

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

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

Answer: B. An injury to the brain caused by an external force

Explanation: TBI occurs when an external force such as a blow, jolt, or penetrating injury disrupts normal brain function.

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

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

Answer: B. Falls

Explanation: Falls are the leading cause of TBIs, especially among older adults and young children.

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

Answer: C. Older adults and young children

Explanation: Older adults are more likely to suffer falls, while young children are vulnerable due to developing coordination and supervision needs.

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

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

Answer: C. Concussion

Explanation: A concussion is considered a mild traumatic brain injury because it temporarily alters brain function.

5. Which symptom is common immediately after a concussion?

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

Answer: B. Dizziness

Explanation: Dizziness is a common symptom after concussion due to temporary disruption in brain function.

6. Loss of consciousness is:

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

Answer: C. Sometimes associated with TBI

Explanation: Many people with concussion never lose consciousness, although it can occur.

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

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

Answer: B. CT scan

Explanation: CT scans are fast and effective for detecting bleeding, swelling, or fractures after head injury.

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

Answer: B. Assessing severity of brain injury

Explanation: The GCS evaluates eye opening, verbal response, and motor response to determine brain injury severity.

9. Which GCS score range usually indicates severe TBI?

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

Answer: C. 3–8

Explanation: Severe TBI is commonly defined by a GCS score between 3 and 8.

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

- A. Cognitive impairment
- B. Paralysis

- C. Personality changes
- D. All of the above

Answer: D. All of the above

Explanation: Severe TBI can affect movement, thinking, behavior, and emotional regulation.

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

Answer: B. Persistent symptoms after concussion

Explanation: Some individuals continue experiencing symptoms such as headaches and concentration problems for weeks or months.

12. Which symptom is considered cognitive?

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

Answer: C. Difficulty concentrating

Explanation: Cognitive symptoms affect mental processes such as memory, attention, and reasoning.

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

Answer: B. Injury where an object enters the skull

Explanation: Penetrating injuries occur when an object pierces the skull and damages brain tissue.

14. Which sport has a recognized risk of concussion?

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

Answer: D. All of the above

Explanation: Many contact and collision sports carry concussion risk.

15. Repeated concussions may increase risk for:

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

Answer: A. Chronic traumatic encephalopathy (CTE)

Explanation: Repetitive head impacts are associated with long-term degenerative brain disease called CTE.

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

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

Answer: A. Headache

Explanation: Headache is one of the most common physical symptoms after TBI.

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

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

Answer: A. Frontal lobe

Explanation: The frontal lobe is involved in planning, judgment, and impulse control.

18. Injury to the occipital lobe may affect:

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

Answer: B. Vision

Explanation: The occipital lobe processes visual information.

19. What is cerebral edema?

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

Answer: A. Brain swelling

Explanation: Cerebral edema refers to swelling in the brain, which can increase pressure and damage tissue.

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

Answer: B. It can damage brain tissue

Explanation: Increased pressure inside the skull can reduce blood flow and compress brain structures.

21. Which healthcare professional commonly manages rehabilitation after TBI?

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

Answer: A. Physiatrist

Explanation: Physiatrists specialize in rehabilitation medicine and often coordinate TBI recovery care.

22. What is aphasia?

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

Answer: B. Difficulty with language

Explanation: Aphasia affects speaking, understanding, reading, or writing due to brain injury.

23. Which therapy helps improve communication after TBI?

- A. Speech therapy

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

Answer: A. Speech therapy

Explanation: Speech-language pathologists help individuals regain communication and swallowing abilities.

24. Which symptom may indicate worsening brain injury?

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

Answer: A. Persistent vomiting

Explanation: Repeated vomiting can indicate increased intracranial pressure and requires urgent evaluation.

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

Answer: D. All of the above

Explanation: Safety measures significantly reduce the risk of head injury.

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

Answer: A. Diffuse axonal injury

Explanation: Rapid movement can stretch and damage nerve fibers throughout the brain.

27. Diffuse axonal injury often results from:

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

Answer: A. Rapid acceleration-deceleration

Explanation: High-speed motor vehicle crashes commonly produce this type of injury.

28. Which symptom is emotional rather than physical?

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

Answer: A. Irritability

Explanation: Emotional symptoms after TBI can include mood swings, irritability, and depression.

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

Answer: B. Loss of memories before injury

Explanation: Retrograde amnesia affects memories formed prior to the traumatic event.

30. What is anterograde amnesia?

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

Answer: A. Difficulty forming new memories

Explanation: Anterograde amnesia prevents formation of new memories after injury.

31. Which structure helps control balance and coordination?

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

Answer: A. Cerebellum

Explanation: The cerebellum plays a major role in movement coordination and balance.

32. TBI can affect sleep by causing:

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

Answer: D. All of the above

Explanation: Sleep disturbances are common after brain injury.

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

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

Answer: C. Chest pain

Explanation: Chest pain is not a typical symptom directly associated with concussion.

34. What is neuroplasticity?

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

Answer: B. Ability of the brain to adapt and reorganize

Explanation: Neuroplasticity allows the brain to form new connections during recovery.

