

Depression Quiz: 100 Multiple-Choice Questions with Answers

1. What is depression?

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

Answer: B. A serious mental health disorder

Explanation: Depression is a medical condition that affects mood, thinking, behavior, and physical health. It is more than temporary sadness.

2. Which symptom is commonly associated with depression?

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

Answer: B. Persistent sadness

Explanation: Persistent sadness or emptiness lasting at least two weeks is one of the hallmark symptoms of depression.

3. Depression can affect which age group?

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

Answer: D. People of all ages

Explanation: Depression can occur in children, adolescents, adults, and older adults.

4. Which neurotransmitter is commonly linked to depression?

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

Answer: B. Serotonin

Explanation: Serotonin plays an important role in mood regulation, and imbalances may contribute to depression.

5. What is a common emotional symptom of depression?

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

Answer: B. Irritability

Explanation: Many people with depression experience irritability along with sadness and hopelessness.

6. Which physical symptom may occur with depression?

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

Answer: C. Fatigue

Explanation: Fatigue and low energy are common physical symptoms of depression.

7. Depression is primarily diagnosed through:

- A. Blood tests only

- B. Brain surgery
- C. Psychological evaluation
- D. X-rays

Answer: C. Psychological evaluation

Explanation: Mental health professionals diagnose depression based on symptoms, duration, and impact on functioning.

8. Which disorder involves episodes of mania and depression?

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

Answer: A. Bipolar disorder

Explanation: Bipolar disorder includes both depressive episodes and manic or hypomanic episodes.

9. What is anhedonia?

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

Answer: B. Loss of interest or pleasure

Explanation: Anhedonia refers to losing enjoyment in activities once found pleasurable.

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

- A. 24 hours
- B. 3 days
- C. 2 weeks

D. 6 months

Answer: C. 2 weeks

Explanation: Symptoms typically must last at least two weeks for a diagnosis of major depressive disorder.

11. Which factor may increase depression risk?

- A. Strong social support
- B. Chronic stress
- C. Regular exercise
- D. Healthy sleep habits

Answer: B. Chronic stress

Explanation: Long-term stress can contribute to the development of depression.

12. Which sleep problem is common in depression?

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

Answer: A. Insomnia

Explanation: Difficulty sleeping or oversleeping are common symptoms of depression.

13. Which treatment is commonly used for depression?

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

Answer: C. Psychotherapy

Explanation: Talk therapy such as cognitive behavioral therapy is a common depression treatment.

14. Which medication type is often prescribed for depression?

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

Answer: A. Antidepressants

Explanation: Antidepressants help regulate brain chemicals involved in mood.

15. Cognitive behavioral therapy focuses on:

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

Answer: B. Changing negative thoughts and behaviors

Explanation: CBT helps people recognize and change harmful thinking patterns.

16. Which lifestyle habit may help reduce depression symptoms?

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

Answer: B. Regular exercise

Explanation: Physical activity may improve mood and reduce symptoms of depression.

17. Depression may negatively affect:

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

Answer: D. All of the above

Explanation: Depression can impact many areas of life, including relationships, work, and physical well-being.

18. Which feeling is common in depression?

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

Answer: A. Hopelessness

Explanation: Many people with depression feel hopeless about the future.

19. Postpartum depression occurs:

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

Answer: C. After childbirth

Explanation: Postpartum depression affects some individuals after giving birth.

20. Seasonal affective disorder is linked to:

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

Answer: B. Seasonal changes

Explanation: SAD is a type of depression related to changes in seasons and reduced sunlight.

21. Which behavior may signal depression in teenagers?

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

Answer: A. Increased social withdrawal

Explanation: Teens with depression may isolate themselves from family and friends.

22. Untreated depression may increase the risk of:

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

Answer: B. Substance misuse

Explanation: Some people may turn to alcohol or drugs to cope with depressive symptoms.

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

Answer: B. It can be treated

Explanation: Depression is a treatable medical condition.

24. A person with depression may experience difficulty with:

A. Concentration

B. Vision only

C. Hearing only

D. Taste only

Answer: A. Concentration

Explanation: Depression often affects attention, focus, and decision-making.

25. Which hormone is associated with stress and depression?

A. Insulin

B. Cortisol

C. Melatonin

D. Thyroxine

Answer: B. Cortisol

Explanation: High stress levels may increase cortisol, which can contribute to depression.

26. Which is a common cognitive symptom of depression?

A. Racing positive thoughts

B. Feelings of worthlessness

C. Increased motivation

D. Hyperactivity

Answer: B. Feelings of worthlessness

Explanation: Negative self-perception is common in depression.

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

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

Answer: A. Persistent depressive disorder

Explanation: Persistent depressive disorder, also called dysthymia, involves long-lasting depressive symptoms.

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

Answer: A. Depression is severe and resistant to treatment

Explanation: ECT may help individuals with severe depression that does not improve with other treatments.

