answer)
  - a. delay in ability to walk
  - b. poor performance in school
  - c. difficulty with self-care
  - d. repetitive and rigid routine
  
4. What are the features of autism spectrum disorder/ ASD?
  - a. deficits in social reciprocity
  - b. deficits in nonverbal communicative behaviors
  - c. hand-flapping
  - d. all of the above
  
5. Which one of the following is the manifestation of specific learning disorder?
  - a. An intellectual disability
  - b. Children with specific learning disorder only have trouble with learning foundational academic skills in reading, writing, and/or math.
  - c. Deficit in communication
  - d. Inattentiveness and hyperactivity
  
6. Which of the following are symptoms of children with attention deficit hyperactivity disorder/ ADHD? (you can choose more than 1 answer)

- a. have trouble sitting still in class
  - b. it is both a neurodevelopmental and behavioral disorder
  - c. the primary manifestation is delay in language development
  - d. may blurt out an answer in class even if it is not their turn
7. In younger children the symptoms of depression include which one of the following?
- a. Talking and laughing alone
  - b. Dressing inappropriately
  - c. Refusing to go to school
  - d. Cutting their wrist
8. What are obsessions?
- a. pathologic urges to act on an impulse
  - b. feelings of low mood
  - c. loss of interest
  - d. irresistible and persistent ideas
9. Which one of the following is **not** true about manifestation of post-traumatic stress disorder/ PTSD?
- a. children may relive their traumatic experience through playing that includes elements of the traumatic event, or behaviors, such as sexual behavior
  - b. the main manifestation is compulsion
  - c. avoidance of places that reminds them of the traumatic event
  - d. older children may experience feelings of shame or guilt
10. Which one of the following is **not** true about behaviour relating to substance use in adolescence?
- a. It may result in getting in trouble with the law
  - b. It may lead to suicidal thoughts
  - c. Taking medication is mandatory to treat problematic substance use in adolescents
  - d. It may lead to pressuring others to use substance

For the answer key, please email [nihrcmw@abdn.ac.uk](mailto:nihrcmw@abdn.ac.uk)

End of document.