

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Answer Key: Stoic Minds & Social Screens: 9th Grade Emotional Health Quiz

Go beyond surface-level self-care by analyzing cognitive biases, the neurobiology of stress, and the efficacy of diverse interpersonal boundaries.

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**1. A student utilizes 'Cognitive Reframing' to view a failed chemistry lab not as a personal deficit, but as a data-driven opportunity to refine their methodology. This best demonstrates which psychological concept?**

**Answer:** B) Growth Mindset

Growth mindset involves viewing challenges as opportunities for development, shifting the evaluation from fixed ability to process and effort.

**2. While the 'fight-or-flight' response is essential for survival, chronic activation of the HPA axis can impair the prefrontal cortex's ability to regulate complex decision-making.**

**Answer:** A) True

Chronic stress floods the brain with cortisol, which can physically alter the prefrontal cortex, the area responsible for higher-order thinking and emotional regulation.

**3. When a person experiences 'interception'—the ability to sense internal bodily signals—they are better equipped to employ \_\_\_\_\_, a strategy involving the modulation of an emotional response before it becomes overwhelming.**

**Answer:** C) Antecedent-Focused Regulation

Antecedent-focused regulation involves recognizing triggers or physiological cues early and intervening before a full emotional outburst occurs.

**4. Which of the following scenarios describes the 'Sunk Cost Fallacy' impacting emotional health?**

**Answer:** A) Staying in a toxic friendship because of the three years already invested in it.

The Sunk Cost Fallacy is the tendency to continue an endeavor once an investment in money, effort, or time has been made, even if it is detrimental to current well-being.

**5. Viktor Frankl's concept of 'Logotherapy' suggests that human beings are primarily driven by a 'will to \_\_\_\_\_', which serves as a powerful protective factor against clinical despair.**

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**Answer:** B) Meaning

Frankl argued that finding meaning in even the most difficult circumstances is the key to resilience and mental health.

**6. Radical Acceptance, a technique from Dialectical Behavior Therapy (DBT), argues that accepting a painful reality is equivalent to approving of or liking that reality.**

**Answer:** B) False

Radical acceptance is about acknowledging what is (to reduce suffering) without necessarily agreeing with or justifying the situation.

**7. A teenager realizes their 'doomscrolling' habit is increasing their cortisol levels. They decide to set a 'digital boundary' by using a grayscale screen filter. This is an example of:**

**Answer:** B) Environmental modification

Environmental modification involves changing one's surroundings (including digital ones) to remove triggers and support healthier mental habits.

**8. In the context of emotional intelligence (EQ), 'Empathic Distress' occurs when a person \_\_\_\_\_, leading to burnout rather than helpful action.**

**Answer:** B) Takes on the emotions of another as their own

Empathic distress happens when individuals lose the boundary between self and other, feeling the other person's pain so acutely that they become overwhelmed.

**9. Evaluate the following scenario: A student feels intense anxiety before a presentation. Instead of suppressing it, they label the feeling as 'physiological arousal' and tell themselves they are 'excited.' This technique is known as:**

**Answer:** A) Anxiety Appraisal Reappraisal

Anxiety reappraisal is a cognitive strategy that involves re-labeling the physical sensations of anxiety as excitement, which can improve performance.

**10. The concept of 'Post-Traumatic Growth' suggests that individuals can experience positive psychological change and increased resilience as a direct result of struggling with highly challenging life circumstances.**

**Answer:** A) True

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Post-Traumatic Growth highlights how the process of navigating trauma can lead to new perspectives, improved relationships, and greater personal strength.