

Depression Quiz: 100 Multiple-Choice Questions

1. What is depression?

- A. A temporary mood swing
- B. A serious mental health disorder
- C. A personality trait
- D. A type of infection

2. Which symptom is commonly associated with depression?

- A. Increased energy all the time
- B. Persistent sadness
- C. Improved concentration
- D. Excessive optimism

3. Depression can affect which age group?

- A. Only adults
- B. Only teenagers
- C. Only older adults
- D. People of all ages

4. Which neurotransmitter is commonly linked to depression?

- A. Dopamine
- B. Serotonin
- C. Acetylcholine
- D. Histamine

5. What is a common emotional symptom of depression?

- A. Joyfulness
- B. Irritability
- C. Overconfidence
- D. Euphoria

6. Which physical symptom may occur with depression?

- A. Increased appetite only
- B. Hair growth
- C. Fatigue
- D. Improved vision

7. Depression is primarily diagnosed through:

- A. Blood tests only
- B. Brain surgery
- C. Psychological evaluation
- D. X-rays

8. Which disorder involves episodes of mania and depression?

- A. Bipolar disorder
- B. Panic disorder
- C. OCD
- D. ADHD

9. What is anhedonia?

- A. Fear of crowds
- B. Loss of interest or pleasure
- C. Excessive sleeping
- D. Increased appetite

10. How long must symptoms usually persist for major depressive disorder diagnosis?

- A. 24 hours
- B. 3 days
- C. 2 weeks
- D. 6 months

11. Which factor may increase depression risk?

- A. Strong social support
- B. Chronic stress
- C. Regular exercise

D. Healthy sleep habits

12. Which sleep problem is common in depression?

- A. Insomnia
- B. Sleepwalking only
- C. Night terrors only
- D. Sleep paralysis only

13. Which treatment is commonly used for depression?

- A. Antibiotics
- B. Chemotherapy
- C. Psychotherapy
- D. Radiation therapy

14. Which medication type is often prescribed for depression?

- A. Antidepressants
- B. Antifungals
- C. Antihistamines
- D. Anticoagulants

15. Cognitive behavioral therapy focuses on:

- A. Surgery
- B. Changing negative thoughts and behaviors
- C. Diet alone
- D. Memory loss treatment

16. Which lifestyle habit may help reduce depression symptoms?

- A. Isolation
- B. Regular exercise
- C. Excessive alcohol use
- D. Sleep deprivation

17. Depression may negatively affect:

- A. Relationships
- B. Work performance
- C. Physical health
- D. All of the above

18. Which feeling is common in depression?

- A. Hopelessness
- B. Constant excitement
- C. Extreme confidence
- D. Aggressiveness only

19. Postpartum depression occurs:

- A. After surgery
- B. During childhood
- C. After childbirth
- D. During retirement

20. Seasonal affective disorder is linked to:

- A. Food allergies
- B. Seasonal changes
- C. Viral infections
- D. Exercise

21. Which behavior may signal depression in teenagers?

- A. Increased social withdrawal
- B. Constant happiness
- C. Perfect concentration
- D. Excessive enthusiasm

22. Untreated depression may increase the risk of:

- A. Improved health
- B. Substance misuse
- C. Better sleep
- D. Stronger concentration

23. Which statement about depression is true?

- A. It is a sign of weakness
- B. It can be treated
- C. It is always temporary
- D. Only adults get it

24. A person with depression may experience difficulty with:

- A. Concentration
- B. Vision only
- C. Hearing only
- D. Taste only

25. Which hormone is associated with stress and depression?

- A. Insulin
- B. Cortisol
- C. Melatonin
- D. Thyroxine

26. Which is a common cognitive symptom of depression?

- A. Racing positive thoughts
- B. Feelings of worthlessness
- C. Increased motivation
- D. Hyperactivity

27. Which type of depression lasts for at least two years?

- A. Persistent depressive disorder
- B. Panic disorder
- C. Acute stress disorder
- D. Schizophrenia

28. Electroconvulsive therapy may be used when:

- A. Depression is severe and resistant to treatment

- B. A person has a cold
- C. Someone has a broken bone
- D. The person has allergies

29. Which eating change can occur in depression?

- A. Appetite increase or decrease
- B. No change ever
- C. Only increased thirst
- D. Improved digestion only

30. Which factor may protect against depression?

- A. Strong social support
- B. Sleep deprivation
- C. Chronic isolation
- D. Substance abuse

31. Which symptom may indicate severe depression?

- A. Mild boredom
- B. Suicidal thoughts
- C. Increased appetite only
- D. Temporary frustration

32. Depression affects the brain by influencing:

- A. Mood regulation
- B. Memory
- C. Motivation
- D. All of the above

33. Which statement about antidepressants is true?

- A. They work instantly
- B. They are addictive in all cases
- C. They may take weeks to work
- D. They cure depression permanently

34. Which disorder commonly occurs alongside depression?

- A. Anxiety disorders
- B. Asthma only
- C. Arthritis only
- D. Hearing loss only

