

100-Question Multiple-Choice Quiz on Traumatic Brain Injury (TBI)

1. What is a traumatic brain injury (TBI)?

- A. A disease caused by bacteria
- B. An injury to the brain caused by an external force
- C. A genetic disorder
- D. A developmental disability

2. Which of the following is the most common cause of TBI?

- A. Viral infections
- B. Falls
- C. Food poisoning
- D. Asthma

3. Which age group is at particularly high risk for TBI?

- A. Teenagers only
- B. Adults aged 30–40 only
- C. Older adults and young children
- D. Infants only

4. What does "mild TBI" commonly refer to?

- A. Stroke
- B. Brain tumor
- C. Concussion
- D. Migraine

5. Which symptom is common immediately after a concussion?

- A. Fever
- B. Dizziness
- C. Rash
- D. Hearing loss

6. Loss of consciousness is:

- A. Required for diagnosis of concussion
- B. Never associated with TBI
- C. Sometimes associated with TBI
- D. Always permanent

7. Which imaging study is commonly used in emergency evaluation of TBI?

- A. Ultrasound
- B. CT scan
- C. Mammogram
- D. PET scan

8. What is the Glasgow Coma Scale (GCS) used for?

- A. Measuring blood pressure
- B. Assessing severity of brain injury
- C. Testing hearing
- D. Measuring lung function

9. Which GCS score range usually indicates severe TBI?

- A. 13–15
- B. 9–12
- C. 3–8
- D. 16–20

10. Which of the following can occur after severe TBI?

- A. Cognitive impairment
- B. Paralysis
- C. Personality changes
- D. All of the above

11. What is post-concussion syndrome?

- A. A brain infection
- B. Persistent symptoms after concussion
- C. A skull fracture

D. A sleep disorder unrelated to TBI

12. Which symptom is considered cognitive?

- A. Nausea
- B. Blurred vision
- C. Difficulty concentrating
- D. Bruising

13. What is a penetrating TBI?

- A. Injury from oxygen deprivation
- B. Injury where an object enters the skull
- C. Mild concussion only
- D. Injury caused by infection

14. Which sport has a recognized risk of concussion?

- A. Football
- B. Soccer
- C. Hockey
- D. All of the above

15. Repeated concussions may increase risk for:

- A. Chronic traumatic encephalopathy (CTE)
- B. Diabetes
- C. Kidney stones
- D. Appendicitis

16. Which of the following is a physical symptom of TBI?

- A. Headache
- B. Anxiety
- C. Confusion
- D. Forgetfulness

17. Which area of the brain is associated with decision-making?

- A. Frontal lobe
- B. Occipital lobe
- C. Cerebellum
- D. Brainstem

18. Injury to the occipital lobe may affect:

- A. Hearing
- B. Vision
- C. Balance
- D. Taste

19. What is cerebral edema?

- A. Brain swelling
- B. Skull fracture
- C. Memory loss
- D. Hearing impairment

20. Why is increased intracranial pressure dangerous?

- A. It improves circulation
- B. It can damage brain tissue
- C. It lowers body temperature
- D. It improves memory

21. Which healthcare professional commonly manages rehabilitation after TBI?

- A. Physiatrist
- B. Dentist
- C. Optometrist
- D. Dermatologist

22. What is aphasia?

- A. Loss of appetite
- B. Difficulty with language
- C. Paralysis of the legs

D. Hearing loss

23. Which therapy helps improve communication after TBI?

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

24. Which symptom may indicate worsening brain injury?

- A. Persistent vomiting
- B. Mild hunger
- C. Sneezing
- D. Dry skin

25. Which of the following can help prevent TBI?

- A. Wearing seat belts
- B. Using helmets
- C. Fall prevention strategies
- D. All of the above

26. Which type of injury occurs when the brain moves back and forth inside the skull?

- A. Diffuse axonal injury
- B. Skin abrasion
- C. Spinal stenosis
- D. Migraine

27. Diffuse axonal injury often results from:

- A. Rapid acceleration-deceleration
- B. Sun exposure
- C. Infection
- D. Allergies

28. Which symptom is emotional rather than physical?

- A. Irritability
- B. Headache
- C. Nausea
- D. Blurred vision

29. What is retrograde amnesia?

- A. Inability to form new memories
- B. Loss of memories before injury
- C. Loss of vision
- D. Loss of speech

30. What is anterograde amnesia?

- A. Difficulty forming new memories
- B. Loss of old memories only
- C. Hearing impairment
- D. Difficulty walking

31. Which structure helps control balance and coordination?

- A. Cerebellum
- B. Frontal lobe
- C. Temporal lobe
- D. Hypothalamus

32. TBI can affect sleep by causing:

- A. Insomnia
- B. Excessive sleepiness
- C. Sleep disruption
- D. All of the above

33. Which of the following is NOT usually a sign of concussion?

- A. Confusion
- B. Dizziness
- C. Chest pain

D. Headache

34. What is neuroplasticity?

- A. Brain infection
- B. Ability of the brain to adapt and reorganize
- C. Skull thickening
- D. Permanent brain damage

