

Module Quiz 8

⚠ This is a preview of the published version of the quiz

Started: Feb 22 at 8:29am

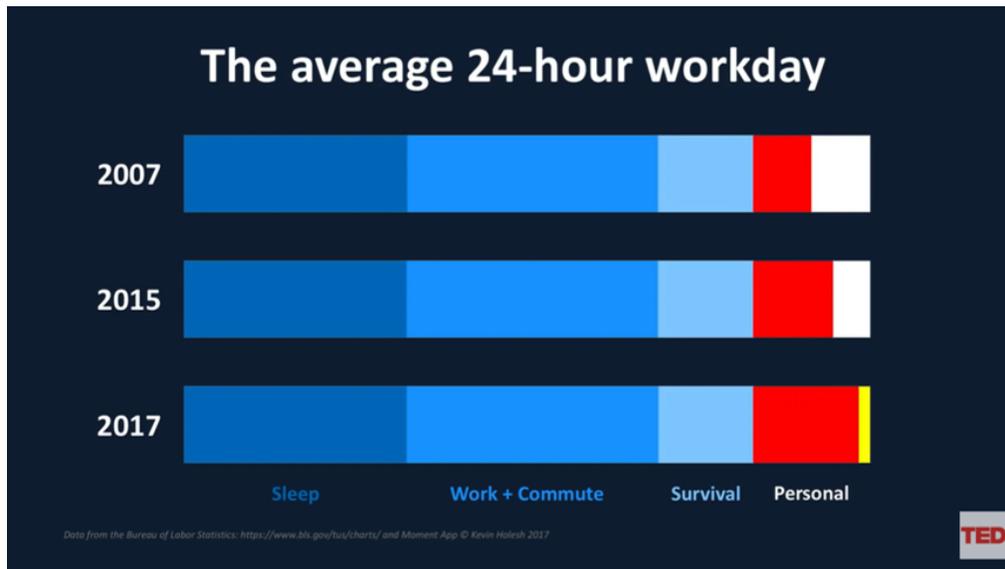
Quiz Instructions

This quiz is open media. You can use anything you like, except for another person or their answers. Good luck!



Question 1

1 pts



The main take-home message from the graphic above is ____

- The amount of time we have available for personal growth and development has stayed the same
- The amount of time we have available for personal growth and development is growing
- The space where our humanity lives is shrinking because of all the time we spend on screens
- Screen time has completely absorbed our personal time

Question 2

1 pts

Which of the following statements about blue light is TRUE

- The entire range of blue light is helpful for alertness and memory
- The entire range of blue light is harmful all of the time
- The range of blue light at the green end of the spectrum is associated with macular degeneration
- The range of blue light at the violet end of the spectrum is harmful

Question 3**1 pts**

Which of the following describes the relationship between blue light and the hormone(s) discussed in this module?

- Blue light inhibits the release of melatonin
- Blue light suppresses the release of melanin
- Blue-turquoise light increases the release of oxytocin
- All of these were discussed as true

Question 4**1 pts**

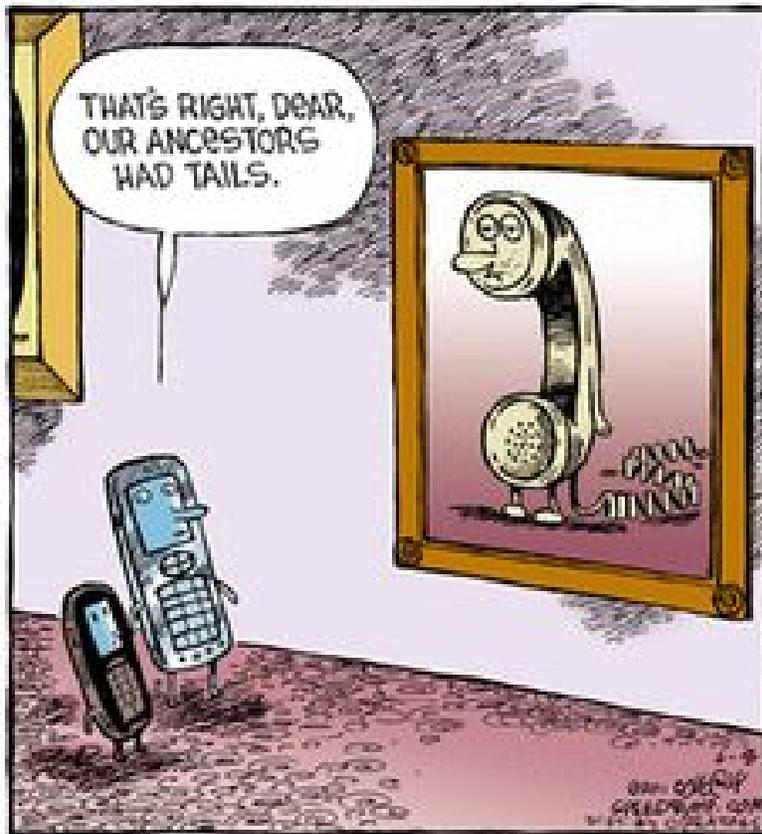
If you look at your cell phone at night, in a dark room, for a prolonged period of time before going to sleep, this may predispose you to _____ (select all that apply as discussed in the module)