35. Which rehabilitation strategy supports neuroplasticity?

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

Answer: A. Repetitive practice

Explanation: Repeated exercises help strengthen neural pathways and improve function.

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

Answer: D. All of the above

Explanation: Several factors contribute to fall risk and head injury in older adults.

37. A hematoma is:

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

Answer: B. Collection of blood outside blood vessels

Explanation: Hematomas may form after head trauma and compress brain tissue.

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

Answer: A. Between skull and dura mater

Explanation: Epidural hematomas can rapidly become life-threatening and often require emergency surgery.

39. Which symptom can indicate a skull fracture?

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

Answer: A. Clear fluid leaking from nose or ears

Explanation: Leakage of cerebrospinal fluid may suggest a skull fracture.

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

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

Answer: A. Blood thinners

Explanation: Anticoagulants can increase the risk of intracranial bleeding after head injury.

41. What is a seizure?

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

Answer: B. Sudden abnormal electrical brain activity

Explanation: Seizures may occur after TBI due to irritation or damage in brain tissue.

42. Post-traumatic epilepsy refers to:

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

Answer: B. Recurrent seizures after TBI

Explanation: Some individuals develop chronic seizure disorders after brain injury.

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

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

Answer: A. Temporal lobe

Explanation: The temporal lobe processes sound and plays a major role in memory.

44. The parietal lobe helps process:

- A. Sensory information
- B. Blood circulation
- C. Hormone production
- D. Breathing only

Answer: A. Sensory information

Explanation: The parietal lobe integrates touch, spatial awareness, and sensory input.

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

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

Answer: A. Attention difficulties

Explanation: Cognitive symptoms can affect academic performance and learning.

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

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

Answer: A. Neuropsychologist

Explanation: Neuropsychologists assess cognitive functioning and recommend accommodations.

47. Which symptom is considered sensory?

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

Answer: A. Light sensitivity

Explanation: Sensory symptoms involve altered responses to light, sound, or touch.

48. What is the purpose of cognitive rehabilitation?

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

Answer: B. Improve thinking and memory skills

Explanation: Cognitive rehabilitation targets deficits in attention, memory, and executive functioning.

49. Which symptom may affect driving after TBI?

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

Answer: A. Slowed reaction time

Explanation: Delayed responses can make driving unsafe after brain injury.

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

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

Answer: A. Helmets

Explanation: Properly fitted helmets reduce the risk of severe head injury.

51. Which symptom is common in children with TBI?

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

Answer: A. Irritability

Explanation: Children may show behavioral changes such as irritability after head injury.

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

Answer: A. They may worsen long-term brain damage

Explanation: Repeated injuries can lead to cumulative neurological impairment.

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

Answer: A. A second injury before recovery from the first

Explanation: A second concussion before healing can cause severe brain swelling.

54. Which sign may indicate brainstem injury?

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

Answer: A. Breathing problems

Explanation: The brainstem controls vital functions including breathing and heart rate.

55. What is executive functioning?

- A. Digestive system activity
- B. Skills for planning and organization
- C. Lung capacity

D. Eye movement only

Answer: B. Skills for planning and organization

Explanation: Executive functions include decision-making, problem-solving, and self-control.

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

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

Answer: A. MRI

Explanation: MRI provides detailed images of soft tissues and subtle brain injuries.

57. What is agitation after TBI?

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

Answer: B. Restlessness or aggressive behavior

Explanation: Agitation can result from confusion, frustration, or brain dysfunction.

58. Which healthcare provider evaluates movement problems after TBI?

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

Answer: A. Physical therapist

Explanation: Physical therapists help improve mobility, strength, and balance.

59. Occupational therapy after TBI focuses on:

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

Answer: A. Daily living activities

Explanation: Occupational therapists help patients regain independence in daily tasks.

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

- A. Personality changes
- B. Improved memory
- C. Increased patience
- D. Better hearing

Answer: A. Personality changes

Explanation: Emotional and behavioral changes can affect communication and relationships.

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

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

Answer: A. Collisions

Explanation: Player-to-player or player-to-surface impacts frequently cause sports-related TBIs.

62. What is cognition?

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

Answer: B. Mental processes such as thinking and memory

Explanation: Cognition includes attention, learning, reasoning, and memory.

63. Which symptom may suggest increased intracranial pressure?

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

Answer: A. Unequal pupils

Explanation: Pupil changes can indicate dangerous pressure affecting brain structures.

64. What is the dura mater?

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

Answer: B. Outer protective brain covering

Explanation: The dura mater is the tough outer layer of the meninges surrounding the brain.

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

Answer: A. Maximize independence and recovery

Explanation: Rehabilitation helps individuals regain skills and improve quality of life.

66. Which factor influences TBI recovery?

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

Answer: D. All of the above

Explanation: Recovery outcomes depend on many biological and environmental factors.

67. What is anosmia?

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

Answer: A. Loss of smell

Explanation: Damage to olfactory pathways after TBI can impair smell.

