

Diseases and Illnesses

Multiple-Choice Quiz

Section 1: General Knowledge (Questions 1–20)

1. Which of the following is considered a communicable disease?

- A) Diabetes
- B) Influenza
- C) Hypertension
- D) Osteoporosis

2. What is the primary cause of malaria?

- A) Bacteria
- B) Virus
- C) Parasite
- D) Fungus

3. Which organ is primarily affected by hepatitis?

- A) Kidney
- B) Liver
- C) Heart
- D) Lungs

4. Which disease is characterized by high blood sugar levels?

- A) Asthma
- B) Diabetes mellitus
- C) Tuberculosis
- D) Arthritis

5. What is the most common vector-borne disease worldwide?

- A) Zika
- B) Dengue
- C) Malaria
- D) Lyme disease

6. Tuberculosis primarily affects which body system?

- A) Nervous system
- B) Respiratory system

- C) Digestive system
- D) Circulatory system

7. Which of the following is NOT a symptom of influenza?

- A) Fever
- B) Fatigue
- C) Joint pain
- D) Hair loss

8. What type of pathogen causes chickenpox?

- A) Bacteria
- B) Virus
- C) Fungus
- D) Parasite

9. Which of the following is a non-communicable disease?

- A) Measles
- B) Hypertension
- C) Influenza
- D) Tuberculosis

10. What is the main treatment for bacterial infections?

- A) Antivirals
- B) Antibiotics
- C) Vaccines
- D) Surgery

11. Which disease is caused by a deficiency of vitamin C?

- A) Rickets
- B) Scurvy
- C) Beriberi
- D) Pellagra

12. Which condition is characterized by chronic inflammation of the joints?

- A) Osteoporosis
- B) Rheumatoid arthritis
- C) Gout
- D) Fibromyalgia

13. Which of the following is caused by a protozoan parasite?

- A) Influenza
- B) Malaria
- C) Tuberculosis
- D) Measles

14. Which disease is primarily transmitted through contaminated water?

- A) Cholera
- B) Influenza
- C) HIV/AIDS
- D) Chickenpox

15. What type of pathogen causes athlete's foot?

- A) Virus
- B) Bacteria
- C) Fungus
- D) Parasite

16. Which of the following is a viral disease?

- A) Tuberculosis
- B) Measles
- C) Typhoid
- D) Leprosy

17. What is the main symptom of tuberculosis?

- A) Chronic cough
- B) Rash
- C) Hair loss
- D) Diarrhea

18. Which disease is caused by *Mycobacterium leprae*?

- A) Tuberculosis
- B) Leprosy
- C) Cholera
- D) Diphtheria

19. Which of the following increases the risk of cardiovascular disease?

- A) Low salt intake
- B) Smoking
- C) Regular exercise
- D) Adequate sleep

20. Which illness is caused by a spirochete bacterium?

- A) Syphilis
- B) Influenza
- C) Malaria
- D) Hepatitis

Section 2: Infectious Diseases (Questions 21–40)

21. What is the incubation period?

- A) Time it takes for a disease to be cured
- B) Time from infection to the appearance of symptoms
- C) Time it takes for antibiotics to work
- D) Time it takes for immunity to develop

22. HIV primarily attacks which cells in the body?

- A) Red blood cells
- B) B lymphocytes
- C) T helper (CD4+) cells
- D) Platelets

23. Which of the following diseases is waterborne?

- A) Tuberculosis
- B) Cholera
- C) Influenza
- D) Measles

24. Which bacteria causes strep throat?

- A) Staphylococcus aureus
- B) Streptococcus pyogenes
- C) Escherichia coli
- D) Mycobacterium tuberculosis

25. What type of infection is influenza?

- A) Bacterial
- B) Viral
- C) Fungal
- D) Parasitic

26. Rabies is usually transmitted through:

- A) Contaminated water
- B) Mosquito bites
- C) Animal bites
- D) Airborne droplets

