JHEd Lupus

Lesson 4 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. Which of the following is true about lupus fatigue?
   - ◯ a) **It is the same as ordinary tiredness**
   - ◯ b) **It only occurs during flares**
   - ◯ c) **It can affect many aspects of daily life and may be influenced by several factors**
   - ◯ d) **It can always be resolved by getting more sleep**

2. Which statement best describes pacing?
   - ◯ a) **Avoiding all physical activity**
   - ◯ b) **Completing as many tasks as possible on good days**
   - ◯ c) **Balancing activity and rest to use energy more sustainably**
   - ◯ d) **Only resting when symptoms become severe**

3. Brain fog may include:
   - ◯ a) **Difficulty concentrating**
   - ◯ b) **Trouble finding words**
   - ◯ c) **Forgetfulness**
   - ◯ d) **All of the above**

4. Which of the following may help reduce UV exposure?
   - ◯ a) **Using sunscreen**
   - ◯ b) **Wearing protective clothing**
   - ◯ c) **Seeking shade**
   - ◯ d) **All of the above**

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5. Which statement is true about healthy living with lupus?

- ◯ **a) There is a single diet proven to cure lupus**
- ◯ **b) Managing lupus involves both physical and emotional health**
- ◯ **c) Stress has no effect on wellbeing**
- ◯ **d) Support systems are not important**

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 can affect many aspects...
2. c) Balancing activity and rest...
3. d) All of the above
4. d) All of the above
5. b) Managing lupus involves both...

Score
☐/5