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

Answer: A. Appetite increase or decrease

Explanation: Depression may cause significant changes in eating habits and weight.

30. Which factor may protect against depression?

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

Answer: A. Strong social support

Explanation: Healthy relationships and support systems may reduce depression risk.

31. Which symptom may indicate severe depression?

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

Answer: B. Suicidal thoughts

Explanation: Suicidal thinking is a serious symptom requiring immediate professional help.

32. Depression affects the brain by influencing:

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

Answer: D. All of the above

Explanation: Depression can impact multiple brain functions including mood, cognition, and motivation.

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

Answer: C. They may take weeks to work

Explanation: Antidepressants often require several weeks before full benefits appear.

34. Which disorder commonly occurs alongside depression?

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

Answer: A. Anxiety disorders

Explanation: Depression and anxiety frequently occur together.

35. Which life event may trigger depression?

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

Answer: D. All of the above

Explanation: Stressful or traumatic events may contribute to depression.

36. Depression can cause physical pain such as:

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

Answer: D. All of the above

Explanation: Depression can contribute to physical symptoms and discomfort.

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

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

Answer: A. Interpersonal therapy

Explanation: Interpersonal therapy addresses relationship problems and social functioning.

38. Depression is caused by:

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

Answer: B. A combination of biological, psychological, and social factors

Explanation: Depression usually results from multiple interacting factors.

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

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

Answer: B. Women

Explanation: Women are diagnosed with depression more frequently, though men may be underdiagnosed.

40. Which behavior may worsen depression?

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

Answer: B. Isolation

Explanation: Social withdrawal may intensify depressive symptoms.

41. Depression may interfere with:

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

Answer: D. All of the above

Explanation: Depression can impair functioning in many areas of life.

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

Answer: B. Suicidal comments should always be taken seriously

Explanation: Expressions of suicidal thoughts require immediate attention and support.

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

Answer: A. Vitamin D

Explanation: Low vitamin D levels may be associated with mood problems in some individuals.

44. Which symptom is common in children with depression?

- A. Irritability
- B. Constant excitement
- C. Extreme confidence
- D. Hyperactivity only

Answer: A. Irritability

Explanation: Children with depression may appear irritable rather than sad.

45. Depression can affect appetite by:

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

Answer: D. All of the above

Explanation: Depression can significantly alter appetite and body weight.

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

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

Answer: D. Ignoring symptoms

Explanation: Untreated depression may worsen over time.

47. Which brain area is involved in mood regulation?

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

Answer: A. Prefrontal cortex

Explanation: The prefrontal cortex plays an important role in emotional regulation.

48. Depression may increase the risk of:

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

Answer: D. All of the above

Explanation: Depression may negatively impact physical health.

49. Which sleep pattern may occur in depression?

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

Answer: D. All of the above

Explanation: Depression commonly affects sleep quality and duration.

50. What does CBT stand for?

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

Answer: A. Cognitive Behavioral Therapy

Explanation: CBT is a widely used therapy for depression.

51. Which symptom may make depression difficult to recognize?

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

Answer: A. Physical complaints

Explanation: Some people primarily experience physical symptoms such as pain or fatigue.

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

Answer: A. Stigma may prevent treatment

Explanation: Fear of judgment may discourage people from seeking help.

53. Which coping strategy may help depression?

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

Answer: D. All of the above

Explanation: Healthy coping skills may improve mood and resilience.

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

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

Answer: A. Seasonal affective disorder

Explanation: SAD is linked to seasonal light changes.

55. Depression may cause people to feel:

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

Answer: D. All of the above

Explanation: Negative emotions and self-beliefs are common in depression.

56. Which professional can diagnose depression?

- A. Psychiatrist

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

Answer: D. All of the above

Explanation: Various qualified professionals can assess and diagnose depression.

57. Which activity may improve mood naturally?

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

Answer: D. All of the above

Explanation: Healthy lifestyle practices can support mental health.

58. Depression can impact memory by:

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

Answer: A. Causing forgetfulness

Explanation: Depression may impair memory and concentration.

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

Answer: B. Men may show irritability or anger

Explanation: Depression symptoms may appear differently in men.

60. Which condition may resemble depression symptoms?

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

Answer: D. All of the above

Explanation: Medical conditions can mimic or contribute to depressive symptoms.

61. Which symptom is part of major depressive disorder?

- A. Persistent low mood
- B. Hallucinations only
- C. Excessive physical strength
- D. Improved concentration

Answer: A. Persistent low mood

Explanation: Ongoing low mood is a core symptom of major depressive disorder.

62. Which neurotransmitter besides serotonin is linked to depression?

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

Answer: A. Norepinephrine

Explanation: Norepinephrine affects mood and energy levels.

63. Which factor may increase depression risk in adolescents?

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

Answer: D. All of the above

Explanation: Stressful experiences may contribute to depression in young people.

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

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

Answer: D. All of the above

Explanation: Depression in older adults may present with physical or cognitive symptoms.