27. Which disease can be prevented by the Bacillus Calmette–Guérin (BCG) vaccine?

- A) Polio
- B) Tuberculosis
- C) Measles
- D) Hepatitis B

28. Dengue fever is transmitted by which mosquito species?

- A) Anopheles
- B) Aedes
- C) Culex
- D) Mansonia

29. Which of the following is a symptom of meningitis?

- A) Severe headache and stiff neck
- B) Rash on palms
- C) High blood sugar
- D) Weight gain

30. Lyme disease is caused by:

- A) Virus
- B) Fungus
- C) Bacterium
- D) Protozoa

31. Which disease is prevented by the MMR vaccine?

- A) Measles, mumps, rubella

- B) Malaria, meningitis, rabies
- C) Measles, malaria, rubella
- D) Mumps, malaria, rotavirus

32. Which pathogen causes athlete's foot?

- A) Virus
- B) Fungus
- C) Bacteria
- D) Parasite

33. Which disease is caused by a prion?

- A) Creutzfeldt-Jakob disease
- B) Influenza
- C) Malaria
- D) Tuberculosis

34. What is the causative agent of tetanus?

- A) Clostridium tetani
- B) Escherichia coli
- C) Mycobacterium tuberculosis
- D) Streptococcus pyogenes

35. Which of the following is a fungal infection of the lungs?

- A) Histoplasmosis
- B) Malaria
- C) Influenza
- D) Measles

36. Which of the following is a symptom of dengue fever?

- A) High fever, severe joint pain, rash
- B) Chronic cough and weight loss
- C) Skin peeling
- D) Hair loss

37. Which disease is caused by a spirochete bacterium?

- A) Lyme disease
- B) Influenza
- C) Malaria
- D) Tetanus

38. Which viral disease can cause paralysis in children?

- A) Polio
- B) Influenza
- C) Dengue
- D) Measles

39. Scarlet fever is caused by:

- A) Streptococcus pyogenes
- B) Staphylococcus aureus
- C) Vibrio cholerae
- D) Mycobacterium leprae

40. Which disease is vector-borne?

- A) Typhoid
- B) Malaria
- C) Measles
- D) Hepatitis A

Section 3: Chronic Diseases (Questions 41–60)

41. Which of the following is a chronic respiratory disease?

- A) Asthma
- B) Influenza
- C) Tuberculosis
- D) Chickenpox

42. Type 2 diabetes is primarily associated with:

- A) Autoimmune destruction of insulin-producing cells
- B) Insulin resistance
- C) Viral infection
- D) Vitamin deficiency

43. Which condition is a risk factor for heart disease?

- A) High blood pressure
- B) Low blood sugar
- C) Chickenpox
- D) Influenza

44. Osteoporosis affects which part of the body?

- A) Muscles
- B) Bones
- C) Skin
- D) Lungs

45. Which chronic disease is characterized by persistent inflammation of the joints?

- A) Rheumatoid arthritis
- B) Influenza
- C) Measles
- D) Tuberculosis

46. Chronic obstructive pulmonary disease (COPD) primarily affects:

- A) Heart
- B) Lungs
- C) Liver
- D) Kidneys

47. Which of the following is a modifiable risk factor for cardiovascular disease?

- A) Age
- B) Genetics
- C) Smoking
- D) Sex

48. Which chronic disease results from damage to the pancreas affecting insulin production?

- A) Type 1 diabetes
- B) Hypertension
- C) Osteoarthritis
- D) Asthma

49. Which chronic condition is associated with high cholesterol levels?

- A) Cardiovascular disease
- B) Influenza
- C) Tuberculosis
- D) Malaria

50. Gout is caused by:
A) High uric acid levels
B) Low calcium intake
C) Viral infection
D) Autoimmune inflammation

51. Which of the following is NOT a symptom of chronic kidney disease?
A) Fatigue
B) Swelling in the legs
C) High blood pressure
D) Rash

52. Alzheimer's disease primarily affects:
A) Lungs
B) Brain
C) Liver
D) Kidneys

53. Which chronic disease is most closely linked to obesity?
A) Type 2 diabetes
B) Measles
C) Tuberculosis
D) Polio

54. Which of the following is a chronic liver disease caused by long-term alcohol abuse?
A) Cirrhosis
B) Hepatitis A
C) Influenza
D) Dengue

