

Asthma: 100-Question Multiple-Choice Quiz with Answers

1. What is asthma?

- A. A bacterial lung infection
- B. A chronic inflammatory disease of the airways
- C. A heart condition
- D. A blood disorder

Answer: B. A chronic inflammatory disease of the airways

Explanation: Asthma is a long-term condition that causes inflammation and narrowing of the airways, making breathing difficult.

2. Which symptom is most commonly associated with asthma?

- A. Chest pain
- B. Wheezing
- C. Nosebleeds
- D. Rash

Answer: B. Wheezing

Explanation: Wheezing is a high-pitched whistling sound that occurs when narrowed airways make breathing difficult.

3. Which of the following is a common asthma trigger?

- A. Pollen
- B. Fresh air
- C. Drinking water
- D. Sunlight

Answer: A. Pollen

Explanation: Pollen is a common allergen that can irritate the airways and trigger asthma symptoms.

4. What happens to the airways during an asthma attack?

- A. They widen permanently
- B. They become inflamed and narrowed
- C. They fill with blood
- D. They stop functioning completely

Answer: B. They become inflamed and narrowed

Explanation: During an asthma attack, airway muscles tighten, inflammation increases, and mucus production may rise.

5. Which medication is commonly used for quick asthma relief?

- A. Antibiotics
- B. Insulin
- C. Short-acting bronchodilators
- D. Antidepressants

Answer: C. Short-acting bronchodilators

Explanation: Rescue inhalers containing short-acting bronchodilators quickly relax airway muscles.

6. Which device is commonly used to deliver asthma medication?

- A. Thermometer
- B. Inhaler
- C. Stethoscope
- D. Syringe

Answer: B. Inhaler

Explanation: Inhalers allow medication to be delivered directly into the lungs.

7. Which age group can develop asthma?

- A. Only children

- B. Only adults
- C. Only elderly people
- D. People of all ages

Answer: D. People of all ages

Explanation: Asthma can occur in children, adults, and older adults.

8. What is a common nighttime symptom of asthma?

- A. Night sweats
- B. Coughing
- C. Blurred vision
- D. Sneezing blood

Answer: B. Coughing

Explanation: Asthma symptoms often worsen at night, causing coughing and breathing difficulties.

9. Which environmental factor can worsen asthma?

- A. Air pollution
- B. Clean water
- C. Healthy diet
- D. Exercise alone

Answer: A. Air pollution

Explanation: Polluted air can irritate sensitive airways and trigger asthma attacks.

10. Which type of healthcare professional commonly treats asthma?

- A. Dermatologist
- B. Pulmonologist
- C. Orthopedic surgeon
- D. Ophthalmologist

Answer: B. Pulmonologist

Explanation: Pulmonologists specialize in lung and respiratory conditions, including asthma.

11. What is bronchospasm?

- A. Bone inflammation
- B. Tightening of airway muscles
- C. Liver swelling
- D. Heart rhythm problem

Answer: B. Tightening of airway muscles

Explanation: Bronchospasm narrows the airways and makes breathing harder.

12. Which test is commonly used to diagnose asthma?

- A. MRI scan
- B. Spirometry
- C. Blood typing
- D. Colonoscopy

Answer: B. Spirometry

Explanation: Spirometry measures lung function and airflow obstruction.

13. Which symptom may indicate severe asthma?

- A. Blue lips
- B. Mild sneezing
- C. Itchy scalp
- D. Ear pain

Answer: A. Blue lips

Explanation: Blue lips may indicate low oxygen levels and require emergency medical attention.

14. What is the purpose of a rescue inhaler?

- A. Prevent infections
- B. Provide quick symptom relief
- C. Cure asthma permanently
- D. Improve digestion

Answer: B. Provide quick symptom relief

Explanation: Rescue inhalers rapidly open narrowed airways during asthma symptoms.

15. Which of the following is a long-term asthma control medication?

- A. Inhaled corticosteroids
- B. Pain relievers
- C. Antacids
- D. Antihistamine cream

Answer: A. Inhaled corticosteroids

Explanation: Inhaled corticosteroids reduce airway inflammation over time.

