

Concussions Quiz: 100 Multiple-Choice Questions

1. What is a concussion?

- A. A broken bone in the skull
- B. A type of traumatic brain injury
- C. A spinal cord injury
- D. A brain tumor

2. Which of the following is a common symptom of a concussion?

- A. Fever
- B. Chest pain
- C. Headache
- D. Rash

3. A concussion can occur even if a person does not lose consciousness.

- A. True
- B. False
- C. Only in children
- D. Only in athletes

4. Which sport has a high risk of concussion?

- A. Football
- B. Boxing
- C. Hockey
- D. All of the above

5. What part of the body is primarily affected in a concussion?

- A. Heart
- B. Brain
- C. Lungs
- D. Kidneys

6. Which symptom may indicate a severe concussion requiring emergency care?

- A. Mild thirst
- B. Persistent vomiting
- C. Sneezing
- D. Mild hunger

7. What is the leading cause of concussions?

- A. Allergies
- B. Falls
- C. Sunburns
- D. Diabetes

8. Which of the following may happen after a concussion?

- A. Memory problems
- B. Difficulty concentrating
- C. Dizziness
- D. All of the above

9. What should someone do immediately after a suspected concussion?

- A. Continue normal activities
- B. Seek medical evaluation
- C. Drink energy drinks
- D. Ignore symptoms

10. Which imaging test is commonly used if a serious brain injury is suspected?

- A. CT scan
- B. Ultrasound
- C. Colonoscopy
- D. Mammogram

11. Which age group is particularly vulnerable to concussions?

- A. Teen athletes
- B. Older adults
- C. Young children
- D. All of the above

12. What does "post-concussion syndrome" refer to?

- A. A skull fracture
- B. Symptoms lasting weeks or months after a concussion
- C. A spinal injury
- D. A type of infection

13. Which symptom is emotional rather than physical?

- A. Irritability
- B. Vomiting
- C. Blurred vision
- D. Balance problems

14. Which protective equipment helps reduce concussion risk in sports?

- A. Helmet
- B. Sandals
- C. Gloves only
- D. Sunglasses

15. What is second impact syndrome?

- A. A skin condition
- B. A dangerous brain swelling after another concussion before recovery
- C. A heart disorder
- D. A broken neck injury

16. Which cognitive symptom may occur after a concussion?

- A. Faster thinking

- B. Trouble concentrating
- C. Improved memory
- D. Better coordination

17. Which of the following is NOT a typical concussion symptom?

- A. Dizziness
- B. Sensitivity to light
- C. Hearing loss in both ears permanently
- D. Confusion

18. Rest after a concussion includes:

- A. Physical rest only
- B. Mental rest only
- C. Both physical and cognitive rest
- D. No rest is needed

19. Which activity may worsen concussion symptoms early in recovery?

- A. Sleeping
- B. Intense exercise
- C. Quiet rest
- D. Hydration

20. Which professional commonly diagnoses concussions?

- A. Veterinarian
- B. Healthcare provider
- C. Electrician
- D. Architect

21. Which symptom may appear hours after a concussion?

- A. Fatigue
- B. Memory problems
- C. Headache
- D. All of the above

22. Children with concussions may show:

- A. Increased crying
- B. Changes in sleep habits
- C. Loss of interest in toys
- D. All of the above

23. What does "return-to-play protocol" mean?

- A. Immediate return to sports
- B. Gradual step-by-step return to activity
- C. Permanent sports ban
- D. Bed rest for months

24. Which symptom can affect school performance after a concussion?

- A. Difficulty concentrating
- B. Sneezing
- C. Broken fingernails
- D. Hair loss

25. Concussions are considered:

- A. Infectious diseases
- B. Brain injuries
- C. Lung conditions
- D. Muscle disorders

26. Which factor increases concussion risk?

- A. Not wearing protective gear
- B. Following safety rules
- C. Drinking water
- D. Stretching

27. Which symptom may involve vision?

- A. Blurred vision
- B. Toothache
- C. Rash
- D. Swollen ankle

28. Which statement about concussions is correct?

- A. They always show up on MRI scans
- B. They always involve bleeding in the brain
- C. Symptoms can vary widely
- D. Only athletes get them

29. Which symptom is related to balance?

- A. Dizziness
- B. Fever
- C. Cough
- D. Rash

30. Why is it important to avoid another concussion during recovery?

- A. It can increase risk of severe brain injury
- B. It improves recovery speed
- C. It has no effect
- D. It prevents headaches

31. Which healthcare recommendation is common after concussion?

- A. Unlimited screen time
- B. Gradual return to activity
- C. Heavy weightlifting immediately
- D. Skipping sleep

32. Which symptom may affect sleep?

- A. Sleeping too much
- B. Trouble sleeping
- C. Both A and B

D. Neither A nor B

33. Which symptom may affect emotions?

- A. Depression
- B. Anxiety
- C. Mood swings
- D. All of the above

34. Which activity should be limited early after concussion?

- A. Reading for long periods
- B. Video games
- C. Excessive screen time
- D. All of the above

