

Concussions Quiz: 100 Multiple-Choice Questions with Answers

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

Answer: B. A type of traumatic brain injury

Explanation: A concussion is a mild traumatic brain injury (TBI) caused by a blow, bump, or jolt to the head or body that disrupts normal brain function.

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

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

Answer: C. Headache

Explanation: Headaches are one of the most common symptoms of a concussion and may occur immediately or develop later.

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

Answer: A. True

Explanation: Most concussions do not involve loss of consciousness. Symptoms may still be serious even when the person remains awake.

4. Which sport has a high risk of concussion?

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

Answer: D. All of the above

Explanation: Contact sports such as football, boxing, and hockey are associated with higher concussion risks because of frequent impacts.

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

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

Answer: B. Brain

Explanation: A concussion directly affects brain function, often causing temporary cognitive and physical symptoms.

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

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

Answer: B. Persistent vomiting

Explanation: Repeated vomiting can be a warning sign of a serious brain injury and requires immediate medical attention.

7. What is the leading cause of concussions?

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

Answer: B. Falls

Explanation: Falls are one of the most common causes of concussions, especially in children and older adults.

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

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

Answer: D. All of the above

Explanation: Concussions can affect memory, attention, balance, and many other brain functions.

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

Answer: B. Seek medical evaluation

Explanation: A healthcare professional should evaluate any suspected concussion to determine severity and proper treatment.

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

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

Answer: A. CT scan

Explanation: CT scans help detect bleeding or swelling in the brain after a head injury.

11. Which age group is particularly vulnerable to concussions?

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

Answer: D. All of the above

Explanation: Concussions can affect people of all ages, but certain groups are at higher risk due to falls, sports, or age-related factors.

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

Answer: B. Symptoms lasting weeks or months after a concussion

Explanation: Some individuals experience persistent symptoms such as headaches and difficulty concentrating long after the initial injury.

13. Which symptom is emotional rather than physical?

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

Answer: A. Irritability

Explanation: Emotional symptoms such as irritability, anxiety, and mood swings are common after concussions.

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

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

Answer: A. Helmet

Explanation: Helmets help reduce the force of impacts, though they cannot completely prevent concussions.

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

Answer: B. A dangerous brain swelling after another concussion before recovery

Explanation: A second concussion before full recovery can cause rapid brain swelling and may be fatal.

16. Which cognitive symptom may occur after a concussion?

- A. Faster thinking
- B. Trouble concentrating
- C. Improved memory
- D. Better coordination

Answer: B. Trouble concentrating

Explanation: Brain function may slow temporarily after a concussion, affecting focus and attention.

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

Answer: C. Hearing loss in both ears permanently

Explanation: Permanent bilateral hearing loss is uncommon in simple concussions and may indicate another condition.

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

Answer: C. Both physical and cognitive rest

Explanation: Recovery often requires limiting both physical activity and mentally demanding tasks.

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

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

Answer: B. Intense exercise

Explanation: Vigorous activity can worsen symptoms and delay healing.

20. Which professional commonly diagnoses concussions?

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

Answer: B. Healthcare provider

Explanation: Doctors, nurse practitioners, and other healthcare professionals evaluate and diagnose concussions.

21. Which symptom may appear hours after a concussion?

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

Answer: D. All of the above

Explanation: Concussion symptoms may be delayed and develop over time.

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

Answer: D. All of the above

Explanation: Young children may express concussion symptoms through behavioral changes.

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

Answer: B. Gradual step-by-step return to activity

Explanation: Athletes should slowly increase activity under medical supervision after symptoms improve.

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

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

Answer: A. Difficulty concentrating

Explanation: Problems with attention and memory can interfere with learning.

25. Concussions are considered:

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

Answer: B. Brain injuries

Explanation: A concussion is a traumatic injury affecting how the brain works.

26. Which factor increases concussion risk?

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

Answer: A. Not wearing protective gear

Explanation: Failing to use proper safety equipment increases the risk of head injury.

27. Which symptom may involve vision?

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

Answer: A. Blurred vision

Explanation: Concussions often affect visual processing and eye coordination.

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

Answer: C. Symptoms can vary widely

Explanation: Each concussion is different, and symptoms may range from mild to severe.

29. Which symptom is related to balance?

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

Answer: A. Dizziness

Explanation: Concussions frequently affect balance and coordination.

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

Answer: A. It can increase risk of severe brain injury

Explanation: A second injury before healing increases the risk of complications.

31. Which healthcare recommendation is common after concussion?

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

Answer: B. Gradual return to activity

Explanation: Patients are usually advised to slowly resume normal activities as symptoms improve.