16. What is an asthma action plan?

- A. A surgical schedule
- B. A written guide for managing asthma
- C. A type of vaccine
- D. A breathing machine

Answer: B. A written guide for managing asthma

Explanation: Asthma action plans help patients recognize symptoms and know what treatment to use.

17. Which activity may trigger asthma in some people?

- A. Reading
- B. Exercise
- C. Sleeping
- D. Writing

Answer: B. Exercise

Explanation: Exercise-induced asthma can occur during or after physical activity.

18. What is exercise-induced asthma also called?

- A. Cardiac asthma
- B. Exercise-induced bronchoconstriction
- C. Lung collapse
- D. Pulmonary edema

Answer: B. Exercise-induced bronchoconstriction

Explanation: Exercise can cause temporary narrowing of the airways in some individuals.

19. Which allergen commonly triggers asthma?

- A. Dust mites
- B. Vitamins
- C. Soap
- D. Cotton

Answer: A. Dust mites

Explanation: Dust mites are common indoor allergens linked to asthma symptoms.

20. Smoking can:

- A. Improve asthma
- B. Worsen asthma
- C. Cure asthma
- D. Prevent wheezing

Answer: B. Worsen asthma

Explanation: Tobacco smoke irritates the lungs and increases asthma attacks.

21. Which symptom is NOT typical of asthma?

- A. Wheezing
- B. Shortness of breath
- C. Persistent cough
- D. Broken bones

Answer: D. Broken bones

Explanation: Asthma affects the respiratory system, not the skeletal system.

22. Asthma inflammation primarily affects the:

- A. Kidneys
- B. Airways
- C. Stomach
- D. Muscles

Answer: B. Airways

Explanation: Asthma causes swelling and irritation of the bronchial tubes.

23. Which weather condition may trigger asthma?

- A. Cold air
- B. Mild sunshine
- C. Warm baths

D. Calm breathing

Answer: A. Cold air

Explanation: Cold air can irritate sensitive airways and trigger symptoms.

24. Which type of asthma is linked to allergies?

- A. Allergic asthma
- B. Cardiac asthma
- C. Silent asthma
- D. Acute asthma only

Answer: A. Allergic asthma

Explanation: Allergic asthma occurs when allergens trigger airway inflammation.

25. Which symptom often occurs during an asthma attack?

- A. Difficulty breathing
- B. Tooth pain
- C. Hair loss
- D. Double vision

Answer: A. Difficulty breathing

Explanation: Narrowed airways make it hard to move air in and out of the lungs.

26. What does spirometry measure?

- A. Blood pressure
- B. Lung function
- C. Blood sugar
- D. Vision strength

Answer: B. Lung function

Explanation: Spirometry evaluates how much air a person can exhale and how quickly.

27. Which medication type reduces airway inflammation?

- A. Steroids
- B. Antibiotics
- C. Antifungals
- D. Sedatives

Answer: A. Steroids

Explanation: Corticosteroids decrease airway swelling and mucus production.

28. Severe untreated asthma can become:

- A. Life-threatening
- B. Harmless
- C. Contagious
- D. A skin disorder

Answer: A. Life-threatening

Explanation: Severe asthma attacks may dangerously reduce oxygen levels.

29. What is mucus overproduction in asthma associated with?

- A. Easier breathing
- B. Airway blockage
- C. Better oxygen flow
- D. Stronger lungs

Answer: B. Airway blockage

Explanation: Excess mucus narrows the airways further.

30. Which factor increases asthma risk?

- A. Family history
- B. Wearing glasses
- C. Reading books
- D. Drinking milk

Answer: A. Family history

Explanation: Genetics can increase susceptibility to asthma.

31. Which inhaler color is commonly associated with rescue medication?

- A. Blue
- B. Green
- C. Yellow
- D. Purple

Answer: A. Blue

Explanation: In many countries, rescue inhalers are commonly blue, though colors may vary.

32. What is wheezing caused by?

- A. Open airways
- B. Narrowed airways
- C. High blood pressure
- D. Muscle injury

Answer: B. Narrowed airways

Explanation: Air moving through constricted airways creates the wheezing sound.

33. Which household item may trigger asthma?

- A. Dust

- B. Pillows alone
- C. Glass tables
- D. Blank paper

Answer: A. Dust

Explanation: Dust often contains allergens such as dust mites.

