

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.

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?

- A. Confirmation Bias
- B. Growth Mindset
- C. Avoidant Coping
- D. Emotional Distancing

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.

- A. True
- B. False

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.

- A. Social Comparison
- B. Cognitive Dissonance
- C. Antecedent-Focused Regulation
- D. Passive Aggression

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

- A. Staying in a toxic friendship because of the three years already invested in it.
- B. Quitting a sports team because the coach is overly critical of player performance.
- C. Avoiding a new social club due to a fear of being judged by peers.
- D. Journaling about a past trauma to find personal meaning and closure.

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.

- A. Power
- B. Meaning
- C. Pleasure
- D. Wealth

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.

Name: _____

Date: _____

- A. True
- B. False

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:

- A. Maladaptive daydreaming
- B. Environmental modification
- C. Sympathetic nervous system inhibition
- D. The Placeholder Effect

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

- A. Ignores the feelings of others entirely
- B. Takes on the emotions of another as their own
- C. Sets too many rigid boundaries
- D. Analyzes emotions purely through logic

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:

- A. Anxiety Appraisal Reappraisal
- B. Sublimation
- C. Projection
- D. Dissociation

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.

- A. True
- B. False