32. Which symptom may affect sleep?

- A. Sleeping too much
- B. Trouble sleeping
- C. Both A and B
- D. Neither A nor B

Answer: C. Both A and B

Explanation: Concussions can disrupt normal sleep patterns in multiple ways.

33. Which symptom may affect emotions?

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

Answer: D. All of the above

Explanation: Emotional and psychological symptoms are common after concussions.

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

Answer: D. All of the above

Explanation: Mentally demanding tasks can worsen symptoms during early recovery.

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

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

Answer: B. Nervous system

Explanation: The brain and nervous system are directly affected by concussion injuries.

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

Answer: D. All of the above

Explanation: Ignoring symptoms can delay recovery and increase risks.

37. Which symptom involves sensitivity to the environment?

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

Answer: A. Sensitivity to light and noise

Explanation: Many people with concussions become more sensitive to sensory stimulation.

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

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

D. Allergy test

Answer: A. Neurological examination

Explanation: Neurological exams help evaluate brain function after injury.

39. Which type of accident commonly causes concussions?

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

Answer: A. Motor vehicle accidents

Explanation: Car crashes are a major cause of traumatic brain injuries.

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

Answer: B. Recovery varies by person

Explanation: Age, injury severity, and previous concussions affect recovery time.

41. Which symptom affects thinking ability?

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

Answer: A. Confusion

Explanation: Concussions commonly affect mental clarity and thinking processes.

42. What is cognitive rest?

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

Answer: A. Avoiding mental strain

Explanation: Cognitive rest reduces activities that challenge the brain during recovery.

43. Which symptom may indicate worsening brain injury?

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

Answer: D. All of the above

Explanation: These symptoms may signal a more serious injury requiring urgent care.

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

Answer: B. Helmets reduce risk but cannot eliminate concussions

Explanation: Helmets reduce impact forces but cannot fully stop brain movement inside the skull.

45. Which symptom may interfere with sports performance?

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

Answer: D. All of the above

Explanation: Concussions affect multiple abilities important for athletic performance.

46. What is a mild traumatic brain injury?

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

Answer: A. Concussion

Explanation: Concussions are classified as mild traumatic brain injuries.

47. Which symptom may involve nausea?

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

Answer: A. Feeling sick to the stomach

Explanation: Nausea is a frequent symptom after head injury.

48. Repeated concussions may increase risk for:

- A. Long-term brain problems

- B. Memory issues
- C. Mood disorders
- D. All of the above

Answer: D. All of the above

Explanation: Multiple concussions can have cumulative effects on brain health.

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

Answer: D. All of the above

Explanation: Academic accommodations can reduce symptoms and support recovery.

50. Which symptom may involve hearing?

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

Answer: A. Ringing in the ears

Explanation: Tinnitus can occur after a concussion.

51. Which activity is safest immediately after a concussion?

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

Answer: A. Resting quietly

Explanation: Early recovery usually involves limiting stimulation and activity.

52. Which symptom may affect memory?

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

Answer: A. Forgetfulness

Explanation: Short-term memory problems are common after concussions.

53. Which healthcare provider may help with concussion rehabilitation?

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

Answer: D. All of the above

Explanation: Concussion care often involves a team of healthcare professionals.

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

Answer: A. Stop activity and seek advice

Explanation: Returning symptoms suggest the brain may not be fully healed.

55. Which symptom may involve coordination problems?

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

Answer: A. Clumsiness

Explanation: Brain injuries can impair coordination and motor control.

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

Answer: D. All of the above

Explanation: Many safety measures can lower the chance of head injuries.

57. Which symptom may occur during reading?

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

Answer: A. Difficulty focusing

Explanation: Reading can worsen symptoms because it requires visual and cognitive effort.

58. Which symptom is related to fatigue?

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

Answer: A. Feeling unusually tired

Explanation: Fatigue is a frequent symptom during concussion recovery.

59. Which symptom may affect communication?

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

Answer: A. Slurred speech

Explanation: Slurred speech may indicate serious neurological impairment.

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

Answer: A. Their brains are still developing

Explanation: Developing brains may be more vulnerable to injury effects.

61. Which symptom may worsen with bright lights?

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

Answer: A. Headache

Explanation: Light sensitivity often intensifies headaches after concussion.

62. Which condition may be confused with a concussion?

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

Answer: D. All of the above

Explanation: Several conditions share symptoms with concussions.

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

Answer: A. Sleep is often beneficial

Explanation: Restful sleep supports brain recovery.

64. Which symptom may affect mood?

- A. Sadness
- B. Irritability
- C. Anxiety

D. All of the above

Answer: D. All of the above

Explanation: Emotional symptoms commonly accompany brain injuries.

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

- A. Return of headache
- B. Dizziness
- C. Nausea
- D. All of the above

Answer: D. All of the above

Explanation: Physical exertion may temporarily worsen symptoms.