34. Asthma is best described as:

- A. Always temporary
- B. Usually chronic
- C. Always infectious
- D. A digestive illness

Answer: B. Usually chronic

Explanation: Asthma is generally a long-term condition requiring ongoing management.

35. Which symptom can indicate poor asthma control?

- A. Frequent nighttime awakening
- B. Improved sleep
- C. Increased appetite
- D. Better exercise performance

Answer: A. Frequent nighttime awakening

Explanation: Nighttime symptoms suggest ongoing airway inflammation.

36. Which animal-related allergen can trigger asthma?

- A. Pet dander
- B. Fish scales in food
- C. Bird feathers in jackets only
- D. Animal cartoons

Answer: A. Pet dander

Explanation: Proteins from animal skin flakes can trigger allergic asthma.

37. Which breathing pattern is common during asthma symptoms?

- A. Slow deep breathing only
- B. Rapid breathing
- C. No breathing changes
- D. Breathing through one nostril only

Answer: B. Rapid breathing

Explanation: The body compensates for reduced airflow by increasing breathing rate.

38. What is peak flow monitoring used for?

- A. Measuring blood sugar
- B. Measuring airflow from the lungs
- C. Measuring heart rate
- D. Measuring hearing

Answer: B. Measuring airflow from the lungs

Explanation: Peak flow meters help monitor asthma control.

39. Which season may worsen asthma for some people?

- A. Spring
- B. Winter only
- C. Summer only
- D. Every season equally

Answer: A. Spring

Explanation: Spring pollen can trigger allergic asthma symptoms.

40. Which infection may worsen asthma?

- A. Common cold
- B. Athlete's foot
- C. Tooth cavity
- D. Pink eye only

Answer: A. Common cold

Explanation: Respiratory infections often increase airway inflammation.

41. What is a spacer used for with an inhaler?

- A. To clean the inhaler
- B. To improve medication delivery
- C. To reduce oxygen
- D. To measure blood pressure

Answer: B. To improve medication delivery

Explanation: Spacers help medication reach the lungs more effectively.

42. Which profession might have increased asthma risk from chemical exposure?

- A. Bakers
- B. Librarians only
- C. Accountants only
- D. Photographers only

Answer: A. Bakers

Explanation: Flour dust and workplace irritants can contribute to occupational asthma.

43. Occupational asthma is caused by:

- A. Exercise only
- B. Workplace exposures
- C. Genetics alone
- D. Sunburn

Answer: B. Workplace exposures

Explanation: Certain chemicals, fumes, or dusts at work may trigger asthma.

44. Which symptom may appear before an asthma attack?

- A. Increased coughing
- B. Better breathing
- C. Improved stamina
- D. Increased hunger

Answer: A. Increased coughing

Explanation: Worsening cough can be an early warning sign.

45. Which asthma medication is taken regularly for prevention?

- A. Controller medication
- B. Rescue medication only
- C. Antibiotics
- D. Pain medication

Answer: A. Controller medication

Explanation: Controller medicines reduce inflammation and prevent attacks.

46. Which lifestyle change can help asthma control?

- A. Avoiding triggers
- B. Smoking more
- C. Ignoring symptoms
- D. Avoiding all exercise forever

Answer: A. Avoiding triggers

Explanation: Identifying and avoiding triggers reduces symptoms.

47. Which body system does asthma primarily affect?

- A. Digestive system
- B. Respiratory system
- C. Nervous system
- D. Endocrine system

Answer: B. Respiratory system

Explanation: Asthma affects the lungs and airways.

48. Which symptom is common in children with asthma?

- A. Frequent coughing at night
- B. Hair discoloration
- C. Leg fractures
- D. Hearing loss

Answer: A. Frequent coughing at night

Explanation: Persistent nighttime cough is a common childhood asthma symptom.

49. What can happen if asthma is poorly controlled?

- A. Fewer symptoms
- B. More frequent attacks
- C. Permanent cure
- D. Better sleep automatically

Answer: B. More frequent attacks

Explanation: Poor management increases inflammation and symptom frequency.

50. Which emergency symptom requires immediate medical help?

- A. Inability to speak due to shortness of breath
- B. Mild sneezing
- C. Dry lips
- D. Temporary hiccups

Answer: A. Inability to speak due to shortness of breath

Explanation: Severe breathing difficulty can indicate a life-threatening asthma attack.

