

BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT

(Autonomous Institute under Visvesvaraya Technological University, Belagavi)

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Course Code

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First Semester B.E. Degree Examinations, April/ May 2023

SCIENTIFIC FOUNDATION OF HEALTH

(Common to all Branches)

Duration: 1 hr

Max. Marks: 50

Instructions to the Candidates:

- All questions are compulsory
- Each question carries 1 mark
- Use only black ball point pen
- Darkening two circles for the same question makes the answer invalid
- Damaging/overwriting, using whiteners on the OMR are strictly prohibited.

Q. No

Questions

1. Which of the following statements is correct?

(a) Health promotion can refer to any event, process or activity that facilitates	(b) The objective of health promotion is to prolong life and to improve quality	(c) Health promotion practice is often shaped by how health is	(d) all of these.
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2. This approach to health promotion is synonymous with health education as it aims to increase

(a) behaviour change approach	(b) community development approach	(c) biomedical approach	(d) none of these.
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3. Signs of mental illness are

(a) Abnormal changes in thinking, perception and judgment	(b) Abnormal changes in feeling and memory	(c) Both A and B	(d) Abnormal changes in behaviour towards others.
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4. Psychosis is characterized by

(a) Loss of touch with	(b) Prolonged emotional	(c) Anxiety, fear,	(d) All the above.
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5. The percentage of population suffering from serious mental illness is

(a) 1%	(b) 5%	(c) 8%	(d) 10%
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6. A thrust area in community health is

(a) Prevention and control of communicable diseases	(b) Prevention of blindness	(c) Maternal and child health	(d) School health services
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7. People suffering from mental diseases in India number

(a) 1 - 1.5 million	(b) 6 - 7 million	(c) 10 - 15 million	(d) 60 - 70 million
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8. What states can do to avoid addiction

(a) Adding higher tax on sweetened beverages	(b) Benefits for organic fruits	(c) Availability of healthy food	(d) All of the above
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9. Social health hazards include

(a) Stigma	(b) Anti-social behaviour	(c) Higher crime	(d) All of the above
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10. What other factors increase the risk of addiction?

(a) Mental illness	(b) Early use	(c) Both (a) and (b)	(d) None of the above
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11. Why do some people become addicted to drugs, while others do

- (a) Aggressive behaviour in childhood (b) Parental monitoring (c) Neighbourhood (d) All of the above
12. **What are protective factors for addictions**
 (a) Positive relationship (b) Drug experimentation (c) Community poverty (d) All of the above
13. **Types of addictive behaviour**
 (a) Alcoholism (b) Drugs-Opium (c) Video gaming (d) All of the above
14. **Mental health hazards include**
 (a) Anxiety (b) Depression (c) Organic mental disorders due to substance use (d) All of the above
15. **How is substance use disorder treated?**
 (a) Multiple types of (b) Recognition of (c) Alcohol drinking (d) Both a and b
16. **Hyper obesity value in terms of BMI**
 (a) >25 (b) <25 (c) >40 (d) <40
17. **In the future, which of the following will play a vital role in helping the gaming industry demystify the**
 (a) sustainability (b) a code of conduct (c) internet gaming (d) experienced
18. **Researchers, mental health professionals, problem gambling organizations, and the casino industry**
 (a) avoid bickering (b) unite with a common (c) reach a consensus. (d) avoid unnecessary
19. **What is the definition of overweight?**
 (a) BMI > 25 kg/m² (b) BMI = 25 kg/m² (c) BMI 25-29.9 kg/m² (d) BMI 25-30 kg/m²
20. **Which of the following diseases does obesity increase the risk of developing?**
 (a) Type 2 diabetes (b) Cancer (c) Cardiovascular (d) None of the above
21. **which of these factors is not required for communication growth?**
 (a) Growth in size of (b) Negative atmosphere (c) Globalization (d) public relations
22. **Communication is a part of**
 (a) Soft (b) Hard (c) Rough (d) Short
23. **Communication barriers involves**
 (a) Jumping into the (b) Arguing and debating (c) Fear of offending (d) All of the above
24. **Ways to improve the communication skills are**
 (a) Active listening skills, (b) Passive listening skills (c) Both a & b (d) None of the above
25. **Goals of communication are**
 (a) To inform, to persuade (b) To inform, Fear of (c) To persuade, Fear of (d) None of the above
26. **Objectives of communication skills are**
 (a) Active listening skills (b) Aware of own (c) Both a and b (d) None of the above
27. **What are the steps to increase the vocal clarity**
 (a) Keep your language simple (b) Slow down during conversation (c) Feedback (d) Both a and b
28. **How one can improve the communicate skills**
 (a) Listen with willingness (b) Respond appropriately (c) Provide feedback (d) All of the above
29. **Body language plays an important role in**
 (a) Communication (b) Judgment (c) Both a and b (d) None of the above
30. **Consumption of this causes increase in the fat synthesis, dilation of blood vessels, low blood sugar and**
 (a) drug addiction and (b) alcohol (c) tobacco (d) drug addiction
31. **This causes tunnel vision**
 (a) Smoking (b) Alcohol (c) Barbiturates (d) Vitamin A

32. **After drinking alcohol, consumption of this leads to death**
 (a) Morphine (b) Opium (c) Barbiturate (d) All of these
33. **Constituent of alcoholic beverage is**
 (a) Propyl alcohol (b) Methyl alcohol (c) Ethyl alcohol (d) Mix of all of these
34. **This is a consequence of alcohol addiction**
 (a) psychosis, hypertension (b) cardiovascular diseases, (c) ulcers, all types of (d) all of these
35. **This causes the maximin accumulation of fat in the liver**
 (a) meat and egg (b) alcohol (c) saturated fat (d) starch
36. **What is defined to be a regular and excessive use of a substance in spite of dangers?**
 (a) Use (b) Abuse (c) Substance (d) Dependence
37. **What is defined to be a condition in which a person develops intense cravings for the substance and**
 (a) Use (b) Abuse (c) Substance (d) Dependence
38. **What is the goal of social engineering?**
 (a) Sabotage a person's (b) To gain vital personal (c) To catfish someone (d) To build trust
39. **Using abbreviations in communication leads to which type of communication barrier**
 (a) Language/ Linguistic (b) Physical (c) Cultural (d) Organizational
40. **Which can be used to overcome the communication barrier**
 (a) Using a translator (b) By writing a letter (c) Not communicating (d) Using your own
41. **Community health aims at**
 (a) better health and family planning (b) better hygiene and clean environment (c) Removing communicable (d) All the above
42. **Obesity occurs due to:**
 (a) more consumption of (b) more consumption of (c) more consumption (d) None
43. **Which are intimately related?**
 (a) Disease and health (b) Body and health (c) Body and mind (d) Body and spiritual
44. **Mental health is a state of development of one's**
 (a) Personality (b) Emotional attitude (c) Both A and B (d) Intellect
45. **A Planning refers to**
 (a) Communities in which (b) Health services (c) financial stability (d) None of the above.
46. **WHO principles include**
 (a) Development of child (b) Health is one of the (c) Promotion and (d) All of the above
47. **Types of health**
 (a) Mental health only (b) Physical health only (c) Mental and physical (d) None of the above
48. **Financial health refers to**
 (a) Physical activity (b) Mental illness (c) Good-income (d) None of the above
49. **Spiritual health refers**
 (a) Meditation (b) Exercising (c) Body composition (d) All of the above
50. **What influences your health**
 (a) Heredity (b) Environment (c) Physical (d) All of the above