What is the primary function of neurotransmitters in the brain

- A. Maintaining body temperature
- B. Communication between neurons
- C. Regulating heart rate
- D. Digesting food

How do neurotransmitters communicate messages between neurons

- A. By changing colors in the brain
- B. By creating new neurons
- C. By jumping over neurons
- D. By traveling across synapses

Which neurotransmitter is associated with feelings of pleasure and reward

- A. Dopamine
- B. GABA
- C. Acetylcholine
- D. Serotonin

What is the role of serotonin in the brain

- A. Affects blood pressure
- B. Controls muscle movement
- C. Regulates mood, appetite, and sleep
- D. Causes memory loss

Which neurotransmitter is responsible for controlling muscle movement

- A. Serotonin

- B. Dopamine
- C. Acetylcholine
- D. Epinephrine

What is the main inhibitory neurotransmitter in the brain

- A. Serotonin
- B. Dopamine
- C. Glutamate
- D. GABA

How do drugs like SSRIs affect neurotransmitter levels

- A. SSRIs increase dopamine levels
- B. SSRIs inhibit neurotransmitter release
- C. SSRIs decrease neurotransmitter production
- D. SSRIs block the reuptake of serotonin

Which neurotransmitter is associated with stress and anxiety

- A. Endorphins
- B. Cortisol
- C. Serotonin
- D. Dopamine

What is the function of acetylcholine in the brain

- A. Muscle movement
- B. Energy production
- C. Neurotransmitter
- D. Hormone regulation

Which neurotransmitter is involved in mood regulation and sleep

- A. GABA
- B. Dopamine
- C. Acetylcholine
- D. Serotonin

What role do neurotransmitters play in the development of mental health disorders

- A. Neurotransmitters regulate communication between neurons in the brain.
- B. Neurotransmitters are only involved in physical health, not mental health.
- C. Neurotransmitters cause mental health disorders.
- D. Neurotransmitters have no impact on mental health disorders.

How do neurotransmitters affect learning and memory

- A. Neurotransmitters inhibit the brain's ability to form new memories.
- B. Neurotransmitters have no impact on learning and memory.
- C. Neurotransmitters only affect physical movement, not cognitive functions like learning and memory.
- D. Neurotransmitters facilitate communication between neurons in the brain which is essential for learning and memory.

What is the relationship between dopamine and addiction

- A. Addiction decreases dopamine levels.
- B. Dopamine plays a role in addiction by reinforcing behaviors related to seeking rewards.
- C. Dopamine causes addiction.
- D. Dopamine has no relationship with addiction.

Which neurotransmitter is responsible for regulating appetite and metabolism

- A. Dopamine
- B. Acetylcholine
- C. Leptin
- D. Serotonin

What is the role of GABA in the brain

- A. Inhibitory neurotransmitter
- B. Excitatory neurotransmitter
- C. Memory formation
- D. Motor coordination

How do neurotransmitters affect our emotions and behavior

- A. Neurotransmitters can influence mood and behavior by carrying signals between neurons.
- B. Neurotransmitters control physical movements but not emotions.
- C. Neurotransmitters only affect cognitive functions, not emotions.
- D. Neurotransmitters have no impact on emotions or behavior.

Which neurotransmitter is associated with feelings of love and bonding

- A. Dopamine
- B. Oxytocin
- C. Endorphins
- D. Serotonin

What is the impact of neurotransmitter imbalances on mental health

- A. Neurotransmitter imbalances only affect physical health, not mental health.
- B. Neurotransmitter imbalances have no impact on mental health.
- C. Neurotransmitter imbalances can affect mental health by causing symptoms of various mental

disorders.

• D. Neurotransmitter imbalances always lead to the same mental health issues in everyone.

How can neurotransmitter levels be altered through diet and lifestyle choices

• A. By avoiding all carbohydrates

• B. By drinking more caffeine

• C. By consuming foods high in precursors for neurotransmitters

• D. By getting less sleep

What are the potential risks of using medications that target neurotransmitter levels

• A. Side effects

• B. Improved cognitive function

• C. Decreased risk of addiction

• D. Enhanced mood