51. Which gas exchange problem occurs in severe asthma?

- A. Reduced oxygen intake
- B. Excess calcium
- C. Increased bone density
- D. Improved airflow

Answer: A. Reduced oxygen intake

Explanation: Narrowed airways reduce oxygen delivery to the body.

52. What is chest tightness in asthma caused by?

- A. Muscle tightening around airways
- B. Broken ribs
- C. Heart enlargement
- D. Liver disease

Answer: A. Muscle tightening around airways

Explanation: Bronchial muscles constrict during asthma symptoms.

53. Which asthma type is triggered by physical activity?

- A. Allergic asthma
- B. Exercise-induced asthma

- C. Silent asthma
- D. Occupational asthma only

Answer: B. Exercise-induced asthma

Explanation: Physical exertion can narrow airways in sensitive individuals.

54. Which food-related issue may trigger asthma in some people?

- A. Food allergies
- B. Drinking water
- C. Eating vegetables
- D. Vitamin intake

Answer: A. Food allergies

Explanation: Certain foods can provoke allergic reactions and asthma symptoms.

55. What does chronic mean in asthma?

- A. Temporary
- B. Long-lasting
- C. Infectious
- D. Surgical

Answer: B. Long-lasting

Explanation: Asthma usually requires ongoing management over time.

56. Which asthma symptom may worsen early in the morning?

- A. Wheezing
- B. Vision changes
- C. Joint pain
- D. Tooth sensitivity

Answer: A. Wheezing

Explanation: Airway inflammation often fluctuates and may worsen overnight.

57. What is a nebulizer?

- A. A surgical tool
- B. A device that turns medication into mist
- C. A thermometer
- D. A blood pressure cuff

Answer: B. A device that turns medication into mist

Explanation: Nebulizers help deliver asthma medication during breathing treatments.

58. Which symptom combination is common in asthma?

- A. Wheezing and cough
- B. Rash and swelling only
- C. Hearing loss and dizziness
- D. Vision loss and nausea

Answer: A. Wheezing and cough

Explanation: Coughing and wheezing are hallmark asthma symptoms.

59. Asthma attacks may vary in:

- A. Severity
- B. Blood type
- C. Hair color
- D. Height

Answer: A. Severity

Explanation: Some attacks are mild while others can be severe emergencies.

60. Which indoor condition may worsen asthma?

- A. Mold
- B. Dry books
- C. Wooden floors alone
- D. Empty rooms

Answer: A. Mold

Explanation: Mold spores are common asthma triggers.

61. Which medication opens the airways quickly?

- A. Bronchodilator
- B. Antibiotic
- C. Sedative
- D. Antiviral

Answer: A. Bronchodilator

Explanation: Bronchodilators relax airway muscles to improve airflow.

62. What is inflammation?

- A. Cooling of tissue
- B. Body response causing swelling and irritation
- C. Bone growth
- D. Hair loss

Answer: B. Body response causing swelling and irritation

Explanation: In asthma, inflammation narrows the airways and increases mucus.

63. Which emotional factor may trigger asthma symptoms?

- A. Stress
- B. Happiness only
- C. Reading
- D. Sleeping

Answer: A. Stress

Explanation: Strong emotions and stress can worsen breathing symptoms.

64. Which asthma trigger is related to air quality?

- A. Smoke
- B. Water
- C. Fruit
- D. Music

Answer: A. Smoke

Explanation: Smoke irritates sensitive lung tissue.

65. Which symptom may indicate mild asthma?

- A. Occasional wheezing
- B. Loss of consciousness
- C. Blue skin
- D. Severe chest collapse

Answer: A. Occasional wheezing

Explanation: Mild asthma symptoms may occur intermittently.

66. Asthma can interfere with:

- A. Sleep
- B. Breathing only during meals
- C. Hair growth
- D. Eye color

Answer: A. Sleep

Explanation: Nighttime asthma symptoms often disturb sleep.

67. Which healthcare instruction is important for asthma patients?

- A. Learning inhaler technique
- B. Ignoring symptoms
- C. Avoiding all medication
- D. Drinking less water always

Answer: A. Learning inhaler technique

Explanation: Correct inhaler use improves medication effectiveness.

