

100 Multiple-Choice Quiz about Nicotine Addiction

1. What is nicotine?

- A. A vitamin
- B. A stimulant drug found in tobacco
- C. A type of protein
- D. A mineral

2. Which part of the body is most directly affected by nicotine addiction?

- A. Bones
- B. Brain
- C. Skin
- D. Kidneys

3. What neurotransmitter is strongly linked to nicotine addiction?

- A. Insulin
- B. Dopamine
- C. Melatonin
- D. Histamine

4. Which product commonly contains nicotine?

- A. Cigarettes
- B. Apples
- C. Bread
- D. Milk

5. Nicotine addiction is best described as:

- A. A temporary habit only
- B. A chronic dependence on nicotine
- C. A bacterial infection
- D. A vitamin deficiency

6. Which symptom is common during nicotine withdrawal?

- A. Increased concentration
- B. Cravings
- C. Improved sleep
- D. Fever

7. What organ absorbs nicotine rapidly when smoking?

- A. Liver
- B. Lungs
- C. Pancreas
- D. Spleen

8. How quickly can nicotine reach the brain after inhalation?

- A. About 10 seconds
- B. 10 minutes
- C. 1 hour
- D. 24 hours

9. Which age group is most vulnerable to nicotine addiction?

- A. Teenagers
- B. Elderly adults only
- C. Infants
- D. Toddlers

10. Which smoking-related disease is strongly linked to nicotine use?

- A. Lung cancer
- B. Chickenpox
- C. Appendicitis
- D. Cataracts only

11. What is vaping?

- A. Drinking flavored water
- B. Using an electronic device to inhale aerosol

- C. A breathing exercise
- D. A dental procedure

12. Which statement about nicotine is true?

- A. It is non-addictive
- B. It can increase heart rate
- C. It improves lung function
- D. It cures stress disorders

13. What is a nicotine patch used for?

- A. Tattoo removal
- B. Nicotine replacement therapy
- C. Treating infections
- D. Improving vision

14. Which symptom may occur after quitting nicotine?

- A. Irritability
- B. Permanent blindness
- C. Hair loss immediately
- D. Broken bones

15. Secondhand smoke refers to:

- A. Smoke inhaled from another person's cigarette
- B. Smoke from fireplaces only
- C. Steam from showers
- D. Air pollution from factories only

16. Which chemical in cigarettes is most responsible for addiction?

- A. Oxygen
- B. Nicotine
- C. Calcium
- D. Iron

17. What is a common trigger for smoking relapse?

- A. Stress
- B. Drinking water
- C. Sleeping
- D. Reading books

18. Smoking during pregnancy may increase the risk of:

- A. Low birth weight
- B. Improved infant health
- C. Faster infant growth
- D. Immunity to infections

19. Which tobacco product is smokeless?

- A. Chewing tobacco
- B. Cigarettes
- C. Cigars
- D. Pipes

20. What is nicotine withdrawal?

- A. Surgery for smokers
- B. Symptoms occurring after stopping nicotine use
- C. A type of infection
- D. A dental cleaning

21. Which withdrawal symptom commonly affects appetite?

- A. Decreased appetite only
- B. Increased hunger
- C. Inability to taste food permanently
- D. Food allergies

22. What is one benefit of quitting smoking?

- A. Lower risk of heart disease
- B. Increased addiction
- C. Reduced oxygen levels forever

D. Permanent cough worsening

23. Which professional can help treat nicotine addiction?

- A. Healthcare provider
- B. Mechanic
- C. Electrician
- D. Pilot

24. What does "craving" mean in nicotine addiction?

- A. A desire to sleep
- B. A strong urge to use nicotine
- C. A skin rash
- D. A breathing exercise

25. Which disease is linked to long-term smoking?

- A. Chronic obstructive pulmonary disease (COPD)
- B. Broken arm syndrome
- C. Influenza only
- D. Seasonal allergies only

26. E-cigarettes often contain:

- A. Nicotine
- B. Concrete
- C. Flour
- D. Vitamins only

27. Which behavior may help someone quit smoking?

- A. Avoiding triggers
- B. Increasing cigarette use
- C. Ignoring cravings completely
- D. Sleeping less

28. What is nicotine gum used for?

- A. Treating cavities
- B. Helping reduce nicotine cravings
- C. Whitening teeth only
- D. Improving eyesight

29. Smoking affects which body system most directly?

- A. Respiratory system
- B. Skeletal system only
- C. Digestive system only
- D. Reproductive system only

30. Why is nicotine considered addictive?

- A. It changes brain reward pathways
- B. It strengthens bones
- C. It cures infections
- D. It replaces oxygen

31. Which mental health condition can be associated with smoking?

- A. Anxiety
- B. Broken bones
- C. Nearsightedness only
- D. Ear infections only

32. What is a common social influence on smoking initiation?

- A. Peer pressure
- B. Reading textbooks
- C. Exercising
- D. Gardening

33. Which cigarette component causes staining of teeth?

- A. Tar
- B. Water
- C. Protein
- D. Calcium

34. What is one short-term effect of nicotine?

- A. Increased alertness
- B. Bone fractures
- C. Loss of hearing immediately
- D. Blindness

