

Parkinson's Disease: 100-Question Multiple-Choice Quiz

1. What is Parkinson's disease?

- A. A bacterial infection of the brain
- B. A progressive neurodegenerative disorder
- C. A muscle disease
- D. A bone disorder

Answer: B

Explanation: Parkinson's disease is a progressive neurodegenerative disorder that mainly affects movement and develops over time.

2. Which neurotransmitter is primarily decreased in Parkinson's disease?

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

Answer: C

Explanation: Parkinson's disease is associated with the loss of dopamine-producing neurons in the brain.

3. Which part of the brain is most affected in Parkinson's disease?

- A. Cerebellum
- B. Substantia nigra
- C. Medulla
- D. Hippocampus

Answer: B

Explanation: The substantia nigra contains dopamine-producing neurons that degenerate in Parkinson's disease.

4. Which symptom is considered a classic motor symptom of Parkinson's disease?

- A. Fever
- B. Tremor at rest
- C. Rash
- D. Hearing loss

Answer: B

Explanation: Resting tremor is one of the hallmark motor symptoms of Parkinson's disease.

5. Parkinson's disease most commonly affects which age group?

- A. Infants
- B. Teenagers
- C. Older adults
- D. Preschool children

Answer: C

Explanation: Parkinson's disease most often occurs in adults over age 60.

6. Which symptom refers to slowness of movement?

- A. Bradykinesia
- B. Dysphagia
- C. Ataxia
- D. Aphasia

Answer: A

Explanation: Bradykinesia means slowed movement and is a major feature of Parkinson's disease.

7. Muscle stiffness in Parkinson's disease is called:

- A. Rigidity
- B. Spasticity
- C. Paralysis
- D. Neuropathy

Answer: A

Explanation: Rigidity refers to increased muscle stiffness and resistance to movement.

8. Which symptom often causes balance problems in Parkinson's disease?

- A. Postural instability
- B. Insomnia
- C. Vertigo
- D. Diplopia

Answer: A

Explanation: Postural instability affects balance and increases the risk of falls.

9. Which medication is considered the gold standard treatment for Parkinson's disease?

- A. Penicillin
- B. Levodopa
- C. Ibuprofen
- D. Metformin

Answer: B

Explanation: Levodopa helps replenish dopamine levels and is the most effective medication for motor symptoms.

10. Levodopa is commonly combined with which medication?

- A. Carbidopa
- B. Warfarin
- C. Prednisone
- D. Digoxin

Answer: A

Explanation: Carbidopa helps prevent the breakdown of levodopa before it reaches the brain.

11. Which symptom may appear early in Parkinson's disease?

- A. Loss of smell
- B. Blindness
- C. Kidney failure
- D. Tooth decay

Answer: A

Explanation: Reduced sense of smell can occur years before motor symptoms develop.

12. A resting tremor in Parkinson's disease often begins in the:

- A. Jaw only
- B. Foot only
- C. One hand
- D. Neck

Answer: C

Explanation: Parkinsonian tremor commonly starts in one hand or arm.

13. Which term describes difficulty swallowing?

- A. Dysphagia
- B. Dyspnea
- C. Dysuria
- D. Dyslexia

Answer: A

Explanation: Dysphagia is difficulty swallowing and may occur in advanced Parkinson's disease.

14. Parkinson's disease is primarily caused by:

- A. Vitamin C deficiency
- B. Loss of dopamine-producing neurons
- C. Excess calcium
- D. Lung disease

Answer: B

Explanation: Degeneration of dopamine-producing neurons leads to the symptoms of Parkinson's disease.

15. Which gait change is common in Parkinson's disease?

- A. High stepping gait
- B. Shuffling gait
- C. Limping gait
- D. Swinging gait

Answer: B

Explanation: A shuffling gait with short steps is common in Parkinson's disease.

16. What is "freezing" in Parkinson's disease?

- A. Feeling cold
- B. Temporary inability to move
- C. Muscle cramps
- D. Sudden sleepiness

Answer: B

Explanation: Freezing episodes involve sudden inability to start or continue movement.

17. Which non-motor symptom is common in Parkinson's disease?

- A. Depression
- B. Appendicitis
- C. Cataracts
- D. Asthma

Answer: A

Explanation: Depression commonly occurs alongside Parkinson's disease.

18. Which sleep problem is associated with Parkinson's disease?

- A. REM sleep behavior disorder
- B. Narcolepsy only
- C. Sleep apnea only
- D. Night blindness

Answer: A

Explanation: REM sleep behavior disorder can occur before motor symptoms appear.