68. Which trigger is associated with seasonal asthma symptoms?

- A. Pollen
- B. Iron supplements
- C. Soap bubbles
- D. Cold drinks only

Answer: A. Pollen

Explanation: Seasonal pollen can worsen allergic asthma.

69. Asthma symptoms are caused partly by:

- A. Airway swelling
- B. Bone fractures
- C. Kidney stones
- D. Tooth decay

Answer: A. Airway swelling

Explanation: Swelling narrows air passages and limits airflow.

70. Which symptom is common during severe asthma?

- A. Difficulty speaking
- B. Improved stamina
- C. Increased appetite
- D. Faster hair growth

Answer: A. Difficulty speaking

Explanation: Severe airflow limitation makes speaking difficult.

71. Which medical device measures oxygen levels?

- A. Pulse oximeter
- B. Thermometer
- C. Reflex hammer
- D. Stethoscope only

Answer: A. Pulse oximeter

Explanation: Pulse oximeters estimate blood oxygen saturation.

72. Which breathing sound is common in asthma?

- A. Wheezing
- B. Clicking joints
- C. Snoring only
- D. Humming

Answer: A. Wheezing

Explanation: Wheezing results from narrowed airways.

73. What role do inhaled corticosteroids play?

- A. Reducing inflammation
- B. Curing infections only
- C. Increasing mucus
- D. Causing airway swelling

Answer: A. Reducing inflammation

Explanation: These medications help prevent asthma flare-ups.

74. Which factor may help prevent asthma attacks?

- A. Taking medications as prescribed
- B. Ignoring treatment
- C. Smoking indoors
- D. Avoiding medical advice

Answer: A. Taking medications as prescribed

Explanation: Consistent treatment improves asthma control.

75. Which symptom is often associated with allergic asthma?

- A. Sneezing
- B. Broken bones
- C. Ear bleeding
- D. Hair thinning

Answer: A. Sneezing

Explanation: Allergic asthma may occur alongside allergy symptoms.

76. What can untreated asthma inflammation lead to?

- A. Airway damage over time
- B. Stronger lungs automatically
- C. Improved oxygen flow
- D. Better sleep only

Answer: A. Airway damage over time

Explanation: Chronic inflammation may contribute to airway remodeling.

77. Which inhaler is used daily for prevention?

- A. Controller inhaler
- B. Rescue inhaler only
- C. Antibiotic inhaler
- D. Vitamin inhaler

Answer: A. Controller inhaler

Explanation: Controller inhalers reduce long-term inflammation.

78. Which group is at higher risk for asthma complications?

- A. People with severe allergies
- B. People with perfect vision
- C. People with freckles
- D. People with straight hair

Answer: A. People with severe allergies

Explanation: Allergies and asthma are closely connected.

79. What is one goal of asthma treatment?

- A. Prevent symptoms
- B. Eliminate oxygen
- C. Reduce appetite
- D. Prevent sleep

Answer: A. Prevent symptoms

Explanation: Effective treatment minimizes attacks and improves quality of life.

80. Which action helps identify asthma triggers?

- A. Keeping a symptom diary
- B. Ignoring symptoms
- C. Avoiding medical visits

D. Skipping medication

Answer: A. Keeping a symptom diary

Explanation: Tracking symptoms can reveal patterns and triggers.

81. What is airway remodeling?

A. Permanent changes in airway structure

B. Bone repair

C. Skin regeneration

D. Heart enlargement

Answer: A. Permanent changes in airway structure

Explanation: Chronic inflammation may alter airway walls over time.

82. Which emergency treatment may be needed in severe asthma?

A. Oxygen therapy

B. Eye drops

C. Dental cleaning

D. Hearing aids

Answer: A. Oxygen therapy

Explanation: Oxygen may be required when blood oxygen levels are low.

83. Which symptom suggests worsening asthma control?

A. Increased inhaler use

B. Better breathing

C. Reduced coughing

D. Improved exercise tolerance

Answer: A. Increased inhaler use

Explanation: Frequent rescue inhaler use may indicate poorly controlled asthma.

84. Which trigger may be found in cleaning products?

- A. Chemical fumes
- B. Vitamins
- C. Calcium
- D. Protein

Answer: A. Chemical fumes

Explanation: Strong odors and chemicals can irritate the airways.

