

Vertigo: 100-Question Multiple-Choice Quiz with Answers

1. What is vertigo?

- A. A headache disorder
- B. A spinning sensation or illusion of movement
- C. A stomach infection
- D. A sleep disorder

Answer: B

Explanation: Vertigo is the sensation that you or your surroundings are spinning or moving when no actual movement is occurring.

2. Which part of the body is most commonly involved in vertigo?

- A. Liver
- B. Kidneys
- C. Inner ear
- D. Pancreas

Answer: C

Explanation: Most vertigo cases are related to problems in the inner ear, which helps control balance.

3. Which condition is the most common cause of peripheral vertigo?

- A. Stroke
- B. Benign Paroxysmal Positional Vertigo (BPPV)
- C. Brain tumor
- D. Multiple sclerosis

Answer: B

Explanation: BPPV is caused by displaced calcium crystals in the inner ear and is the most common cause of vertigo.

4. What does BPPV stand for?

- A. Bilateral Pressure Peripheral Vestibulopathy
- B. Benign Paroxysmal Positional Vertigo
- C. Brain Pressure Positional Vertigo
- D. Balance Pathway Peripheral Variation

Answer: B

Explanation: BPPV stands for Benign Paroxysmal Positional Vertigo.

5. Which movement commonly triggers BPPV symptoms?

- A. Running
- B. Looking at bright lights
- C. Turning the head quickly
- D. Eating spicy foods

Answer: C

Explanation: Rapid head movements often trigger vertigo episodes in BPPV.

6. Which symptom commonly accompanies vertigo?

- A. Rash
- B. Nausea
- C. Tooth pain
- D. Hair loss

Answer: B

Explanation: Nausea and vomiting commonly occur because vertigo affects balance and spatial orientation.

7. Which ear disorder is associated with vertigo, tinnitus, and hearing loss?

- A. Otitis externa
- B. Ménière's disease

- C. Sinusitis
- D. Pharyngitis

Answer: B

Explanation: Ménière's disease often causes episodes of vertigo, ringing in the ears, and fluctuating hearing loss.

8. What is tinnitus?

- A. Ear ringing or buzzing
- B. Severe headache
- C. Blurred vision
- D. Ear infection

Answer: A

Explanation: Tinnitus refers to hearing sounds like ringing or buzzing without an external source.

9. Which test is commonly used to diagnose BPPV?

- A. Stress test
- B. Dix-Hallpike maneuver
- C. Colonoscopy
- D. Skin biopsy

Answer: B

Explanation: The Dix-Hallpike maneuver helps provoke vertigo and eye movements characteristic of BPPV.

10. Which eye movement is often seen during vertigo episodes?

- A. Strabismus
- B. Nystagmus
- C. Cataract formation
- D. Ptosis

Answer: B

Explanation: Nystagmus is involuntary eye movement commonly associated with vestibular disorders.

11. Which specialist commonly treats vertigo?

- A. Dermatologist
- B. Orthopedic surgeon
- C. Otolaryngologist (ENT)
- D. Podiatrist

Answer: C

Explanation: ENT specialists commonly diagnose and treat disorders involving the ear and balance system.

12. What is the vestibular system responsible for?

- A. Digestion
- B. Balance and spatial orientation
- C. Blood clotting
- D. Temperature regulation

Answer: B

Explanation: The vestibular system helps maintain balance and body orientation.

13. Which maneuver is commonly used to treat BPPV?

- A. Heimlich maneuver
- B. Epley maneuver
- C. Valsalva maneuver
- D. Romberg maneuver

Answer: B

Explanation: The Epley maneuver repositions displaced crystals in the inner ear.

14. What are the displaced crystals in BPPV called?

- A. Nephrons
- B. Otoconia
- C. Platelets
- D. Synapses

Answer: B

Explanation: Otoconia are calcium carbonate crystals involved in sensing gravity and motion.

15. Which type of vertigo originates from the inner ear?

- A. Peripheral vertigo
- B. Central vertigo
- C. Psychological vertigo
- D. Ocular vertigo

Answer: A

Explanation: Peripheral vertigo is caused by disorders of the inner ear or vestibular nerve.