19. Parkinson's disease affects movement because dopamine is important for:

- A. Blood clotting
- B. Motor control
- C. Digestion only
- D. Bone growth

Answer: B

Explanation: Dopamine helps coordinate smooth, controlled movements.

20. Which healthcare professional specializes in Parkinson's disease treatment?

- A. Dermatologist
- B. Neurologist
- C. Ophthalmologist
- D. Dentist

Answer: B

Explanation: Neurologists specialize in diseases of the nervous system, including Parkinson's disease.

21. Which symptom is NOT a typical feature of Parkinson's disease?

- A. Bradykinesia
- B. Resting tremor
- C. Rigidity
- D. Sudden high fever

Answer: D

Explanation: High fever is not a typical symptom of Parkinson's disease.

22. Which therapy can help improve movement and balance?

- A. Physical therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

Answer: A

Explanation: Physical therapy helps maintain strength, flexibility, and balance.

23. Speech difficulties in Parkinson's disease may include:

- A. Loud shouting
- B. Soft speech
- C. Total muteness at onset
- D. Foreign accent syndrome

Answer: B

Explanation: Soft, low-volume speech is common in Parkinson's disease.

24. Which exercise may benefit people with Parkinson's disease?

- A. Tai chi
- B. Total bed rest
- C. Smoking
- D. Excessive fasting

Answer: A

Explanation: Tai chi may improve balance and coordination.

25. Deep brain stimulation is primarily used to:

- A. Cure infections
- B. Improve motor symptoms
- C. Replace the spinal cord
- D. Restore vision

Answer: B

Explanation: Deep brain stimulation can help control tremors and movement symptoms.

26. Which symptom may affect handwriting in Parkinson's disease?

- A. Micrographia
- B. Hyperlexia
- C. Macropsia
- D. Dyscalculia

Answer: A

Explanation: Micrographia refers to abnormally small handwriting.

27. Parkinson's disease is usually diagnosed through:

- A. A single blood test
- B. Clinical evaluation and symptoms
- C. Skin biopsy only
- D. Urine culture

Answer: B

Explanation: Diagnosis is mainly based on history, symptoms, and neurological examination.

28. Which cognitive problem can occur in advanced Parkinson's disease?

- A. Dementia
- B. Color blindness
- C. Deafness
- D. Paralysis of all muscles

Answer: A

Explanation: Some individuals develop cognitive decline or dementia over time.

29. Which mood disorder is common in Parkinson's disease?

- A. Depression
- B. Mania only
- C. Phobia only
- D. Personality disorder only

Answer: A

Explanation: Depression and anxiety are common non-motor symptoms.

30. What is a common autonomic symptom of Parkinson's disease?

- A. Constipation
- B. Broken bones
- C. Tooth infection
- D. Earache

Answer: A

Explanation: Constipation commonly results from slowed digestive system movement.

31. Which type of tremor is most associated with Parkinson's disease?

- A. Intention tremor
- B. Resting tremor
- C. Essential tremor only
- D. Action tremor only

Answer: B

Explanation: Resting tremor occurs when muscles are relaxed.

32. Parkinson's disease can affect facial expression, causing:

- A. Masked facies

- B. Facial swelling
- C. Drooping eyelids only
- D. Severe rash

Answer: A

Explanation: Reduced facial expression is often called masked facies.

33. Which lifestyle habit may help manage Parkinson's disease symptoms?

- A. Regular exercise
- B. Smoking
- C. Heavy alcohol use
- D. Sleep deprivation

Answer: A

Explanation: Exercise can improve mobility, mood, and overall function.

34. Which symptom may cause difficulty turning in bed?

- A. Rigidity
- B. Blindness
- C. Deafness
- D. Rash

Answer: A

Explanation: Muscle rigidity can make movement in bed difficult.

35. Which condition may resemble Parkinson's disease?

- A. Essential tremor
- B. Kidney stones
- C. Pneumonia
- D. Cataracts

Answer: A

Explanation: Essential tremor can resemble Parkinson's disease but differs in several ways.

36. What is the purpose of carbidopa in treatment?

- A. Prevent nausea and breakdown of levodopa
- B. Cure Parkinson's disease
- C. Increase calcium
- D. Reduce blood sugar

Answer: A

Explanation: Carbidopa improves levodopa effectiveness and reduces side effects.

37. Which symptom can increase fall risk?

- A. Postural instability
- B. Sneezing
- C. Nearsightedness
- D. Tinnitus

Answer: A

Explanation: Balance problems increase the risk of falls.