- Breast cancer (women only)
- Breast cancer (men and women)
- kidney disease
- Erectile dysfunction
- Alzheimer's

Question 5**1 pts**

The glymphatic system _____

- Is where the glymphs live
- Flushes the brain of neurotoxins and is more active at night
- Flushes the brain of neurotoxins and is more active during moderate-vigorous exercise
- Is a hypothetical system that we “think” should be suppressed to avoid neurodegenerative diseases like Alzheimer’s



Question 6

1 pts

As we look at screens more and more over time, we may see people _____ because of damage to their _____

- become less civil toward one another : insula cortex

- forgetful : hippocampus
- less able to use higher order cognitive functions : striatum
- lose control over their impulses : insula cortex

Question 7**1 pts**

What do people who are chronic screen users and people with some substance abuse disorders have in common?

- They share a common predisposition for obsessive-compulsive disorder
- They both show increased risk-taking behavior, suggesting that communication between the frontal lobes and amygdala may be abnormal
- They both show upregulation of dopamine receptors
- They both show downregulation of dopamine receptors

Question 8**1 pts**

A study on videogame players found increased cortical thickness in some areas and decreased cortical thickness in other areas. Which of the following area(s) showed significant changes? Select all that apply.

- Prefrontal cortex
- Sensory and motor cortex
- Parietal lobe
- Occipital lobe
- Nucleus accumbens

Question 9**1 pts**

I mentioned a blue light study that I would like to conduct using mice/rats. What was that study?

- Comparing the microbiomes of mice/rats raised in blue light conditions with those raised in regular light conditions
- Comparing social behaviors of mice/rats raised in blue light conditions with those raised in regular light conditions
- To study the effect of pregnant mothers housed in blue v. normal light conditions on their offspring's microbiomes and social behaviors
- All of the above

Question 10**1 pts**

At least one study found a positive correlation between screen time and miRNAs in children. Looking ahead 20-40 years, what might we see as a result of this relationship?

- An even greater incidence of CHD
- Greater risk of diseases thought to be related to systemic inflammation
- A continued rise in obesity
- All of the above

**Question 11****1 pts**

Sitting down for 8+ hours a day increases the risk of developing a chronic pain syndrome. What might explain this (based on what we discussed)?

- Sitting down for prolonged periods of time increases lactic acid levels in the blood which triggers pain
- Prolonged sitting increases pressure on the nerves
- Poor posture associated with prolonged sitting creates pain which we then try and compensate for by adopting other abnormal postures or gait
- People feel guilty for sitting this long. This guilt leads to depression - which might then lead to chronic pain.

Question 12**1 pts**

Why is regular exercise so important for a healthy lymphatic system?

- Stress hormones decrease the functionality of the lymphatic system. Exercise uses up stress hormones.
- The only way to move white blood cells through the lymphatic system is to push them along by engaging in exercise
- Exercise dilates the vessels of the lymphatic system, allowing the lymphatic fluid to pass through without resistance
- Scientists do not yet know.

Question 13**1 pts**

I recently conducted a study on relationships between screen time, touch, and perceived social support. Which of the following describes what I found during the pandemic?

- As screen time increases, touch decreases
- As perceived social support increases, touch increases
- As screen time increases, touch increases, but perceived social support decreases
- I found diddlysquatch!

Question 14**1 pts**

What did I suggest you do to find out what you really value?

- Give up what you “think” you truly value. If you don’t miss it after two days, then you don’t

value it.