35. Which rehabilitation strategy supports neuroplasticity?

- A. Repetitive practice
- B. Isolation
- C. Sleep deprivation
- D. Avoiding therapy

36. Which of the following may increase TBI risk in older adults?

- A. Poor balance
- B. Vision problems
- C. Medication side effects
- D. All of the above

37. A hematoma is:

- A. A type of seizure
- B. Collection of blood outside blood vessels
- C. A brain tumor
- D. A viral infection

38. An epidural hematoma occurs:

- A. Between skull and dura mater
- B. Inside the ventricles
- C. In the spinal cord only
- D. In the lungs

39. Which symptom can indicate a skull fracture?

- A. Clear fluid leaking from nose or ears
- B. Sneezing
- C. Toothache
- D. Hair loss

40. Which medication type should be used cautiously after TBI due to bleeding risk?

- A. Blood thinners
- B. Vitamins
- C. Antibiotics
- D. Antacids

41. What is a seizure?

- A. Controlled muscle movement
- B. Sudden abnormal electrical brain activity
- C. A bone fracture
- D. A bacterial infection

42. Post-traumatic epilepsy refers to:

- A. Temporary confusion
- B. Recurrent seizures after TBI
- C. Balance problems only
- D. Hearing loss

43. Which brain lobe is important for hearing and memory?

- A. Temporal lobe
- B. Occipital lobe
- C. Parietal lobe
- D. Cerebellum

44. The parietal lobe helps process:

- A. Sensory information
- B. Blood circulation
- C. Hormone production

D. Breathing only

45. Which symptom may interfere with returning to school after TBI?

- A. Attention difficulties
- B. Improved concentration
- C. Increased energy
- D. Better memory

46. Which professional may help with return-to-school planning?

- A. Neuropsychologist
- B. Veterinarian
- C. Pharmacist only
- D. Mechanic

47. Which symptom is considered sensory?

- A. Light sensitivity
- B. Sadness
- C. Forgetfulness
- D. Weakness

48. What is the purpose of cognitive rehabilitation?

- A. Repair broken bones
- B. Improve thinking and memory skills
- C. Increase appetite
- D. Treat infections

49. Which symptom may affect driving after TBI?

- A. Slowed reaction time
- B. Improved balance
- C. Increased endurance
- D. Better coordination

50. Which protective equipment helps reduce sports-related TBI risk?

- A. Helmets
- B. Sandals
- C. Sunglasses
- D. Gloves only

51. Which symptom is common in children with TBI?

- A. Irritability
- B. Purple fingernails
- C. Tooth decay
- D. Skin rash

52. Why are repeated TBIs concerning?

- A. They may worsen long-term brain damage
- B. They improve memory
- C. They prevent headaches
- D. They strengthen the skull

53. Second impact syndrome refers to:

- A. A second injury before recovery from the first
- B. Broken bones after TBI
- C. Memory improvement
- D. Eye infection

54. Which sign may indicate brainstem injury?

- A. Breathing problems
- B. Tooth pain
- C. Hair loss
- D. Skin dryness

55. What is executive functioning?

- A. Digestive system activity

- B. Skills for planning and organization
- C. Lung capacity
- D. Eye movement only

56. Which imaging test provides more detailed brain images than CT?

- A. MRI
- B. Ultrasound
- C. X-ray
- D. Mammography

57. What is agitation after TBI?

- A. Calm behavior
- B. Restlessness or aggressive behavior
- C. Improved mood
- D. Increased appetite

58. Which healthcare provider evaluates movement problems after TBI?

- A. Physical therapist
- B. Dentist
- C. Nutritionist only
- D. Optician

59. Occupational therapy after TBI focuses on:

- A. Daily living activities
- B. Surgery
- C. Cancer treatment
- D. Eye surgery

60. Which symptom may interfere with social relationships after TBI?

- A. Personality changes
- B. Improved memory

- C. Increased patience
- D. Better hearing

61. Which of the following is a common cause of TBI in athletes?

- A. Collisions
- B. Allergies
- C. Dehydration only
- D. Sunburn

62. What is cognition?

- A. Skin sensitivity
- B. Mental processes such as thinking and memory
- C. Bone growth
- D. Heart rhythm

63. Which symptom may suggest increased intracranial pressure?

- A. Unequal pupils
- B. Healthy appetite
- C. Sneezing
- D. Hiccups

64. What is the dura mater?

- A. A muscle
- B. Outer protective brain covering
- C. Blood vessel
- D. Hormone gland

65. What does rehabilitation aim to do after TBI?

- A. Maximize independence and recovery
- B. Cure all diseases
- C. Eliminate aging
- D. Prevent sleep entirely

66. Which factor influences TBI recovery?

- A. Severity of injury
- B. Age
- C. Access to rehabilitation
- D. All of the above

67. What is anosmia?

- A. Loss of smell
- B. Loss of hearing
- C. Difficulty speaking
- D. Muscle weakness