35. Smoking can reduce the amount of:

- A. Oxygen carried in blood
- B. Water in muscles
- C. Calcium in nails
- D. Hair growth hormones only

36. Which of the following is a carcinogen found in tobacco smoke?

- A. Benzene
- B. Vitamin C
- C. Potassium
- D. Chlorophyll

37. What is "cold turkey" quitting?

- A. Stopping nicotine use abruptly
- B. Eating poultry
- C. Switching to candy
- D. Using medication daily

38. Which smoking product is wrapped in tobacco leaves?

- A. Cigar
- B. Nicotine patch
- C. Gum
- D. Inhaler

39. Long-term smoking increases risk for:

- A. Stroke

- B. Improved memory
- C. Stronger lungs
- D. Faster healing

40. Which strategy may support quitting smoking?

- A. Counseling
- B. Increasing stress
- C. Isolation from healthcare
- D. Avoiding support systems

41. Which organ filters many toxic chemicals from cigarette smoke?

- A. Liver
- B. Toenails
- C. Eyelashes
- D. Fingertips

42. Nicotine replacement therapy aims to:

- A. Eliminate all cravings instantly
- B. Reduce withdrawal symptoms
- C. Increase smoking pleasure
- D. Replace oxygen in blood

43. Which form of tobacco is smoked in a pipe?

- A. Pipe tobacco
- B. Chewing gum
- C. Tea leaves
- D. Mint leaves

44. What is a common emotional withdrawal symptom?

- A. Depression
- B. Improved concentration only
- C. Complete happiness
- D. Hyperactivity only

45. Which body function does nicotine stimulate?

- A. Release of adrenaline
- B. Bone growth only
- C. Tooth enamel formation
- D. Hair pigmentation

46. Which population should avoid nicotine completely during pregnancy?

- A. Pregnant individuals
- B. Athletes only
- C. Teachers only
- D. Drivers only

47. Smoking is a major preventable cause of:

- A. Death
- B. Broken pencils
- C. Baldness only
- D. Motion sickness only

48. Which of the following may improve after quitting smoking?

- A. Lung function
- B. Addiction severity
- C. Tar buildup
- D. Exposure to smoke

49. What is a common reason people continue smoking?

- A. Dependence on nicotine
- B. Need for vitamins
- C. Water deficiency
- D. Tooth sensitivity

50. Which tobacco product is placed between the gum and lip?

- A. Snus

- B. Cigarettes
- C. Cigars
- D. Pipes

51. Smoking damages tiny air sacs in the lungs called:

- A. Alveoli
- B. Neurons
- C. Tendons
- D. Cartilage

52. Which habit may replace smoking during quitting?

- A. Chewing sugar-free gum
- B. Smoking more cigarettes
- C. Avoiding all exercise
- D. Skipping meals

53. Which disease is strongly associated with chewing tobacco?

- A. Oral cancer
- B. Asthma only
- C. Cataracts only
- D. Kidney stones only

54. Which factor can increase relapse risk?

- A. Alcohol use
- B. Healthy sleep
- C. Exercise
- D. Balanced nutrition

55. Nicotine belongs to which category of drugs?

- A. Stimulants
- B. Antibiotics
- C. Sedatives only
- D. Antifungals

56. What is a common physical withdrawal symptom?

- A. Headaches
- B. Broken ribs
- C. Tooth fractures
- D. Blindness

57. Which group is harmed by secondhand smoke?

- A. Nonsmokers nearby
- B. Trees only
- C. Furniture only
- D. Pets only

58. Why are flavored vaping products controversial?

- A. They may attract youth
- B. They improve nutrition
- C. They cure addiction
- D. They contain vitamins only

59. Which smoking-related condition causes narrowed blood vessels?

- A. Peripheral artery disease
- B. Appendicitis
- C. Migraine only
- D. Arthritis only

60. Which quitting aid requires a prescription in some cases?

- A. Varenicline
- B. Candy
- C. Water bottle
- D. Toothpaste

61. Nicotine addiction can affect:

- A. Attention and concentration

- B. Shoe size
- C. Fingerprints
- D. Eye color

62. Which symptom may improve within weeks of quitting?

- A. Breathing
- B. Addiction severity
- C. Tar production
- D. Smoke exposure

63. What is one reason quitting smoking is difficult?

- A. Physical dependence
- B. Need for sunlight
- C. Lack of oxygen in rooms
- D. Muscle overgrowth

64. Which disease risk decreases after quitting smoking?

- A. Heart attack
- B. Broken bones
- C. Nearsightedness
- D. Appendicitis

65. Which statement about vaping is correct?

- A. Some vaping products contain nicotine
- B. All vaping products are nicotine-free
- C. Vaping uses no chemicals
- D. Vaping improves lung health

66. What is tobacco?

- A. A plant containing nicotine
- B. A mineral rock
- C. A synthetic vitamin
- D. A bacteria type

67. Which body system is affected by smoking-related heart disease?

- A. Cardiovascular system
- B. Skeletal system
- C. Digestive system only
- D. Lymphatic system only