38. Which symptom is related to reduced automatic movements?

- A. Decreased blinking
- B. Frequent hiccups
- C. Increased appetite
- D. Hair loss

Answer: A

Explanation: Parkinson's disease can reduce automatic movements such as blinking.

39. Which imaging study may support diagnosis in some cases?

- A. DaTscan
- B. Mammogram

- C. Colonoscopy
- D. Echocardiogram

Answer: A

Explanation: DaTscan can help evaluate dopamine transporter activity.

40. Which symptom may worsen under stress?

- A. Tremor
- B. Hair color change
- C. Tooth eruption
- D. Vision growth

Answer: A

Explanation: Tremors often become more noticeable during stress or anxiety.

41. Parkinson's disease is considered:

- A. Infectious
- B. Degenerative
- C. Autoimmune only
- D. Nutritional only

Answer: B

Explanation: It is a degenerative condition involving progressive nerve cell loss.

42. Which symptom may affect eating and nutrition?

- A. Dysphagia
- B. Hyperactivity
- C. Nosebleeds
- D. Sunburn

Answer: A

Explanation: Difficulty swallowing can affect nutrition and safety.

43. Which brain chemical is replaced indirectly by levodopa?

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

Answer: B

Explanation: Levodopa is converted into dopamine in the brain.

44. Which symptom may appear in handwriting samples?

- A. Small crowded letters
- B. Giant letters
- C. Backward writing only
- D. Invisible ink

Answer: A

Explanation: Micrographia causes progressively smaller handwriting.

45. Which complication may occur with long-term levodopa use?

- A. Dyskinesias
- B. Blindness
- C. Kidney failure
- D. Lung collapse

Answer: A

Explanation: Dyskinesias are involuntary movements linked to long-term levodopa therapy.

46. Which specialist may help with speech problems?

- A. Speech-language pathologist
- B. Podiatrist
- C. Optometrist
- D. Radiologist

Answer: A

Explanation: Speech therapy can improve communication and swallowing.

47. Which symptom often occurs asymmetrically at first?

- A. Tremor
- B. Hair loss
- C. Fever
- D. Rash

Answer: A

Explanation: Parkinson's symptoms often begin on one side of the body.

48. Which neurotransmitter imbalance contributes to Parkinson's symptoms?

- A. Reduced dopamine
- B. Excess insulin
- C. Reduced calcium
- D. Excess sodium

Answer: A

Explanation: Dopamine deficiency disrupts normal movement control.

49. Which symptom may make facial emotions harder to recognize?

- A. Masked facies
- B. Double vision
- C. Ear infection
- D. Migraine

Answer: A

Explanation: Reduced facial movement can limit visible emotional expression.

50. Which activity may help maintain flexibility?

- A. Stretching exercises
- B. Smoking
- C. Prolonged inactivity
- D. Dehydration

Answer: A

Explanation: Stretching can help reduce stiffness and maintain range of motion.

51. Which symptom may affect handwriting speed and size?

- A. Bradykinesia
- B. Hyperactivity
- C. Vertigo
- D. Fever

Answer: A

Explanation: Slowness of movement affects fine motor tasks like writing.

52. Which medication class mimics dopamine effects?

- A. Dopamine agonists
- B. Antibiotics
- C. Antihistamines
- D. Diuretics

Answer: A

Explanation: Dopamine agonists stimulate dopamine receptors in the brain.

53. Which symptom may occur before diagnosis?

- A. Constipation
- B. Broken arm
- C. Cataracts
- D. Hearing loss

Answer: A

Explanation: Constipation can precede motor symptoms by years.

54. Which symptom is related to balance and posture?

- A. Postural instability
- B. Diarrhea
- C. Hiccups
- D. Sneezing

Answer: A

Explanation: Postural instability affects upright balance.

55. Which factor may increase Parkinson's disease risk?

- A. Advancing age
- B. Wearing glasses
- C. Eating apples
- D. Reading books

Answer: A

Explanation: Risk increases with age.

56. Which symptom can interfere with daily activities?

- A. Tremor
- B. Freckles
- C. Hiccups
- D. Sunburn

Answer: A

Explanation: Tremors can affect eating, writing, and dressing.

57. Parkinson's disease progression is generally:

- A. Sudden and immediate
- B. Gradual over years
- C. Fully reversible
- D. Limited to childhood

Answer: B

Explanation: Symptoms usually worsen gradually over time.

58. Which symptom may affect walking initiation?

- A. Freezing
- B. Sneezing
- C. Hiccups
- D. Fever

Answer: A

Explanation: Freezing can make starting movement difficult.

59. Which symptom may contribute to aspiration risk?

- A. Dysphagia
- B. Myopia
- C. Tinnitus
- D. Eczema

Answer: A

Explanation: Swallowing difficulty increases aspiration risk.