35. Which body system is most involved in a concussion?

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

36. What may happen if concussion symptoms are ignored?

- A. Symptoms may worsen
- B. Recovery may take longer
- C. Serious complications may develop
- D. All of the above

37. Which symptom involves sensitivity to the environment?

- A. Sensitivity to light and noise
- B. Broken arm
- C. Muscle cramps
- D. Hair growth

38. Which test may assess balance and memory after concussion?

- A. Neurological examination
- B. Eye exam only
- C. Blood sugar test
- D. Allergy test

39. Which type of accident commonly causes concussions?

- A. Motor vehicle accidents
- B. Paper cuts
- C. Sun exposure
- D. Tooth decay

40. Which statement is true about recovery time?

- A. Everyone recovers at the same speed
- B. Recovery varies by person
- C. Recovery always takes one day
- D. Adults recover slower than everyone else in every case

41. Which symptom affects thinking ability?

- A. Confusion
- B. Broken finger
- C. Sneezing
- D. Tooth sensitivity

42. What is cognitive rest?

- A. Avoiding mental strain
- B. Sleeping only outdoors
- C. Eating less food
- D. Running daily

43. Which symptom may indicate worsening brain injury?

- A. Increasing drowsiness
- B. Severe headache
- C. Slurred speech
- D. All of the above

44. Which statement about helmets is correct?

- A. Helmets prevent all concussions
- B. Helmets reduce risk but cannot eliminate concussions
- C. Helmets are unnecessary
- D. Helmets only protect the face

45. Which symptom may interfere with sports performance?

- A. Slow reaction time
- B. Poor balance
- C. Difficulty concentrating
- D. All of the above

46. What is a mild traumatic brain injury?

- A. Concussion
- B. Broken ankle
- C. Flu infection
- D. Muscle strain

47. Which symptom may involve nausea?

- A. Feeling sick to the stomach
- B. Improved appetite only
- C. Tooth pain
- D. Back rash

48. Repeated concussions may increase risk for:

- A. Long-term brain problems
- B. Memory issues
- C. Mood disorders
- D. All of the above

49. Which school adjustment may help a student recovering from concussion?

- A. Reduced homework
- B. Extra test time
- C. Rest breaks
- D. All of the above

50. Which symptom may involve hearing?

- A. Ringing in the ears
- B. Tooth decay
- C. Foot swelling
- D. Hair loss

51. Which activity is safest immediately after a concussion?

- A. Resting quietly
- B. Playing contact sports
- C. Heavy lifting
- D. Roller coasters

52. Which symptom may affect memory?

- A. Forgetfulness
- B. Improved recall
- C. Perfect concentration
- D. Stronger reflexes

53. Which healthcare provider may help with concussion rehabilitation?

- A. Physical therapist
- B. Neurologist
- C. Sports medicine doctor
- D. All of the above

54. What should athletes do if concussion symptoms return during activity?

- A. Stop activity and seek advice
- B. Continue playing harder

- C. Ignore the symptoms
- D. Drink caffeine only

55. Which symptom may involve coordination problems?

- A. Clumsiness
- B. Better balance
- C. Improved coordination
- D. Faster movement

56. Which statement is true about concussion prevention?

- A. Seat belts help reduce risk
- B. Safe sports techniques help reduce risk
- C. Protective equipment helps reduce risk
- D. All of the above

57. Which symptom may occur during reading?

- A. Difficulty focusing
- B. Enhanced concentration
- C. Improved vision
- D. Stronger memory

58. Which symptom is related to fatigue?

- A. Feeling unusually tired
- B. Increased energy always
- C. Rapid muscle growth
- D. Hair thickening

59. Which symptom may affect communication?

- A. Slurred speech
- B. Stronger voice
- C. Improved pronunciation
- D. Better vocabulary

60. Why are children monitored carefully after concussions?

- A. Their brains are still developing
- B. They never recover
- C. They cannot get headaches
- D. They always need surgery

61. Which symptom may worsen with bright lights?

- A. Headache
- B. Fever
- C. Rash
- D. Sneezing

62. Which condition may be confused with a concussion?

- A. Migraine
- B. Dehydration
- C. Inner ear problems
- D. All of the above

63. Which statement is true about sleep after concussion?

- A. Sleep is often beneficial
- B. Sleep should always be avoided
- C. No one with a concussion should sleep
- D. Sleep instantly cures concussion

64. Which symptom may affect mood?

- A. Sadness
- B. Irritability
- C. Anxiety
- D. All of the above

65. Which symptom may occur during physical activity after concussion?

- A. Return of headache
- B. Dizziness

- C. Nausea
- D. All of the above

66. Which type of injury mechanism can cause concussion?

- A. Rapid shaking of the head
- B. Blow to the head
- C. Sudden body impact
- D. All of the above

67. Which symptom may affect classroom learning?

- A. Trouble remembering information
- B. Difficulty paying attention
- C. Slower processing speed
- D. All of the above