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

Answer: D. All of the above

Explanation: Concussions can result from forces that cause the brain to move inside the skull.

67. Which symptom may affect classroom learning?

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

Answer: D. All of the above

Explanation: Cognitive effects may interfere with education.

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

Answer: A. Recovery should be individualized

Explanation: Treatment plans depend on symptoms and recovery progress.

69. Which symptom may involve the stomach?

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

Answer: A. Nausea

Explanation: Digestive symptoms like nausea can result from brain injury.

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

Answer: D. All of the above

Explanation: Insufficient recovery time may extend symptoms.

71. Which symptom may involve sensitivity to noise?

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

Answer: A. Sound sensitivity

Explanation: Loud sounds may become uncomfortable after a concussion.

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

Answer: D. All of the above

Explanation: Concussion treatment focuses on healing and avoiding complications.

73. Which symptom may involve vision changes?

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

Answer: A. Double vision

Explanation: Concussions can disrupt visual processing and eye coordination.

74. Which symptom may interfere with driving?

- A. Slow reaction time
- B. Dizziness

- C. Trouble concentrating
- D. All of the above

Answer: D. All of the above

Explanation: Brain function changes can make driving unsafe during recovery.

75. Which group should follow concussion protocols in sports?

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

Answer: D. All of the above

Explanation: Everyone involved in sports safety should understand concussion management.

76. Which symptom may appear emotional in children?

- A. Increased irritability
- B. Persistent crying
- C. Mood changes
- D. All of the above

Answer: D. All of the above

Explanation: Children may express concussion symptoms through emotional changes.

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

Answer: A. They may have cumulative effects

Explanation: Repeated impacts can contribute to long-term neurological problems.

78. Which symptom may affect work performance?

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

Answer: D. All of the above

Explanation: Concussions can interfere with job responsibilities and productivity.

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

Answer: A. Diagnosis is based on symptoms and examination

Explanation: Healthcare providers evaluate symptoms, history, and neurological findings.

80. Which symptom may involve mental slowing?

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

Answer: A. Feeling "foggy"

Explanation: Many patients describe slowed thinking or mental fog after concussion.

81. Which symptom may make computer use difficult?

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

Answer: D. All of the above

Explanation: Screens can aggravate multiple concussion symptoms.

82. Which action may reduce concussion risk in vehicles?

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

Answer: A. Wearing seat belts

Explanation: Seat belts reduce injury risk during crashes.

83. Which symptom may affect athletic coordination?

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

Answer: D. All of the above

Explanation: Neurological symptoms can impair physical performance.

84. Which symptom may occur immediately after injury?

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

Answer: D. All of the above

Explanation: Symptoms can appear right away or later.

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

Answer: A. Follow medical instructions carefully

Explanation: Proper management supports recovery and safety.

86. Which symptom may interfere with conversations?

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

Answer: A. Trouble finding words

Explanation: Language and communication difficulties may occur after brain injury.

87. Which symptom may worsen in crowded environments?

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

Answer: D. All of the above

Explanation: Busy environments can overstimulate the recovering brain.

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

Answer: A. You do not have to lose consciousness to have a concussion

Explanation: Many concussions occur without blacking out.

89. Which symptom may affect physical education participation?

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

Answer: D. All of the above

Explanation: Physical activity can worsen symptoms before recovery is complete.

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

Answer: D. All of the above

Explanation: Prevention requires equipment, training, rules, and awareness.

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

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

Answer: D. All of the above

Explanation: Severe neurological symptoms require urgent evaluation.

92. Which symptom may affect reading comprehension?

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

Answer: D. All of the above

Explanation: Cognitive symptoms can interfere with understanding written material.

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

Answer: D. All of the above

Explanation: Recovery is supported by reducing physical and cognitive strain.

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

Answer: D. All of the above

Explanation: Children may not describe symptoms clearly, so monitoring is important.

95. Which symptom may affect memory of the injury?

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

Answer: A. Amnesia

Explanation: Some people cannot remember events before or after the injury.

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

Answer: A. Most people recover fully with proper care

Explanation: Many individuals recover completely, especially with appropriate management.

97. Which symptom may make studying difficult?

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

Answer: D. All of the above

Explanation: Concussion symptoms can interfere with academic tasks.

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

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

Answer: D. All of the above

Explanation: Several professionals may assist in safe return-to-play decisions.

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

Answer: A. Symptoms may be physical, cognitive, emotional, or sleep-related

Explanation: Concussions affect many areas of brain function.

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

Answer: C. Prioritize brain recovery and safety

Explanation: Proper rest, monitoring, and gradual return to activity help reduce complications and support healing.