55. Hypertension is defined as:
A) Low blood pressure
B) High blood pressure
C) Normal blood pressure
D) Irregular heartbeat

56. Which chronic disease involves narrowing and hardening of the arteries?

- A) Atherosclerosis
- B) Asthma
- C) Rheumatoid arthritis
- D) Diabetes

57. Chronic bronchitis is part of which disease?

- A) COPD
- B) Asthma
- C) Tuberculosis
- D) Influenza

58. Which of the following is a common symptom of chronic heart failure?

- A) Shortness of breath
- B) Rash
- C) Nausea only
- D) Hair loss

59. Which chronic disease is associated with both insulin resistance and obesity?

- A) Type 2 diabetes
- B) Rheumatoid arthritis
- C) COPD
- D) Polio

60. Osteoarthritis primarily affects:

- A) Bones and joints
- B) Kidneys
- C) Liver
- D) Lungs

Section 4: Genetic Disorders (Questions 61–80)

61. Cystic fibrosis primarily affects which organ system?

- A) Digestive and respiratory
- B) Nervous
- C) Circulatory

D) Muscular

62. Sickle cell anemia is caused by a mutation in which gene?

- A) Hemoglobin beta (HBB) gene
- B) Insulin gene
- C) CFTR gene
- D) BRCA1 gene

63. Down syndrome is caused by:

- A) A deletion in chromosome 21
- B) An extra copy of chromosome 21
- C) Mutation in the CFTR gene
- D) Mutation in hemoglobin gene

64. Huntington's disease is:

- A) Autosomal dominant
- B) Autosomal recessive
- C) X-linked recessive
- D) Mitochondrial

65. Which genetic disorder leads to fragile bones due to defective collagen?

- A) Osteogenesis imperfecta
- B) Marfan syndrome
- C) Sickle cell anemia
- D) Tay-Sachs disease

66. Phenylketonuria (PKU) results in:

- A) Inability to metabolize phenylalanine
- B) Excess insulin production
- C) High cholesterol
- D) Low calcium levels

67. Tay-Sachs disease is caused by a deficiency of which enzyme?

- A) Hexosaminidase A
- B) Lactase
- C) Amylase
- D) Lipase

68. Marfan syndrome primarily affects:

- A) Connective tissue
- B) Blood cells
- C) Liver
- D) Kidneys

69. Which genetic disorder is X-linked and affects blood clotting?

- A) Hemophilia
- B) Cystic fibrosis
- C) Huntington's disease
- D) Down syndrome

70. Which of the following is a mitochondrial inherited disorder?

- A) Leber's hereditary optic neuropathy
- B) Sickle cell anemia
- C) Down syndrome
- D) Cystic fibrosis

71. Which genetic disorder is caused by a mutation in the CFTR gene?

- A) Cystic fibrosis
- B) Tay-Sachs
- C) Huntington's disease
- D) Sickle cell anemia

72. Duchenne muscular dystrophy is primarily:

- A) X-linked recessive
- B) Autosomal dominant
- C) Autosomal recessive
- D) Mitochondrial

73. Which genetic disorder is associated with excessive tall stature and long limbs?

- A) Marfan syndrome
- B) Sickle cell anemia
- C) Phenylketonuria
- D) Tay-Sachs

74. Which disease is caused by a deletion on chromosome 5?

- A) Cri-du-chat syndrome
- B) Down syndrome
- C) Turner syndrome
- D) Klinefelter syndrome

75. Which genetic disorder leads to neurodegeneration in infants due to lysosomal storage malfunction?

- A) Tay-Sachs disease
- B) Marfan syndrome
- C) Huntington's disease
- D) Hemophilia

76. Turner syndrome occurs in:

- A) Females with a missing X chromosome
- B) Males with an extra Y chromosome
- C) Individuals with trisomy 21
- D) Individuals with CFTR mutation