16. Central vertigo is usually caused by problems in the:

- A. Liver
- B. Brain
- C. Stomach
- D. Skin

Answer: B

Explanation: Central vertigo results from issues affecting the brain, especially the brainstem or cerebellum.

17. Which serious condition can cause central vertigo?

- A. Migraine
- B. Stroke
- C. Flu
- D. Eczema

Answer: B

Explanation: A stroke affecting balance centers in the brain can produce vertigo.

18. Which symptom may suggest central vertigo rather than peripheral vertigo?

- A. Brief spinning episodes
- B. Hearing loss
- C. Double vision
- D. Ear fullness

Answer: C

Explanation: Neurological symptoms such as double vision may indicate central nervous system involvement.

19. Which imaging test may be ordered to evaluate central vertigo?

- A. MRI
- B. Mammogram
- C. Ultrasound of the abdomen
- D. Bone density scan

Answer: A

Explanation: MRI scans can help identify brain-related causes of vertigo.

20. Vestibular neuritis involves inflammation of the:

- A. Vestibular nerve
- B. Optic nerve
- C. Sciatic nerve
- D. Facial nerve

Answer: A

Explanation: Vestibular neuritis affects the vestibular nerve and commonly causes sudden vertigo.

21. Labyrinthitis differs from vestibular neuritis because it often includes:

- A. Chest pain
- B. Hearing loss
- C. High blood sugar
- D. Kidney failure

Answer: B

Explanation: Labyrinthitis affects both balance and hearing structures in the inner ear.

22. Which medication class may help reduce vertigo symptoms?

- A. Antibiotics
- B. Antihistamines
- C. Anticoagulants
- D. Antacids

Answer: B

Explanation: Antihistamines such as meclizine may help relieve vertigo symptoms.

23. Which medication is commonly prescribed for motion sickness and vertigo?

- A. Ibuprofen

- B. Meclizine
- C. Metformin
- D. Omeprazole

Answer: B

Explanation: Meclizine is often used to reduce dizziness and motion-related symptoms.

24. Which therapy helps patients adapt to balance disorders?

- A. Radiation therapy
- B. Vestibular rehabilitation therapy
- C. Chemotherapy
- D. Hydrotherapy

Answer: B

Explanation: Vestibular rehabilitation therapy uses exercises to improve balance and reduce dizziness.

25. Which structure contains the semicircular canals?

- A. Middle ear
- B. Inner ear
- C. Outer ear
- D. Nasal cavity

Answer: B

Explanation: The semicircular canals are located in the inner ear and detect rotational movement.

26. How many semicircular canals are present in each ear?

- A. One
- B. Two
- C. Three
- D. Four

Answer: C

Explanation: Each inner ear contains three semicircular canals oriented in different planes.

27. Which condition is characterized by recurrent vertigo attacks lasting minutes to hours?

- A. Ménière's disease
- B. Appendicitis
- C. Asthma
- D. Cataracts

Answer: A

Explanation: Ménière's disease commonly causes episodic vertigo lasting from minutes to hours.

28. Which dietary change may help patients with Ménière's disease?

- A. High-salt diet
- B. Increased caffeine intake
- C. Low-sodium diet
- D. High-sugar diet

Answer: C

Explanation: Reducing sodium intake may decrease fluid buildup in the inner ear.

29. Which symptom is least likely in vertigo?

- A. Imbalance
- B. Sweating
- C. Spinning sensation
- D. Broken bone

Answer: D

Explanation: A broken bone is unrelated to vertigo symptoms.

30. What does "benign" mean in BPPV?

- A. Cancerous
- B. Mild and not life-threatening
- C. Contagious
- D. Genetic

Answer: B

Explanation: "Benign" indicates the condition is not dangerous or malignant.

31. Which age group is most commonly affected by BPPV?

- A. Infants
- B. Teenagers
- C. Older adults
- D. Newborns

Answer: C

Explanation: BPPV occurs more often in older adults due to age-related degeneration in the inner ear.