60. Which mental health symptom is common in Parkinson's disease?

- A. Anxiety
- B. Appendicitis
- C. Fractures
- D. Glaucoma

Answer: A

Explanation: Anxiety commonly accompanies Parkinson's disease.

61. Which symptom often improves with levodopa?

- A. Bradykinesia
- B. Blindness
- C. Deafness

D. Tooth decay

Answer: A

Explanation: Levodopa is especially effective for bradykinesia.

62. Which term describes involuntary movements caused by treatment?

- A. Dyskinesia
- B. Aphasia
- C. Neuralgia
- D. Atrophy

Answer: A

Explanation: Dyskinesias are involuntary movements often related to long-term levodopa use.

63. Which type of exercise may improve balance?

- A. Yoga
- B. Smoking
- C. Bed rest
- D. Fasting

Answer: A

Explanation: Yoga may improve flexibility and balance.

64. Which symptom may make facial expression appear reduced?

- A. Hypomimia
- B. Hyperopia
- C. Dyslexia
- D. Hyperthermia

Answer: A

Explanation: Hypomimia means decreased facial expression.

65. Which sleep issue may occur in Parkinson's disease?

- A. Insomnia
- B. Broken bones
- C. Tooth pain
- D. Ear infection

Answer: A

Explanation: Sleep disturbances are common in Parkinson's disease.

66. Which symptom can affect speaking speed?

- A. Bradykinesia
- B. Asthma
- C. Rash
- D. Vertigo

Answer: A

Explanation: Slowed movement can affect speech production.

67. Which system besides motor control may be affected?

- A. Autonomic nervous system
- B. Skeletal system only
- C. Dental system only
- D. Immune system only

Answer: A

Explanation: Parkinson's disease can affect blood pressure, digestion, and bladder function.

68. Which symptom may involve low blood pressure when standing?

- A. Orthostatic hypotension
- B. Hypertension
- C. Hyperglycemia
- D. Hyperthermia

Answer: A

Explanation: Orthostatic hypotension can cause dizziness and falls.

69. Which dietary factor may help medication absorption?

- A. Timing protein intake carefully
- B. Eliminating water
- C. Excess sugar only
- D. Avoiding vegetables

Answer: A

Explanation: High-protein meals may interfere with levodopa absorption.

70. Which symptom may affect daily facial movements?

- A. Reduced blinking
- B. Excessive sneezing
- C. Hair growth
- D. Tooth grinding only

Answer: A

Explanation: Reduced blinking contributes to masked facial expression.

71. Which neurotransmitter-producing cells degenerate in Parkinson's disease?

- A. Dopaminergic neurons
- B. Red blood cells
- C. Osteocytes
- D. Platelets

Answer: A

Explanation: Dopaminergic neurons in the substantia nigra are progressively lost.

72. Which symptom can affect fine motor skills?

- A. Tremor
- B. Fever
- C. Rash

D. Cough

Answer: A

Explanation: Tremor and bradykinesia impair fine movements.

73. Which therapy may help swallowing difficulties?

- A. Speech therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

Answer: A

Explanation: Speech-language pathologists also treat swallowing problems.

74. Which feature is characteristic of Parkinsonian gait?

- A. Short shuffling steps
- B. Jumping movements
- C. Wide exaggerated steps
- D. Marching gait

Answer: A

Explanation: Parkinsonian gait often includes small, shuffling steps.

75. Which symptom may impair handwriting readability?

- A. Micrographia
- B. Color blindness
- C. Nearsightedness
- D. Hearing loss

Answer: A

Explanation: Small cramped handwriting can be difficult to read.

76. Which condition increases risk of falls in Parkinson's disease?

- A. Postural instability

- B. Myopia
- C. Eczema
- D. Tinnitus

Answer: A

Explanation: Impaired balance contributes to falls.

77. Which symptom may affect emotional well-being?

- A. Depression
- B. Tooth decay
- C. Earwax buildup
- D. Nearsightedness

Answer: A

Explanation: Depression is common and treatable.

78. Which treatment involves implanted electrodes in the brain?

- A. Deep brain stimulation
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

Answer: A

Explanation: Deep brain stimulation uses implanted electrodes to regulate abnormal signals.

79. Which symptom can make dressing difficult?

- A. Bradykinesia
- B. Sneezing
- C. Hiccups
- D. Sunburn

Answer: A

Explanation: Slowed movement affects everyday activities.