77. Klinefelter syndrome is characterized by:

- A) XXY males
- B) XYY males
- C) XXX females
- D) XO females

78. Which genetic disorder affects the red blood cells' shape?

- A) Sickle cell anemia
- B) Hemophilia
- C) Down syndrome
- D) Marfan syndrome

79. Which of the following is an autosomal recessive disorder?

- A) Cystic fibrosis
- B) Huntington's disease
- C) Marfan syndrome
- D) Achondroplasia

80. Which genetic disorder leads to progressive muscle weakness in boys?

- A) Duchenne muscular dystrophy

- B) Marfan syndrome
- C) Turner syndrome
- D) Tay-Sachs disease

Section 5: Emerging Diseases & Miscellaneous Disorders (Questions 81–100)

81. COVID-19 is caused by which virus?

- A) SARS-CoV-2
- B) Influenza virus
- C) Ebola virus
- D) HIV

82. Which disease is caused by the Ebola virus?

- A) Hemorrhagic fever
- B) Polio
- C) Dengue
- D) Tuberculosis

83. Zika virus infection is most concerning for:

- A) Pregnant women
- B) Elderly adults
- C) Teenagers only
- D) Athletes

84. Which disease is transmitted by ticks and can cause fever, headache, and rash?

- A) Lyme disease
- B) Malaria
- C) Influenza
- D) Hepatitis B

85. Which emerging infectious disease caused a pandemic in 2009?

- A) H1N1 influenza
- B) Ebola
- C) Zika
- D) SARS

86. Which virus causes severe acute respiratory syndrome (SARS)?

- A) SARS-CoV
- B) HIV
- C) Influenza A
- D) Dengue virus

87. Which disease is associated with prions and causes neurodegeneration?

- A) Creutzfeldt-Jakob disease
- B) Tuberculosis
- C) Malaria
- D) Measles

88. Which viral disease re-emerged in 2019 in multiple countries?

- A) Measles
- B) Influenza
- C) Malaria
- D) Ebola

89. Hantavirus primarily spreads through:

- A) Rodent urine and droppings
- B) Mosquito bites
- C) Person-to-person contact
- D) Contaminated water

90. Which disease is caused by the Nipah virus?

- A) Severe respiratory and neurological illness
- B) Malaria
- C) Tuberculosis
- D) Measles

91. Which of the following is an emerging tick-borne disease?

- A) Babesiosis
- B) Influenza
- C) Polio
- D) Measles

92. Which emerging disease is associated with hemorrhagic fever and fruit bats?

- A) Ebola
- B) Malaria
- C) COVID-19
- D) Influenza

93. Which virus is responsible for the 2012 Middle East Respiratory Syndrome (MERS)?

- A) MERS-CoV
- B) SARS-CoV-2
- C) H1N1
- D) Zika

94. Which disease is transmitted through Aedes mosquitoes and can cause hemorrhagic fever?

- A) Dengue
- B) Malaria
- C) Lyme disease
- D) Polio

95. Which emerging disease is associated with the paramyxovirus family?

- A) Nipah virus infection
- B) Ebola
- C) Zika
- D) SARS

96. Which disease is caused by a coronavirus and led to a global pandemic in 2020?

- A) COVID-19
- B) SARS
- C) MERS
- D) H1N1

97. Which of the following is considered a re-emerging disease?

- A) Tuberculosis
- B) Ebola
- C) COVID-19
- D) Zika

98. Which virus is transmitted sexually and can cause cervical cancer?

- A) Human papillomavirus (HPV)
- B) HIV
- C) Zika
- D) Dengue

99. Which of the following is a zoonotic emerging disease?

- A) COVID-19
- B) Asthma
- C) Diabetes
- D) Hypertension

100. Which viral disease has re-emerged in parts of Africa due to vaccination gaps?

- A) Measles
- B) Polio
- C) Influenza
- D) Malaria

Answer: A) Measles

Explanation: Measles outbreaks occur in areas with low vaccination coverage, despite being preventable through the MMR vaccine.