68. Which action may reduce nicotine cravings?

- A. Physical activity
- B. Skipping sleep
- C. Smoking more
- D. Avoiding hydration

69. What is one risk of adolescent nicotine exposure?

- A. Impaired brain development
- B. Taller height immediately
- C. Stronger teeth instantly
- D. Better hearing permanently

70. Which toxic gas is inhaled in cigarette smoke?

- A. Carbon monoxide
- B. Oxygen
- C. Helium
- D. Nitrogen only

71. What is one benefit of support groups for quitting?

- A. Encouragement and accountability
- B. Increased nicotine exposure
- C. Sleep deprivation
- D. More stress

72. Which symptom may occur within hours after quitting?

- A. Cravings

- B. Broken teeth
- C. Permanent hearing loss
- D. Hair whitening

73. Which cancer risk is increased by smoking?

- A. Bladder cancer
- B. Bone fractures
- C. Food poisoning
- D. Chickenpox

74. Which healthcare approach combines medication and counseling?

- A. Comprehensive cessation treatment
- B. Cosmetic surgery
- C. Physical therapy only
- D. Eye exercises

75. Why do some people relapse after quitting?

- A. Withdrawal symptoms and triggers
- B. Lack of food only
- C. Excessive exercise only
- D. Eye strain

76. What is a "quit date"?

- A. A planned day to stop smoking
- B. A wedding anniversary
- C. A medical surgery date
- D. A dental appointment

77. Which tobacco product is hand-rolled in paper?

- A. Cigarette
- B. Nicotine patch
- C. Gum
- D. Lozenges

78. Smoking increases risk of which respiratory symptom?

- A. Chronic cough
- B. Perfect breathing
- C. Stronger lungs
- D. Silent breathing only

79. Which factor may motivate someone to quit smoking?

- A. Health concerns
- B. Desire for more addiction
- C. Poor air quality indoors
- D. Need for smoke exposure

80. What is one effect of nicotine on blood vessels?

- A. Narrowing them
- B. Expanding bones
- C. Whitening teeth
- D. Improving lung elasticity

81. Which condition can smoking worsen?

- A. Asthma
- B. Broken fingernails
- C. Color blindness
- D. Earwax buildup

82. Which withdrawal symptom may affect sleep?

- A. Insomnia
- B. Improved dreaming only
- C. Faster sleeping instantly
- D. Permanent hibernation

83. Which substance in cigarettes stains fingers and teeth?

- A. Tar

- B. Water
- C. Sodium
- D. Calcium

84. Which public health measure helps reduce smoking rates?

- A. Tobacco education campaigns
- B. Increasing youth advertising
- C. Removing warning labels
- D. Encouraging indoor smoking

85. Which medication may help reduce nicotine cravings?

- A. Bupropion
- B. Antibiotics
- C. Antihistamines only
- D. Pain relievers only

86. Which body organ is most associated with smoking-related emphysema?

- A. Lungs
- B. Kidneys
- C. Stomach
- D. Eyes

87. What is a benefit of quitting at any age?

- A. Improved health outcomes
- B. Increased addiction risk
- C. Permanent withdrawal symptoms
- D. Reduced oxygen forever

88. Which form of nicotine replacement dissolves in the mouth?

- A. Lozenges
- B. Cigars
- C. Pipes
- D. Hookahs

89. Smoking contributes to plaque buildup in:

- A. Arteries
- B. Hair follicles
- C. Fingernails
- D. Muscles only

90. Which statement is true about nicotine withdrawal?

- A. Symptoms are temporary
- B. Symptoms never improve
- C. It causes infections
- D. It permanently damages memory in all people

91. Which smoking method involves water filtration?

- A. Hookah
- B. Nicotine patch
- C. Lozenges
- D. Gum

92. Which habit can support long-term quitting success?

- A. Building healthy routines
- B. Avoiding all social support
- C. Smoking occasionally
- D. Skipping meals regularly

93. Smoking can weaken which defense system?

- A. Immune system
- B. Shoe structure
- C. Hair color system
- D. Fingernail shape

94. What is one financial benefit of quitting smoking?

- A. Saving money

- B. Increased healthcare costs
- C. More cigarette purchases
- D. Reduced budgeting ability

95. Which symptom is psychological rather than physical?

- A. Anxiety
- B. Sweating
- C. Headaches
- D. Increased appetite

96. Which factor can improve quitting success rates?

- A. Social support
- B. Isolation
- C. Sleep deprivation
- D. Increased nicotine use

97. Which disease is associated with narrowed and damaged airways?

- A. Chronic bronchitis
- B. Broken ankle
- C. Ear infection
- D. Food poisoning

98. What is one reason nicotine affects mood?

- A. It changes brain chemistry
- B. It strengthens bones
- C. It changes eye color
- D. It increases height

99. Which strategy may help prevent relapse?

- A. Identifying triggers
- B. Smoking socially
- C. Ignoring stress completely
- D. Avoiding healthcare providers

100. What is the healthiest choice regarding nicotine addiction?

- A. Avoiding or quitting nicotine products
- B. Increasing tobacco use
- C. Ignoring symptoms
- D. Using multiple tobacco products together