32. Which symptom may worsen with sudden head movement?

- A. Vertigo
- B. Acne
- C. Cough
- D. Heartburn

Answer: A

Explanation: Sudden changes in head position frequently intensify vertigo.

33. What is disequilibrium?

- A. Perfect balance
- B. Difficulty maintaining balance
- C. Ear infection
- D. Vision loss

Answer: B

Explanation: Disequilibrium refers to unsteadiness or imbalance.

34. Which test evaluates balance while standing still?

- A. Romberg test
- B. Pap smear
- C. ECG
- D. Spirometry

Answer: A

Explanation: The Romberg test assesses balance and proprioception.

35. Which symptom is a medical emergency when combined with vertigo?

- A. Sneezing
- B. Facial weakness
- C. Mild nausea
- D. Ear itching

Answer: B

Explanation: Facial weakness may indicate stroke or another neurological emergency.

36. Vestibular migraine combines vertigo with:

- A. Arthritis

- B. Migraine symptoms
- C. Kidney stones
- D. Skin rash

Answer: B

Explanation: Vestibular migraine causes dizziness or vertigo associated with migraine features.

37. Which symptom is common in vestibular migraine?

- A. Light sensitivity
- B. Broken nails
- C. Tooth decay
- D. Excessive thirst

Answer: A

Explanation: Photophobia, or light sensitivity, commonly occurs with migraines.

38. Which vitamin deficiency has been linked to recurrent BPPV?

- A. Vitamin C
- B. Vitamin D
- C. Vitamin K
- D. Vitamin B12

Answer: B

Explanation: Low vitamin D levels may contribute to recurrence of BPPV.

39. What is presyncope?

- A. Feeling faint
- B. Ear infection
- C. Spinning sensation
- D. Hearing loss

Answer: A

Explanation: Presyncope refers to the sensation of almost fainting.

40. Which condition may mimic vertigo?

- A. Anxiety
- B. Hair loss
- C. Appendicitis
- D. Kidney infection

Answer: A

Explanation: Anxiety can cause dizziness and imbalance sensations similar to vertigo.

41. Which ear structure detects linear acceleration?

- A. Cochlea
- B. Utricle and saccule
- C. Eardrum
- D. Ossicles

Answer: B

Explanation: The utricle and saccule detect gravity and linear movement.

42. Which symptom is associated with dehydration-related dizziness rather than vertigo?

- A. Spinning sensation
- B. Lightheadedness
- C. Nystagmus
- D. Ear fullness

Answer: B

Explanation: Dehydration more commonly causes lightheadedness than true vertigo.

43. Which infection may lead to labyrinthitis?

- A. Viral infection
- B. Toenail fungus
- C. Food poisoning
- D. Acne

Answer: A

Explanation: Viral infections are common causes of labyrinthitis.

44. Which body system primarily maintains balance?

- A. Digestive system
- B. Vestibular system
- C. Reproductive system
- D. Endocrine system

Answer: B

Explanation: The vestibular system coordinates balance and spatial awareness.

45. Which symptom often occurs during severe vertigo?

- A. Vomiting
- B. Nosebleed
- C. Toothache
- D. Rash

Answer: A

Explanation: Severe vertigo commonly causes nausea and vomiting.

46. Which position commonly triggers BPPV symptoms?

- A. Lying down
- B. Sitting quietly
- C. Standing still
- D. Reading

Answer: A

Explanation: Lying down or rolling in bed can provoke BPPV symptoms.

47. What does the cochlea primarily control?

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

Answer: B

Explanation: The cochlea is responsible for hearing.

48. Which condition may produce vertigo after head trauma?

- A. BPPV
- B. Asthma
- C. Diabetes
- D. Eczema

Answer: A

Explanation: Head injuries can displace otoconia and trigger BPPV.

49. Which professional may perform vestibular rehabilitation?

- A. Physical therapist
- B. Accountant
- C. Dentist
- D. Pharmacist

Answer: A

Explanation: Physical therapists trained in vestibular therapy help patients improve balance.

50. Which term describes fear of heights and dizziness?

- A. Acrophobia
- B. Claustrophobia
- C. Agoraphobia
- D. Arachnophobia

Answer: A

Explanation: Acrophobia is the fear of heights and may trigger dizziness or imbalance.