80. Which symptom may contribute to social withdrawal?

- A. Soft speech
- B. Hair loss
- C. Fever
- D. Cough

Answer: A

Explanation: Communication difficulties may affect social interaction.

81. Which medication type blocks dopamine breakdown?

- A. MAO-B inhibitors
- B. Antibiotics
- C. Antacids
- D. Antivirals

Answer: A

Explanation: MAO-B inhibitors help increase dopamine availability.

82. Which symptom may occur during walking?

- A. Freezing episodes
- B. Sneezing fits
- C. Tooth pain
- D. Earache

Answer: A

Explanation: Freezing can interrupt walking suddenly.

83. Which symptom may cause drooling?

- A. Reduced swallowing frequency
- B. Excess saliva production only
- C. Fever
- D. Dehydration

Answer: A

Explanation: Drooling often results from decreased swallowing.

84. Which professional may help with home safety and daily tasks?

- A. Occupational therapist
- B. Veterinarian
- C. Dentist
- D. Optician

Answer: A

Explanation: Occupational therapy helps patients adapt activities and environments.

85. Which symptom may affect facial appearance?

- A. Mask-like expression
- B. Facial rash
- C. Swelling
- D. Bruising

Answer: A

Explanation: Reduced facial movement creates a mask-like appearance.

86. Which symptom often worsens as Parkinson's disease progresses?

- A. Balance problems
- B. Hair color changes
- C. Tooth eruption
- D. Freckles

Answer: A

Explanation: Postural instability often becomes more severe over time.

87. Which symptom may affect sleep quality?

- A. Nighttime rigidity
- B. Sunburn

- C. Sneezing
- D. Tooth sensitivity

Answer: A

Explanation: Stiffness and difficulty moving can disturb sleep.

88. Which factor may help maintain independence?

- A. Early rehabilitation
- B. Prolonged inactivity
- C. Smoking
- D. Isolation

Answer: A

Explanation: Early therapy can support mobility and daily functioning.

89. Which symptom may involve slowed thinking?

- A. Bradyphrenia
- B. Dysphagia
- C. Vertigo
- D. Diplopia

Answer: A

Explanation: Bradyphrenia refers to slowed thought processes.

90. Which symptom may affect arm movement during walking?

- A. Reduced arm swing
- B. Excessive jumping
- C. Arm swelling
- D. Muscle tearing

Answer: A

Explanation: Reduced arm swing is a common Parkinsonian sign.

91. Which medication side effect may involve hallucinations?

- A. Dopaminergic therapy
- B. Vitamin C
- C. Calcium supplements
- D. Antibiotics

Answer: A

Explanation: Some Parkinson's medications can cause hallucinations, especially in older adults.

92. Which symptom may affect handwriting initiation?

- A. Bradykinesia
- B. Eczema
- C. Tinnitus
- D. Fever

Answer: A

Explanation: Slowed initiation and execution of movement affect writing.

93. Which symptom may make turning difficult?

- A. Rigidity
- B. Sneezing
- C. Toothache
- D. Rash

Answer: A

Explanation: Muscle stiffness limits smooth body movement.

94. Which symptom can lead to reduced physical activity?

- A. Fatigue
- B. Freckles
- C. Earwax buildup
- D. Hiccups

Answer: A

Explanation: Fatigue is a common non-motor symptom.

95. Which symptom may affect bowel habits?

- A. Constipation
- B. Hearing loss
- C. Cataracts
- D. Tooth sensitivity

Answer: A

Explanation: Slowed gastrointestinal movement commonly causes constipation.

96. Which symptom may affect emotional expression?

- A. Hypomimia
- B. Astigmatism
- C. Eczema
- D. Bronchitis

Answer: A

Explanation: Reduced facial movement limits visible emotional expression.

97. Which symptom can affect eating speed?

- A. Bradykinesia
- B. Nearsightedness
- C. Ear infection
- D. Sunburn

Answer: A

Explanation: Slowed movement can make eating more time-consuming.

98. Which symptom may interfere with communication?

- A. Soft monotone speech
- B. Rash
- C. Fever

D. Sneezing

Answer: A

Explanation: Speech changes can make communication more difficult.

99. Which approach is important in Parkinson's disease management?

- A. Multidisciplinary care
- B. Ignoring symptoms
- C. Avoiding exercise
- D. Isolation

Answer: A

Explanation: Care often involves neurologists, therapists, nurses, and support services.

100. Although treatments help manage symptoms, Parkinson's disease is currently:

- A. Completely curable
- B. Preventable in all cases
- C. Not yet curable
- D. Caused by bacteria

Answer: C

Explanation: Current treatments improve symptoms and quality of life, but there is no cure yet.