

Chapter – 7 | Human Health and Disease**QUIZ
PART-12**

1. Adolescence is considered as a bridge between:
- A. Birth and childhood
 - B. Childhood and adulthood
 - C. Adulthood and old age
 - D. Infancy and adolescence (B)

Explanation : Adolescence is the period connecting childhood and adulthood, generally between 12–18 years.

2. Which of the following is a major motivator of drug and alcohol abuse?
- A. Healthy lifestyle
 - B. Desire to experiment
 - C. Regular exercise
 - D. Balanced diet (B)

Explanation : Curiosity and the desire to experiment are important factors that may lead to drug and alcohol abuse.

3. Addiction is mainly associated with:
- A. Psychological attachment to drug effects
 - B. Complete avoidance of drugs
 - C. Increased immunity
 - D. Better mental health (A)

Explanation : Addiction involves psychological dependence on effects such as euphoria produced by drugs.

4. Repeated use of drugs increases the:
- A. Blood pressure permanently
 - B. Tolerance level of receptors
 - C. Number of body cells
 - D. Immunity level (B)

Explanation : Continuous drug use increases receptor tolerance, causing the person to require higher doses for the same effect.

5. Which of the following is a withdrawal symptom of drug dependence?
- A. Increased energy
 - B. Anxiety and shakiness
 - C. Improved concentration
 - D. Increased appetite (B)

Explanation : Withdrawal symptoms include anxiety, shakiness, nausea, and sweating when drug intake is stopped.

6. Sharing infected needles among intravenous drug users can transmit:
- A. Malaria and dengue
 - B. AIDS and hepatitis B
 - C. Typhoid and cholera
 - D. Tuberculosis and influenza (B)

Explanation : HIV and hepatitis B can spread through infected needles and syringes shared by intravenous drug users.

7. Drug/alcohol overdose may result in:
- A. Improved health
 - B. Coma and breathlessness
 - C. Increased immunity
 - D. Faster growth (B)

Explanation : Overdose can cause severe effects like coma, breathing difficulty, heart attack, or hemorrhage.

8. Long-term alcohol abuse can cause damage to the:
- A. Skin and bones
 - B. Nervous system and liver
 - C. Eyes and ears
 - D. Muscles only (B)

Explanation : Chronic alcohol abuse damages the nervous system and may cause liver cirrhosis.

9. Athletes misuse anabolic steroids mainly to:
- A. Reduce body strength
 - B. Increase aggression and athletic performance
 - C. Improve digestion
 - D. Prevent diseases (B)

Explanation : Some athletes misuse anabolic steroids to enhance muscle development, aggression, and performance.

10. Use of drugs during pregnancy may cause:
- A. Positive effects on foetus
 - B. Adverse effects on foetus
 - C. Increased immunity of foetus
 - D. Faster development of foetus (B)

Explanation : Drug and alcohol use during pregnancy can negatively affect foetal development.