51. Which bedside maneuver helps reposition inner-ear crystals?

- A. Epley maneuver
- B. CPR
- C. Abdominal thrust
- D. Lumbar puncture

Answer: A

Explanation: The Epley maneuver moves displaced crystals back into the correct position.

52. What type of hearing loss may occur in Ménière's disease?

- A. Conductive hearing loss
- B. Fluctuating sensorineural hearing loss
- C. Complete deafness at birth
- D. Temporary external ear blockage

Answer: B

Explanation: Ménière's disease often causes fluctuating sensorineural hearing loss.

53. Which symptom can indicate a stroke in a patient with vertigo?

- A. Difficulty speaking
- B. Earwax buildup
- C. Sneezing
- D. Mild hiccups

Answer: A

Explanation: Speech difficulties combined with vertigo may suggest stroke.

54. Which lifestyle habit may worsen vertigo symptoms?

- A. Adequate hydration
- B. Excess alcohol consumption
- C. Regular sleep
- D. Balanced meals

Answer: B

Explanation: Alcohol can impair balance and worsen dizziness.

55. Which sensory system works closely with the vestibular system?

- A. Visual system
- B. Digestive system
- C. Immune system
- D. Endocrine system

Answer: A

Explanation: Vision and vestibular input work together to maintain balance.

56. What is oscillopsia?

- A. Ear pain
- B. Visual blurring with movement
- C. Hearing improvement
- D. Loss of smell

Answer: B

Explanation: Oscillopsia is the sensation that the visual environment is moving or bouncing.

57. Which structure connects the inner ear to the brain?

- A. Vestibulocochlear nerve
- B. Optic nerve
- C. Median nerve
- D. Femoral nerve

Answer: A

Explanation: The vestibulocochlear nerve transmits hearing and balance information.

58. Which cranial nerve is associated with hearing and balance?

- A. Cranial nerve II
- B. Cranial nerve V
- C. Cranial nerve VIII
- D. Cranial nerve X

Answer: C

Explanation: Cranial nerve VIII is the vestibulocochlear nerve.

59. Which condition may cause chronic imbalance after an acute vertigo attack?

- A. Vestibular hypofunction
- B. Appendicitis

- C. Bronchitis
- D. Psoriasis

Answer: A

Explanation: Reduced vestibular function may lead to ongoing imbalance.

60. Which symptom is most typical of BPPV episodes?

- A. Continuous spinning for weeks
- B. Brief episodes triggered by movement
- C. Chest tightness
- D. Severe abdominal pain

Answer: B

Explanation: BPPV usually causes short episodes related to head position changes.

61. What is the primary purpose of vestibular rehabilitation exercises?

- A. Increase blood pressure
- B. Improve balance adaptation
- C. Treat infection
- D. Lower cholesterol

Answer: B

Explanation: These exercises help the brain adapt to vestibular dysfunction.

62. Which symptom commonly distinguishes Ménière's disease from BPPV?

- A. Hearing loss
- B. Head movement sensitivity
- C. Dizziness

D. Nausea

Answer: A

Explanation: Hearing loss is more characteristic of Ménière's disease.

63. Which condition may involve vertigo after a viral illness?

A. Vestibular neuritis

B. Arthritis

C. Hypertension

D. Cataracts

Answer: A

Explanation: Vestibular neuritis often follows a viral infection.

64. Which activity may be unsafe during severe vertigo?

A. Reading

B. Driving

C. Eating

D. Sleeping

Answer: B

Explanation: Driving during vertigo can be dangerous because balance and spatial orientation are impaired.

65. Which symptom may occur with severe vestibular disorders?

A. Difficulty walking

B. Toenail discoloration

C. Rash

D. Hair growth

Answer: A

Explanation: Vestibular disorders may significantly impair walking and balance.

66. Which part of the brain helps coordinate balance?

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

Answer: A

Explanation: The cerebellum is heavily involved in balance and coordination.

