

## Lesson 1 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. What is the impact of arthritis on daily life?
  - a) It has little impact throughout the day except when moving around
  - b) It mostly affects the joints and physical health
  - c) It affects daily activities, emotions, and mental well-being
  - d) It mostly affects mental health
2. What factors contribute to mental health in people with arthritis?
  - a) Physical activity level
  - b) Social isolation and chronic stress
  - c) Environmental factors such as weather or pollution
  - d) Physical pain and limitations
  - e) All of the above
3. Promoting empathy and understanding within the arthritis community are important for addressing mental health challenges.  
**True      False**
4. What are some common mental health disorders associated with arthritis?  
(Select all that apply)
  - a) Hypertension
  - b) Depression
  - c) Anxiety
  - d) Migraines
5. Why is it important to address stigma and misconceptions surrounding mental health and arthritis? (Select all that apply)
  - a) To overcome reluctance or shame people may feel to seek help
  - b) Stigma and misconceptions can worsen mental health symptoms
  - c) Stigma and misconceptions only affect people with severe forms of arthritis
  - d) To help people understand arthritis is not purely a physical disease

## Answer Key

You can check your answers here.

Each question is worth one point.

**Record your score by filling out the box on the bottom right.**

1. c) It affects daily activities...
2. e) All of the above
3. True
4. b) depression
5. a) To overcome reluctance...  
c) anxiety  
b) Stigma and misconceptions...  
d) To help people understand...

Score  
/5