68. Which statement about concussion recovery is correct?

- A. Recovery should be individualized
- B. Everyone follows the same plan
- C. Symptoms should always be ignored
- D. Exercise should always be intense immediately

69. Which symptom may involve the stomach?

- A. Nausea
- B. Broken rib
- C. Tooth fracture
- D. Skin infection

70. Which factor may prolong concussion recovery?

- A. Returning to activity too quickly
- B. Lack of rest
- C. Repeated injuries
- D. All of the above

71. Which symptom may involve sensitivity to noise?

- A. Sound sensitivity
- B. Improved hearing
- C. Better music appreciation
- D. Ear growth

72. What is one goal of concussion management?

- A. Safe recovery
- B. Preventing repeat injury
- C. Gradual return to normal activities
- D. All of the above

73. Which symptom may involve vision changes?

- A. Double vision
- B. Improved eyesight
- C. Permanent blindness always
- D. Enhanced night vision

74. Which symptom may interfere with driving?

- A. Slow reaction time
- B. Dizziness
- C. Trouble concentrating
- D. All of the above

75. Which group should follow concussion protocols in sports?

- A. Coaches
- B. Athletes
- C. Trainers
- D. All of the above

76. Which symptom may appear emotional in children?

- A. Increased irritability
- B. Persistent crying
- C. Mood changes

D. All of the above

77. Which statement is true about repeated head impacts?

- A. They may have cumulative effects
- B. They always improve performance
- C. They are harmless
- D. They prevent headaches

78. Which symptom may affect work performance?

- A. Difficulty multitasking
- B. Poor concentration
- C. Fatigue
- D. All of the above

79. Which statement about diagnosis is correct?

- A. Diagnosis is based on symptoms and examination
- B. Blood tests alone diagnose all concussions
- C. Concussions are diagnosed by X-ray only
- D. Symptoms never matter

80. Which symptom may involve mental slowing?

- A. Feeling "foggy"
- B. Faster thinking
- C. Instant recall
- D. Improved focus

81. Which symptom may make computer use difficult?

- A. Eye strain
- B. Headache
- C. Light sensitivity
- D. All of the above

82. Which action may reduce concussion risk in vehicles?

- A. Wearing seat belts
- B. Texting while driving
- C. Speeding
- D. Ignoring traffic laws

83. Which symptom may affect athletic coordination?

- A. Poor balance
- B. Delayed reaction time
- C. Dizziness
- D. All of the above

84. Which symptom may occur immediately after injury?

- A. Confusion
- B. Headache
- C. Dizziness
- D. All of the above

85. Which healthcare advice is important after concussion?

- A. Follow medical instructions carefully
- B. Ignore worsening symptoms
- C. Return to sports immediately
- D. Avoid all follow-up care

86. Which symptom may interfere with conversations?

- A. Trouble finding words
- B. Improved speech speed
- C. Stronger memory only
- D. Better hearing only

87. Which symptom may worsen in crowded environments?

- A. Sensory overload
- B. Headache
- C. Dizziness
- D. All of the above

88. Which statement about concussion myths is correct?

- A. You do not have to lose consciousness to have a concussion
- B. All concussions are visible on scans
- C. Concussions are always minor
- D. Symptoms should always be ignored

89. Which symptom may affect physical education participation?

- A. Balance problems
- B. Headaches
- C. Fatigue
- D. All of the above

90. Which statement about concussion prevention in sports is true?

- A. Proper technique matters
- B. Rule enforcement matters
- C. Education matters
- D. All of the above

91. Which symptom may indicate emergency medical care is needed?

- A. Seizures
- B. Loss of consciousness
- C. Worsening confusion
- D. All of the above

92. Which symptom may affect reading comprehension?

- A. Difficulty concentrating
- B. Mental fatigue
- C. Memory problems
- D. All of the above

93. Which type of rest is important early in concussion recovery?

- A. Physical rest
- B. Mental rest
- C. Adequate sleep
- D. All of the above

94. Which statement about children and concussions is correct?

- A. Symptoms may be harder to recognize
- B. Children can experience emotional changes
- C. Academic adjustments may help
- D. All of the above

95. Which symptom may affect memory of the injury?

- A. Amnesia
- B. Stronger recall
- C. Better memory than before
- D. Enhanced concentration

96. Which statement about concussion recovery is accurate?

- A. Most people recover fully with proper care
- B. Recovery is impossible
- C. Symptoms always last forever
- D. Treatment never helps

97. Which symptom may make studying difficult?

- A. Mental fatigue
- B. Poor concentration
- C. Headaches
- D. All of the above

8. Which professional may help determine return-to-play readiness?

- A. Sports medicine physician
- B. Neurologist
- C. Athletic trainer
- D. All of the above

99. Which statement about concussion symptoms is correct?

- A. Symptoms may be physical, cognitive, emotional, or sleep-related
- B. Symptoms are only physical
- C. Symptoms are always identical
- D. Symptoms never change

100. What is the most important principle in concussion management?

- A. Ignore symptoms
- B. Return to sports immediately
- C. Prioritize brain recovery and safety
- D. Avoid all medical care