67. Which condition is most likely if vertigo occurs with one-sided hearing loss?

- A. Ménière's disease
- B. Common cold
- C. Tendonitis
- D. Eczema

Answer: A

Explanation: One-sided hearing loss with vertigo strongly suggests Ménière's disease or another inner-ear disorder.

68. Which factor increases fall risk in vertigo patients?

- A. Poor balance
- B. Good vision
- C. Strong muscles
- D. Healthy diet

Answer: A

Explanation: Impaired balance increases the likelihood of falls.

69. Which symptom is more common in central vertigo?

- A. Severe neurological signs
- B. Ear fullness
- C. Brief attacks
- D. Motion-triggered dizziness only

Answer: A

Explanation: Central vertigo often presents with neurological abnormalities.

70. Which bedside finding may suggest vestibular dysfunction?

- A. Positive head impulse test
- B. Elevated blood sugar
- C. Skin rash
- D. Joint swelling

Answer: A

Explanation: The head impulse test evaluates vestibular reflex function.

71. Which symptom is common during acute vestibular neuritis?

- A. Continuous severe vertigo
- B. Tooth pain
- C. Hair loss
- D. Nosebleeds

Answer: A

Explanation: Vestibular neuritis often causes sudden, prolonged vertigo.

72. Which type of vertigo is usually more severe but shorter in duration?

- A. BPPV
- B. Central vertigo
- C. Stroke-related vertigo
- D. Tumor-related vertigo

Answer: A

Explanation: BPPV attacks are intense but typically brief.

73. Which imaging method best visualizes soft tissues of the brain?

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

Answer: A

Explanation: MRI provides detailed images of brain structures.

74. Which symptom may accompany vestibular migraine?

- A. Aura
- B. Kidney pain
- C. Leg fracture
- D. Gum bleeding

Answer: A

Explanation: Some migraine patients experience visual or sensory aura symptoms.

75. Which structure senses rotational head movement?

- A. Semicircular canals
- B. Cochlea
- C. Retina
- D. Eardrum

Answer: A

Explanation: The semicircular canals detect rotational movement of the head.

76. Which disease process may cause central vertigo?

- A. Multiple sclerosis
- B. Athlete's foot
- C. Gallstones
- D. Gingivitis

Answer: A

Explanation: Multiple sclerosis can affect brain pathways involved in balance.

77. Which symptom should prompt immediate emergency evaluation?

- A. Sudden vertigo with weakness
- B. Mild ear itching
- C. Brief nausea
- D. Temporary fatigue

Answer: A

Explanation: Weakness with vertigo may indicate stroke or another emergency.

78. Which treatment is most specific for BPPV?

- A. Bed rest only
- B. Canalith repositioning maneuvers
- C. Antibiotics
- D. Surgery for all patients

Answer: B

Explanation: Repositioning maneuvers directly treat displaced inner-ear crystals.

79. Which factor may trigger vestibular migraine?

- A. Stress
- B. Fresh air
- C. Hydration
- D. Exercise therapy

Answer: A

Explanation: Stress is a common migraine trigger.

80. Which condition may cause vertigo and hearing symptoms after loud noise exposure?

- A. Inner-ear damage
- B. Skin infection
- C. Diabetes
- D. Arthritis

Answer: A

Explanation: Loud noise can damage inner-ear structures affecting hearing and balance.

81. Which symptom is most associated with motion sickness?

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

Answer: A

Explanation: Motion sickness commonly produces nausea and dizziness.

82. Which maneuver may provoke nystagmus in BPPV?

- A. Dix-Hallpike maneuver
- B. Straight-leg raise
- C. McMurray test
- D. Babinski test

Answer: A

Explanation: The Dix-Hallpike maneuver can trigger characteristic nystagmus in BPPV.

83. Which term refers to inflammation of the labyrinth?

- A. Labyrinthitis
- B. Dermatitis
- C. Nephritis
- D. Gastritis

Answer: A

Explanation: Labyrinthitis is inflammation of the inner-ear labyrinth.

84. Which symptom may worsen in visually busy environments in vestibular disorders?

- A. Dizziness
- B. Hearing improvement
- C. Taste sensation
- D. Skin color changes

Answer: A

Explanation: Crowded or visually complex environments can aggravate dizziness.