35. Which life event may trigger depression?

- A. Loss of a loved one
- B. Chronic illness
- C. Financial stress
- D. All of the above

36. Depression can cause physical pain such as:

- A. Headaches
- B. Muscle aches
- C. Stomach problems
- D. All of the above

37. Which type of therapy focuses on relationships and communication?

- A. Interpersonal therapy
- B. Radiation therapy
- C. Occupational therapy
- D. Chemotherapy

38. Depression is caused by:

- A. One single factor only
- B. A combination of biological, psychological, and social factors
- C. Laziness
- D. Poor intelligence

39. Which gender is statistically diagnosed with depression more often?

- A. Men
- B. Women
- C. Equal in all studies
- D. Children only

40. Which behavior may worsen depression?

- A. Maintaining routines
- B. Isolation
- C. Seeking therapy
- D. Exercising

41. Depression may interfere with:

- A. Daily activities
- B. School performance
- C. Job responsibilities
- D. All of the above

42. Which statement about suicide and depression is accurate?

- A. Depression never increases suicide risk
- B. Suicidal comments should always be taken seriously
- C. Talking about suicide causes suicide
- D. Only adults are at risk

43. Which vitamin deficiency has been linked to depressive symptoms?

- A. Vitamin D
- B. Vitamin C only
- C. Vitamin K only
- D. Vitamin B12 only

44. Which symptom is common in children with depression?

- A. Irritability
- B. Constant excitement
- C. Extreme confidence

D. Hyperactivity only

45. Depression can affect appetite by:

- A. Increasing it
- B. Decreasing it
- C. Causing weight changes
- D. All of the above

46. Which of the following is not a treatment for depression?

- A. Therapy
- B. Medication
- C. Lifestyle changes
- D. Ignoring symptoms

47. Which brain area is involved in mood regulation?

- A. Prefrontal cortex
- B. Cerebellum only
- C. Retina
- D. Pancreas

48. Depression may increase the risk of:

- A. Heart disease
- B. Diabetes complications
- C. Poor immune function
- D. All of the above

49. Which sleep pattern may occur in depression?

- A. Oversleeping
- B. Insomnia
- C. Disturbed sleep
- D. All of the above

50. What does CBT stand for?

- A. Cognitive Behavioral Therapy
- B. Central Brain Treatment
- C. Clinical Behavior Training
- D. Cognitive Brain Therapy

51. Which symptom may make depression difficult to recognize?

- A. Physical complaints
- B. Constant happiness
- C. Increased energy only
- D. Perfect focus

52. Which statement about depression stigma is true?

- A. Stigma may prevent treatment
- B. Stigma improves outcomes
- C. Depression should be hidden
- D. Mental illness is rare

53. Which coping strategy may help depression?

- A. Healthy sleep habits
- B. Social support
- C. Stress management
- D. All of the above

54. Which type of depression may occur during winter months?

- A. Seasonal affective disorder
- B. Bipolar disorder
- C. Panic disorder
- D. OCD

55. Depression may cause people to feel:

- A. Worthless
- B. Hopeless
- C. Guilty
- D. All of the above

56. Which professional can diagnose depression?

- A. Psychiatrist
- B. Psychologist
- C. Licensed mental health provider
- D. All of the above

57. Which activity may improve mood naturally?

- A. Exercise
- B. Social interaction
- C. Relaxation techniques
- D. All of the above

58. Depression can impact memory by:

- A. Causing forgetfulness
- B. Improving memory greatly
- C. Preventing all memory use
- D. Causing blindness

59. Which statement about men and depression is true?

- A. Men cannot develop depression
- B. Men may show irritability or anger
- C. Men always seek help immediately
- D. Men never experience sadness

60. Which condition may resemble depression symptoms?

- A. Thyroid disorders
- B. Vitamin deficiencies
- C. Chronic illness
- D. All of the above

61. Which symptom is part of major depressive disorder?

- A. Persistent low mood

- B. Hallucinations only
- C. Excessive physical strength
- D. Improved concentration

62. Which neurotransmitter besides serotonin is linked to depression?

- A. Norepinephrine
- B. Sodium
- C. Calcium
- D. Potassium

63. Which factor may increase depression risk in adolescents?

- A. Bullying
- B. Family conflict
- C. Trauma
- D. All of the above

64. Which symptom may appear in older adults with depression?

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

65. Which statement about depression treatment is true?

- A. Treatment plans may vary by person
- B. One treatment works for everyone
- C. Therapy never helps
- D. Medication is always required

66. Which symptom may occur during severe depression?

- A. Psychosis
- B. Euphoria only
- C. Excessive confidence
- D. Constant excitement

67. Which behavior may help someone with depression?

- A. Seeking professional help
- B. Ignoring symptoms
- C. Avoiding others permanently
- D. Stopping all activities

68. Which statement about antidepressants is accurate?

- A. They should only be stopped under medical supervision
- B. They work after one dose
- C. They are never effective
- D. Everyone has the same response