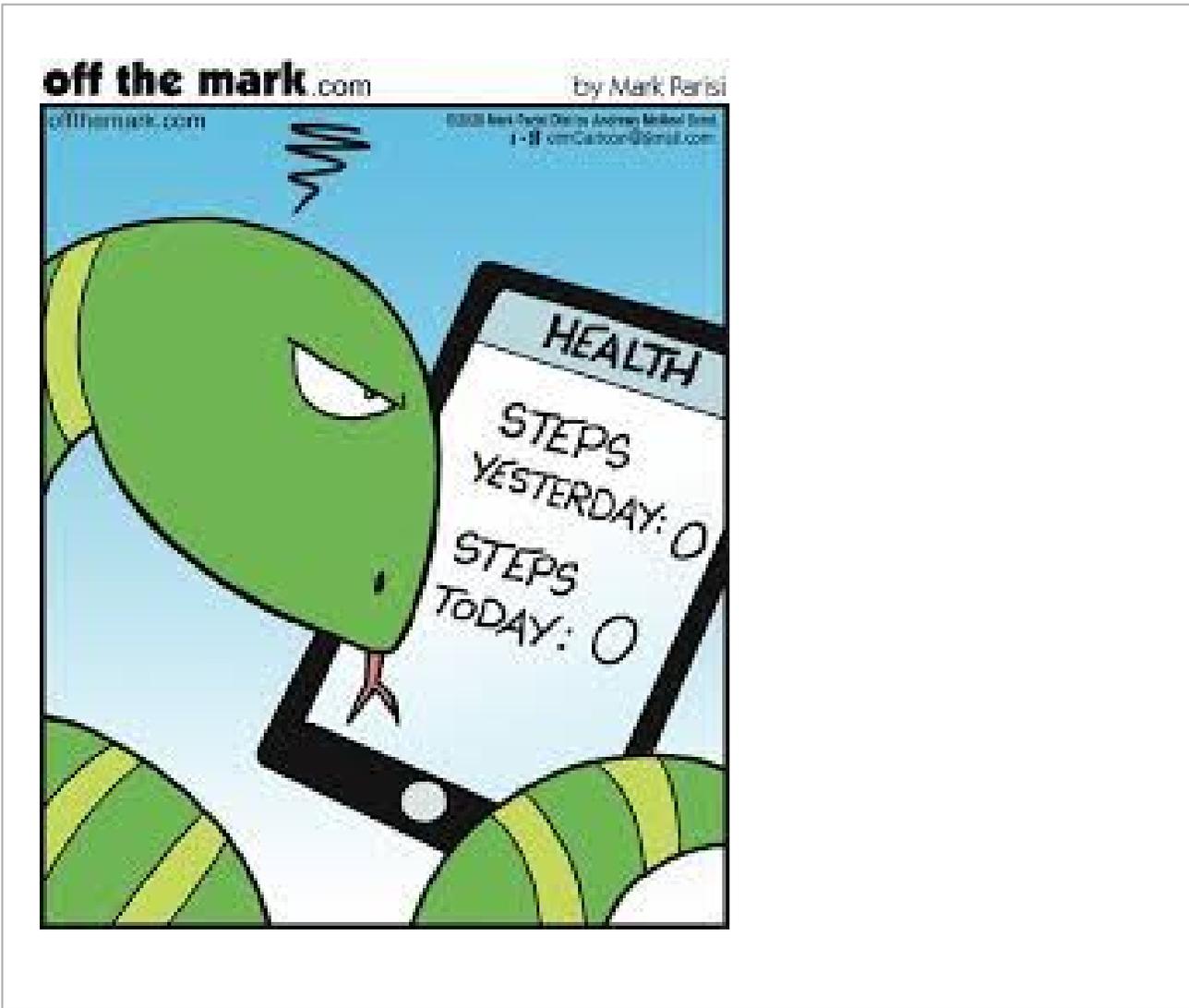
- Look around you. If other people value it, then you should too.
- Look to the science. If the research says something should be valued, then you should too.
- Ask yourself if this is something you would die for, or physically fight for. If yes, then this is something you truly value.

Question 15

1 pts

Why is physically reconnecting with nature so important?

- Nature has demonstrated healing powers that we do not yet fully comprehend.
- Animals do better in nature than in captivity. Humans are animals. Logic dictates we will do better in nature as well.
- It activates primitive areas of our brain, which then promotes a sense of wellbeing.
- Because that's what many fortune cookies say we should do.



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