85. Which body position may relieve some vertigo symptoms?

- A. Remaining still

- B. Spinning rapidly
- C. Jumping repeatedly
- D. Running upstairs

Answer: A

Explanation: Staying still can reduce stimulation of the vestibular system.

86. Which medical history detail is important in evaluating vertigo?

- A. Duration of episodes
- B. Favorite color
- C. Shoe size
- D. Handwriting style

Answer: A

Explanation: Episode duration helps identify the underlying cause of vertigo.

87. Which condition may present with vertigo after scuba diving?

- A. Barotrauma
- B. Eczema
- C. Osteoporosis
- D. Gastritis

Answer: A

Explanation: Pressure-related inner-ear injury can occur during diving.

88. Which symptom suggests dehydration rather than vestibular disease?

- A. Dry mouth
- B. Nystagmus
- C. Spinning sensation

D. Ear fullness

Answer: A

Explanation: Dry mouth is more consistent with dehydration.

89. Which test evaluates involuntary eye movements in vertigo patients?

- A. Electronystagmography
- B. Colonoscopy
- C. Echocardiogram
- D. Pulmonary function test

Answer: A

Explanation: Electronystagmography records abnormal eye movements related to vestibular disorders.

90. Which structure contains fluid important for balance sensing?

- A. Semicircular canals
- B. Tonsils
- C. Thyroid gland
- D. Appendix

Answer: A

Explanation: Fluid movement within the semicircular canals helps detect head movement.

91. Which common symptom may follow prolonged vertigo?

- A. Fatigue
- B. Increased height
- C. Tooth eruption
- D. Hair bleaching

Answer: A

Explanation: Vertigo episodes can be physically exhausting.

92. Which preventive measure may reduce falls in vertigo patients?

- A. Removing tripping hazards
- B. Wearing heavy boots indoors
- C. Avoiding hydration
- D. Walking in darkness

Answer: A

Explanation: A safer home environment lowers fall risk.

93. Which condition may cause vertigo after an ear infection?

- A. Labyrinthitis
- B. Hypertension
- C. Eczema
- D. Tendonitis

Answer: A

Explanation: Inner-ear inflammation after infection can cause vertigo.

94. Which type of vertigo generally has hearing symptoms?

- A. Peripheral vertigo
- B. Central vertigo
- C. Psychological vertigo
- D. Visual vertigo only

Answer: A

Explanation: Peripheral vertigo often affects hearing because the inner ear is involved.

95. Which symptom may accompany severe nausea during vertigo?

- A. Sweating
- B. Improved concentration
- C. Increased appetite

D. Rash

Answer: A

Explanation: Sweating often accompanies nausea and autonomic activation.

96. Which factor may contribute to recurrent dizziness in older adults?

- A. Multiple medications
- B. Strong hydration habits
- C. Balanced sleep schedule
- D. Good lighting

Answer: A

Explanation: Certain medications may affect balance or blood pressure.

97. Which bedside sign often occurs during acute vertigo?

- A. Unsteady gait
- B. Enlarged spleen
- C. Skin blistering
- D. Hair thinning

Answer: A

Explanation: Acute vertigo frequently causes difficulty walking steadily.

98. Which therapy focuses on gaze stabilization exercises?

- A. Vestibular rehabilitation
- B. Speech therapy
- C. Dialysis
- D. Occupational exposure therapy

Answer: A

Explanation: Vestibular rehabilitation often includes gaze stabilization exercises.

99. Which symptom pattern is typical of BPPV?

- A. Vertigo lasting seconds
- B. Continuous vertigo for months
- C. High fever with rash
- D. Severe chest pain

Answer: A

Explanation: BPPV typically causes brief episodes lasting seconds.

100. What is an important first step when evaluating vertigo?

- A. Determine whether the cause is central or peripheral
- B. Prescribe antibiotics immediately
- C. Recommend surgery for everyone
- D. Ignore neurological symptoms

Answer: A

Explanation: Distinguishing between central and peripheral causes helps guide urgency, diagnosis, and treatment.