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

Answer: A. Treatment plans may vary by person

Explanation: Effective treatment often depends on individual needs.

66. Which symptom may occur during severe depression?

- A. Psychosis
- B. Euphoria only

- C. Excessive confidence
- D. Constant excitement

Answer: A. Psychosis

Explanation: Severe depression may include delusions or hallucinations in some cases.

67. Which behavior may help someone with depression?

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

Answer: A. Seeking professional help

Explanation: Professional treatment can improve symptoms and quality of life.

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

Answer: A. They should only be stopped under medical supervision

Explanation: Suddenly stopping antidepressants may cause withdrawal symptoms.

69. Which factor may contribute to postpartum depression?

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

Answer: D. All of the above

Explanation: Multiple biological and emotional factors may contribute.

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

Answer: B. People can simply "snap out of it"

Explanation: Depression is not something a person can easily control through willpower alone.

71. Which relaxation practice may help depression?

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

Answer: D. All of the above

Explanation: Relaxation techniques may reduce stress and improve emotional well-being.

72. Which symptom may affect work performance in depression?

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

Answer: D. All of the above

Explanation: Depression may impair productivity and daily functioning.

73. Which group may experience depression?

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

Answer: D. All of the above

Explanation: Depression can affect people from all backgrounds.

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

Answer: A. Exercise may improve mood

Explanation: Physical activity may increase mood-enhancing brain chemicals.

75. Which type of depression is associated with childbirth?

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

Answer: A. Postpartum depression

Explanation: Postpartum depression develops after childbirth.

76. Depression may affect decision-making by causing:

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

Answer: A. Indecisiveness

Explanation: Depression may make it difficult to make choices or think clearly.

77. Which behavior is unhealthy for coping with depression?

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

Answer: A. Substance misuse

Explanation: Alcohol or drugs may worsen depressive symptoms.

78. Which symptom may accompany depression?

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

Answer: D. All of the above

Explanation: Depression often occurs alongside anxiety symptoms.

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

Answer: B. Childhood depression is real and treatable

Explanation: Children can experience depression and benefit from treatment.

80. Which medical professional may prescribe antidepressants?

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

Answer: D. All of the above

Explanation: Several healthcare professionals may prescribe antidepressants depending on regulations.

81. Which symptom may indicate depression relapse?

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

Answer: A. Return of sadness and fatigue

Explanation: Recurring symptoms may indicate relapse and should be addressed early.

82. Which factor can make depression treatment more effective?

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

Answer: A. Early intervention

Explanation: Seeking help early may improve outcomes.

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

Answer: A. Recovery is possible

Explanation: Many people improve significantly with treatment and support.

84. Which behavior may support mental wellness?

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

Answer: D. All of the above

Explanation: Healthy habits may support emotional and physical well-being.

85. Which symptom may be mistaken for laziness?

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

Answer: A. Low motivation

Explanation: Depression-related fatigue and lack of motivation are medical symptoms.

86. Which therapy may involve identifying negative thought patterns?

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

Answer: A. Cognitive behavioral therapy

Explanation: CBT helps patients challenge harmful thought patterns.

87. Which factor may increase suicide risk in depression?

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

Answer: D. All of the above

Explanation: Multiple factors can raise suicide risk in individuals with depression.

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

Answer: A. Asking for help is a sign of strength

Explanation: Reaching out for support is an important step toward recovery.

89. Which environmental factor may influence depression?

- A. Chronic stress
- B. Trauma
- C. Social isolation

D. All of the above

Answer: D. All of the above

Explanation: Environmental stressors can contribute to depressive symptoms.

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

Answer: A. Symptoms vary between individuals

Explanation: Depression presents differently depending on the person.

91. Which symptom may affect academic performance?

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

Answer: D. All of the above

Explanation: Depression may interfere with learning and school performance.

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

Answer: A. Genetics may influence depression risk

Explanation: Genetic factors may increase vulnerability to depression.

93. Which self-care strategy may help depression?

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

Answer: D. All of the above

Explanation: Consistent self-care habits can support recovery.

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

Answer: D. All of the above

Explanation: Severe depression can significantly impair daily functioning.

95. Which support source may help someone with depression?

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

Answer: D. All of the above

Explanation: Social support can play an important role in recovery.

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

Answer: A. Depression can affect the body

Explanation: Depression may influence sleep, appetite, energy, and physical 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

Answer: A. Screening may help identify symptoms early

Explanation: Early recognition may lead to earlier treatment and support.

98. Which type of thinking is common in depression?

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

Answer: A. Negative self-talk

Explanation: Depression often involves harsh self-criticism and pessimism.

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"

Answer: A. Take them seriously and seek help

Explanation: Suicidal thoughts require immediate support from trusted individuals or professionals.

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

Answer: B. It is a treatable mental health condition

Explanation: Depression is a real medical disorder that can improve with proper treatment, support, and self-care.