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

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

Answer: A. Vertigo

Explanation: Vestibular system injury can cause dizziness and balance disturbances.

69. Which strategy may help memory problems after TBI?

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

Answer: A. Using reminders and calendars

Explanation: External memory aids can support organization and recall.

70. What is fatigue after TBI?

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

Answer: B. Persistent physical or mental exhaustion

Explanation: Fatigue is a common and often disabling symptom during recovery.

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

- A. Nervous system
- B. Cardiovascular system

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

Answer: D. All of the above

Explanation: Severe TBI can disrupt multiple body systems and vital functions.

72. What is a coma?

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

Answer: B. Prolonged state of unconsciousness

Explanation: Coma is a state of deep unconsciousness resulting from severe brain dysfunction.

73. Which symptom may indicate concussion in infants?

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

Answer: A. Excessive crying

Explanation: Infants may show irritability, poor feeding, or unusual crying after head injury.

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

Answer: A. Assess cognitive and emotional functioning

Explanation: Neuropsychological testing identifies strengths and deficits after TBI.

75. Which emotional condition may occur after TBI?

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

Answer: D. All of the above

Explanation: Emotional and psychiatric symptoms are common after brain injury.

76. What is impulsivity?

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

Answer: B. Acting without thinking

Explanation: Frontal lobe injury can impair self-control and decision-making.

77. Which symptom can affect workplace performance after TBI?

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

Answer: A. Difficulty multitasking

Explanation: Cognitive overload and slower processing can impair work functioning.

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

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

Answer: A. Psychologist

Explanation: Mental health professionals help patients cope with emotional and behavioral changes.

79. What is cognitive fatigue?

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

Answer: B. Mental exhaustion from thinking tasks

Explanation: Cognitive activities may become tiring due to brain injury.

80. Which lifestyle factor supports brain recovery?

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

Answer: A. Adequate sleep

Explanation: Rest and healthy sleep are important for healing and cognitive recovery.

81. Alcohol use after TBI may:

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

Answer: A. Worsen symptoms

Explanation: Alcohol can impair healing, judgment, and neurological functioning.

82. Which symptom is related to sensory overload?

- A. Difficulty tolerating noise
- B. Improved concentration
- C. Better vision
- D. Increased stamina

Answer: A. Difficulty tolerating noise

Explanation: Many people with TBI become sensitive to loud environments.

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

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

Answer: A. Wearing seat belts

Explanation: Seat belts reduce head impact and severe injury risk.

84. Which symptom may occur during concussion recovery?

- A. Sensitivity to light

- B. Improved memory
- C. Enhanced hearing
- D. Stronger muscles

Answer: A. Sensitivity to light

Explanation: Light sensitivity is a common neurological symptom after concussion.

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

Answer: A. Protective filtering system between blood and brain tissue

Explanation: The blood-brain barrier helps protect the brain from harmful substances.

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

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

Answer: A. Hypoxia

Explanation: Reduced oxygen delivery can worsen brain damage after injury.

87. Which symptom may indicate damage to cranial nerves?

- A. Facial weakness
- B. Improved balance

- C. Faster speech
- D. Increased appetite

Answer: A. Facial weakness

Explanation: Cranial nerve injury can affect facial movement and sensation.

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

Answer: A. Prevent secondary brain injury

Explanation: Stabilizing oxygen, blood flow, and pressure helps limit additional brain damage.

89. Which symptom may reflect frontal lobe injury?

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

Answer: A. Poor judgment

Explanation: Frontal lobe damage can impair reasoning and behavior regulation.

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

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

Answer: A. Spinal cord injury

Explanation: Severe accidents may injure both the brain and spinal cord.

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

Answer: A. Supports overall brain and body function

Explanation: Proper hydration supports circulation, healing, and general health.

92. Which factor may worsen cognitive symptoms after TBI?

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

Answer: A. Stress

Explanation: Stress can intensify headaches, fatigue, and concentration problems.

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

- A. Sensitivity to sound
- B. Better concentration
- C. Increased coordination
- D. Faster reflexes

Answer: A. Sensitivity to sound

Explanation: Post-traumatic headaches may resemble migraines with sensory sensitivity.

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

Answer: A. Removing tripping hazards

Explanation: Environmental safety modifications reduce fall-related TBIs.

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

Answer: A. Damage occurring after the initial trauma

Explanation: Swelling, bleeding, and lack of oxygen can worsen injury after the original event.

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

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

Answer: A. Speech-language pathologist

Explanation: Speech-language pathologists assess swallowing safety and communication.

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

Answer: A. Ability to adapt and cope with challenges

Explanation: Resilience supports emotional adjustment and long-term recovery.

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

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

Answer: A. Abnormal heart rate

Explanation: Severe brain injuries may disrupt automatic body functions controlled by the autonomic nervous system.

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

Answer: A. Families support recovery and safety

Explanation: Educated caregivers can help monitor symptoms, encourage rehabilitation, and provide support.

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

Answer: B. Recovery varies widely between individuals

Explanation: Outcomes depend on injury severity, treatment, health, rehabilitation, and personal factors.