69. Which factor may contribute to postpartum depression?

- A. Hormonal changes
- B. Sleep deprivation
- C. Emotional stress
- D. All of the above

70. Which statement about depression myths is false?

- A. Depression is a medical condition
- B. People can simply "snap out of it"
- C. Treatment can help
- D. Depression affects many people

71. Which relaxation practice may help depression?

- A. Meditation
- B. Deep breathing
- C. Mindfulness
- D. All of the above

72. Which symptom may affect work performance in depression?

- A. Poor concentration

- B. Fatigue
- C. Low motivation
- D. All of the above

73. Which group may experience depression?

- A. Athletes
- B. Students
- C. Professionals
- D. All of the above

74. Which statement about exercise and depression is true?

- A. Exercise may improve mood
- B. Exercise always cures depression
- C. Exercise worsens all depression
- D. Exercise has no effect on mental health

75. Which type of depression is associated with childbirth?

- A. Postpartum depression
- B. Seasonal depression
- C. Situational depression
- D. Persistent depressive disorder

76. Depression may affect decision-making by causing:

- A. Indecisiveness
- B. Faster thinking always
- C. Increased confidence only
- D. Improved memory only

77. Which behavior is unhealthy for coping with depression?

- A. Substance misuse
- B. Therapy
- C. Exercise
- D. Social support

78. Which symptom may accompany depression?

- A. Anxiety
- B. Panic attacks
- C. Restlessness
- D. All of the above

79. Which statement about childhood depression is true?

- A. Children cannot become depressed
- B. Childhood depression is real and treatable
- C. Depression only affects adults
- D. Children always show sadness

80. Which medical professional may prescribe antidepressants?

- A. Psychiatrist
- B. Primary care physician
- C. Nurse practitioner in some settings
- D. All of the above

81. Which symptom may indicate depression relapse?

- A. Return of sadness and fatigue
- B. Improved concentration
- C. Increased motivation
- D. Better sleep only

82. Which factor can make depression treatment more effective?

- A. Early intervention
- B. Ignoring symptoms
- C. Social isolation
- D. Sleep deprivation

83. Which statement about depression recovery is true?

- A. Recovery is possible
- B. Recovery never happens

- C. Treatment is useless
- D. Symptoms always last forever

84. Which behavior may support mental wellness?

- A. Balanced nutrition
- B. Regular sleep
- C. Physical activity
- D. All of the above

85. Which symptom may be mistaken for laziness?

- A. Low motivation
- B. Hyperactivity
- C. Euphoria
- D. Excessive confidence

86. Which therapy may involve identifying negative thought patterns?

- A. Cognitive behavioral therapy
- B. Radiation therapy
- C. Physical therapy
- D. Occupational therapy only

87. Which factor may increase suicide risk in depression?

- A. Substance abuse
- B. Isolation
- C. Hopelessness
- D. All of the above

88. Which statement about seeking help is true?

- A. Asking for help is a sign of strength
- B. People should hide depression
- C. Treatment never works
- D. Depression is imaginary

89. Which environmental factor may influence depression?

- A. Chronic stress
- B. Trauma
- C. Social isolation
- D. All of the above

90. Which statement about depression symptoms is true?

- A. Symptoms vary between individuals
- B. Everyone experiences the same symptoms
- C. Symptoms are always obvious
- D. Depression only causes sadness

91. Which symptom may affect academic performance?

- A. Difficulty concentrating
- B. Fatigue
- C. Low motivation
- D. All of the above

92. Which statement about family history is true?

- A. Genetics may influence depression risk
- B. Family history has no role
- C. Depression is always inherited
- D. Only environment matters

93. Which self-care strategy may help depression?

- A. Maintaining routines
- B. Healthy eating
- C. Getting enough sleep
- D. All of the above

94. Which symptom may occur in severe depression?

- A. Difficulty getting out of bed
- B. Loss of interest in activities

- C. Extreme fatigue
- D. All of the above

95. Which support source may help someone with depression?

- A. Friends
- B. Family
- C. Support groups
- D. All of the above

96. Which statement about depression and physical health is true?

- A. Depression can affect the body
- B. Depression only affects emotions
- C. Physical symptoms are unrelated
- D. Depression improves immune health

97. Which statement about depression screening is accurate?

- A. Screening may help identify symptoms early
- B. Screening is useless
- C. Screening cures depression
- D. Only hospitals perform screening

98. Which type of thinking is common in depression?

- A. Negative self-talk
- B. Excessive optimism only
- C. Constant excitement
- D. Grandiosity

99. Which action is important if someone expresses suicidal thoughts?

- A. Take them seriously and seek help
- B. Ignore them
- C. Leave them alone immediately
- D. Tell them to "cheer up"

100. Which statement best summarizes depression?

- A. It is a temporary weakness
- B. It is a treatable mental health condition
- C. It only affects emotions
- D. It cannot improve