85. Which test may show reversible airway obstruction?

- A. Spirometry
- B. Bone scan
- C. Vision exam
- D. Colonoscopy

Answer: A. Spirometry

Explanation: Improvement after bronchodilator use supports an asthma diagnosis.

86. Which symptom may occur after exposure to smoke?

- A. Wheezing
- B. Better breathing
- C. Increased energy only
- D. Improved sleep immediately

Answer: A. Wheezing

Explanation: Smoke exposure commonly irritates the lungs.

87. Which asthma trigger is common in urban areas?

- A. Pollution
- B. Mountain air only
- C. Quiet rooms
- D. Fresh rainwater

Answer: A. Pollution

Explanation: Vehicle emissions and smog can worsen asthma.

88. Which body structure carries air into the lungs?

- A. Bronchi
- B. Arteries
- C. Kidneys
- D. Tendons

Answer: A. Bronchi

Explanation: The bronchi are major air passages affected in asthma.

89. What may happen if a severe asthma attack is untreated?

- A. Respiratory failure
- B. Improved airflow
- C. Better endurance
- D. Increased vision

Answer: A. Respiratory failure

Explanation: Severe airway narrowing can prevent adequate breathing.

90. Which type of medication is usually inhaled directly into the lungs?

- A. Asthma bronchodilator
- B. Antibiotic tablet only
- C. Pain patch
- D. Vitamin capsule

Answer: A. Asthma bronchodilator

Explanation: Inhaled medications target the airways quickly.

91. Which factor can improve asthma management?

- A. Regular medical follow-up
- B. Skipping appointments
- C. Smoking indoors
- D. Ignoring worsening symptoms

Answer: A. Regular medical follow-up

Explanation: Monitoring helps adjust treatment when needed.

92. Which symptom is common during asthma flare-ups?

- A. Persistent coughing
- B. Tooth fractures
- C. Finger swelling only
- D. Blurred hearing

Answer: A. Persistent coughing

Explanation: Coughing often increases during asthma exacerbations.

93. What is an exacerbation?

- A. Worsening of asthma symptoms
- B. Permanent cure
- C. Bone infection
- D. Hearing problem

Answer: A. Worsening of asthma symptoms

Explanation: An exacerbation is another term for an asthma flare-up or attack.

94. Which breathing issue occurs in asthma?

- A. Airflow obstruction
- B. Increased bone growth
- C. Blood clotting disorder
- D. Skin discoloration only

Answer: A. Airflow obstruction

Explanation: Inflamed and narrowed airways reduce airflow.

95. Which child symptom may suggest asthma?

- A. Coughing during play
- B. Improved breathing after smoke exposure
- C. Constant ear pain
- D. Hair shedding

Answer: A. Coughing during play

Explanation: Exercise or activity-related coughing can indicate asthma.

96. Which action is important during an asthma attack?

- A. Using prescribed rescue medication
- B. Ignoring symptoms
- C. Running intensely
- D. Avoiding all breathing treatments

Answer: A. Using prescribed rescue medication

Explanation: Quick-relief medicine helps open the airways rapidly.

97. Which symptom may occur with severe oxygen deprivation?

- A. Confusion
- B. Improved memory

- C. Better concentration
- D. Increased appetite

Answer: A. Confusion

Explanation: Low oxygen levels can affect brain function.

98. Which factor can reduce asthma flare-ups?

- A. Trigger avoidance
- B. Smoking exposure
- C. Ignoring allergies
- D. Skipping medications

Answer: A. Trigger avoidance

Explanation: Avoiding known triggers lowers the chance of attacks.

99. Which healthcare strategy helps prevent emergencies?

- A. Following an asthma action plan
- B. Sharing inhalers with others
- C. Avoiding treatment
- D. Ignoring warning signs

Answer: A. Following an asthma action plan

Explanation: Action plans guide treatment decisions during worsening symptoms.

100. What is the overall goal of asthma management?

- A. Maintain normal activity with controlled symptoms
- B. Avoid all physical movement
- C. Eliminate breathing permanently
- D. Stay indoors forever

Answer: A. Maintain normal activity with controlled symptoms

Explanation: Proper asthma management allows many people to live active, healthy lives.