68. Which symptom may occur due to vestibular dysfunction after TBI?

- A. Vertigo
- B. Tooth sensitivity
- C. Rash
- D. Fever

69. Which strategy may help memory problems after TBI?

- A. Using reminders and calendars
- B. Avoiding routines
- C. Sleep deprivation
- D. Ignoring tasks

70. What is fatigue after TBI?

- A. Increased energy
- B. Persistent physical or mental exhaustion
- C. Improved concentration
- D. Faster reflexes

71. Which body system can be affected by severe TBI?

- A. Nervous system
- B. Cardiovascular system

- C. Respiratory system
- D. All of the above

72. What is a coma?

- A. A mild headache
- B. Prolonged state of unconsciousness
- C. A skin disorder
- D. A fever

73. Which symptom may indicate concussion in infants?

- A. Excessive crying
- B. Better coordination
- C. Hair growth
- D. Improved sleep only

74. What is the role of a neuropsychological evaluation?

- A. Assess cognitive and emotional functioning
- B. Repair fractures
- C. Measure blood sugar only
- D. Treat infections

75. Which emotional condition may occur after TBI?

- A. Depression
- B. Anxiety
- C. Mood swings
- D. All of the above

76. What is impulsivity?

- A. Delayed responses only
- B. Acting without thinking
- C. Improved judgment
- D. Better planning

77. Which symptom can affect workplace performance after TBI?

- A. Difficulty multitasking
- B. Increased memory
- C. Better focus
- D. Improved reaction time

78. Which type of professional may assist with emotional adjustment after TBI?

- A. Psychologist
- B. Mechanic
- C. Plumber
- D. Electrician

79. What is cognitive fatigue?

- A. Tire damage
- B. Mental exhaustion from thinking tasks
- C. Muscle cramping
- D. Bone weakness

80. Which lifestyle factor supports brain recovery?

- A. Adequate sleep
- B. Excessive alcohol use
- C. Sleep deprivation
- D. Ignoring symptoms

81. Alcohol use after TBI may:

- A. Worsen symptoms
- B. Improve balance
- C. Speed recovery
- D. Prevent headaches

82. Which symptom is related to sensory overload?

- A. Difficulty tolerating noise
- B. Improved concentration

- C. Better vision
- D. Increased stamina

83. Which prevention measure reduces motor vehicle-related TBI?

- A. Wearing seat belts
- B. Texting while driving
- C. Speeding
- D. Driving while fatigued

84. Which symptom may occur during concussion recovery?

- A. Sensitivity to light
- B. Improved memory
- C. Enhanced hearing
- D. Stronger muscles

85. What is the blood-brain barrier?

- A. Protective filtering system between blood and brain tissue
- B. A bone in the skull
- C. A muscle in the neck
- D. A type of seizure

86. Which condition can occur when oxygen supply to the brain is reduced after trauma?

- A. Hypoxia
- B. Hypertension only
- C. Arthritis
- D. Asthma

87. Which symptom may indicate damage to cranial nerves?

- A. Facial weakness
- B. Improved balance
- C. Faster speech
- D. Increased appetite

88. What is the primary goal during emergency treatment of severe TBI?

- A. Prevent secondary brain injury
- B. Increase screen time
- C. Improve handwriting only
- D. Promote dehydration

89. Which symptom may reflect frontal lobe injury?

- A. Poor judgment
- B. Improved organization
- C. Better self-control
- D. Increased patience

90. Which condition may coexist with TBI after major trauma?

- A. Spinal cord injury
- B. Diabetes only
- C. Cataracts only
- D. Asthma only

91. Why is hydration important during recovery?

- A. Supports overall brain and body function
- B. Causes brain swelling intentionally
- C. Eliminates all symptoms instantly
- D. Prevents sleep

92. Which factor may worsen cognitive symptoms after TBI?

- A. Stress
- B. Rest
- C. Structured routine
- D. Therapy participation

93. Which symptom may occur with post-traumatic headaches?

- A. Sensitivity to sound

- B. Better concentration
- C. Increased coordination
- D. Faster reflexes

94. Which strategy can help reduce fall risk in older adults?

- A. Removing tripping hazards
- B. Wearing slippery shoes
- C. Ignoring vision problems
- D. Running on wet floors

95. What is meant by secondary brain injury?

- A. Damage occurring after the initial trauma
- B. A second unrelated disease
- C. A skin infection
- D. Bone fracture healing

96. Which professional may help evaluate swallowing problems after TBI?

- A. Speech-language pathologist
- B. Architect
- C. Accountant
- D. Mechanic

97. What is resilience in TBI recovery?

- A. Ability to adapt and cope with challenges
- B. Permanent confusion
- C. Lack of motivation
- D. A type of medication

98. Which symptom may suggest autonomic dysfunction after severe TBI?

- A. Abnormal heart rate
- B. Improved memory
- C. Better coordination

D. Increased vision

99. Family education after TBI is important because:

- A. Families support recovery and safety
- B. It replaces medical care entirely
- C. It guarantees instant recovery
- D. It prevents all symptoms

100. Which statement about TBI recovery is most accurate?

- A. Recovery is identical for everyone
- B. Recovery varies widely between individuals
- C. Recovery always takes one week
- D. Recovery is impossible