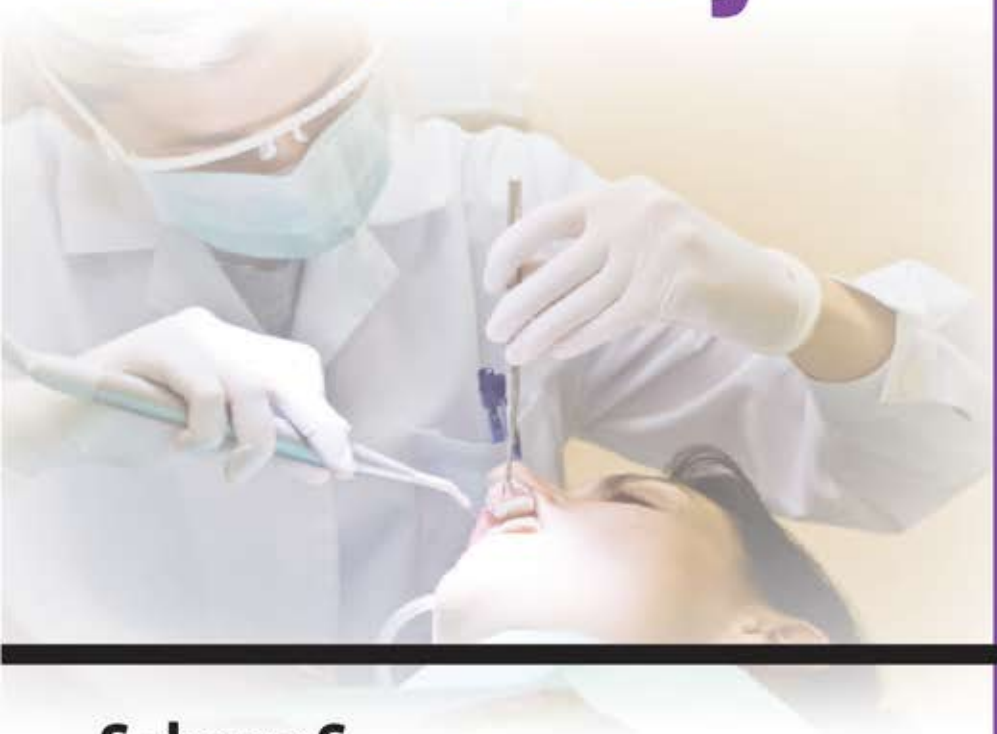
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MCQs and Viva in Public Health Dentistry



Sahana S
Shivakumar GC

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Contents

1. History of Public Health 1-5
2. General Epidemiology and Screening 6-24
3. Health Education 25-31
4. Health Care of the Community 32-36
5. International Health 37-40
6. Ethics 41-43
7. Indian Dental Association and Dental Council of India 44-47
8. Consumer Protection Act 48-51
9. Atraumatic Restorative Technique 52-56
10. Pit and Fissure Sealants 57-61
11. Planning and Evaluation 62-65
12. Concepts of Health and Disease 66-71
13. Environment and Health 72-83
14. Nutrition and Health 84-91
15. Finance in Dentistry 92-97
16. Dental Auxiliaries 98-103
17. Survey Procedures 104-108
18. Plaque Control 109-115
19. Caries Vaccine 116-117
20. School Dental Health Programs 118-121
21. Biostatistics 122-133
22. Fluorides in Dentistry 134-156
23. Epidemiology of Dental Caries 157-165
24. Epidemiology of Periodontal Disease 166-170
25. Epidemiology of Oral Cancer 171-174
26. Indices in Dentistry 175-180
27. Disaster Management 181-183
28. Evidence Based Dentistry 184-185

29. Oral Health Promotion 186-187
30. Critical Appraisal of Literature 188-190
31. Child Psychology and Behaviour management 191-194
32. Social Sciences 195-198
33. Minimal Intervention Dentistry 199-200
34. Occupational Hazards 201-203
35. National Oral Health Policy 204-206
36. Genetics and Health 207-209
37. Case history and treatment Planning 210-216
38. Epidemiology of Malocclusion 217-218
39. Practice Management 219-220
40. Infection Control 221-222

3 CHAPTER

Health Education

1. The process of learning which changes existing patterns of behaviour and attitudes is called as:
   (a) Cognitive
   (b) Affective
   (c) Psychomotor
   (d) Psychosocial
2. To be an effective communicator, one should know his or her:
   (a) Objectives
   (b) Motives
   (c) Interest
   (d) Comprehension
3. A free audience is one which has gathered together for the motives of:
   (a) Interest
   (b) Development
   (c) Acquiring knowledge
   (d) Curiosity
4. Nautanki is the folk media of:
   (a) Andhra Pradesh
   (b) Western India
   (c) Uttar Pradesh
   (d) Karnataka
5. In didactic method of communication,
   (a) Learning is two ways
   (b) Knowledge is imposed
   (c) Good feedback
   (d) Active audience participation
6. Health education failing as a result of illiteracy is due to:
   (a) Physiological barrier
   (b) Psychological barrier
   (c) Environmental barrier
   (d) Cultural barrier
7. Which of these does not qualify as an environmental barrier to health education?
   (a) Illiteracy
   (b) Noise
   (c) Invisibility
   (d) Congestion
8. The art of winning friends and influencing people is called:
   (a) Information
   (b) Education
   (c) Motivation
   (d) Persuasion
9. A process that can help people understand their problems better and deal with them is called:
   (a) Persuasion
   (b) Counselling

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(c) Motivation
(d) Education

10. When persuasive communication is deliberately employed to manipulate feelings, attitudes and beliefs, it is called:
    (a) Motivation
    (b) Education
    (c) Propoganda
    (d) Counselling
11. Which of the following is not correct in one way communication?
    (a) Knowledge is imposed
    (b) Learning is authoritative
    (c) Little audience participation
    (d) Efficiently influences human behaviour
12. Communication following lines of authority is called:
    (a) Formal communication
    (b) Informal communication
    (c) Grapevine communication
    (d) Gossip circles
13. The capacity of a group of people to pull together persistently or consistently is called:
    (a) Persuasion
    (b) Participation
    (c) Raising morale
    (d) Motivation
14. Which of these is not a concept of health education?
    (a) Promotion of healthy lifestyles
    (b) Modification of social environment
    (c) Promotion of self reliance
    (d) No participation of the community
15. The stages of motivation include:
    (a) Interest, evaluation and decision making
    (b) Interest, counselling and evaluation
    (c) Interest, information and persuasion
    (d) Persuasion, information and decision making
16. Concepts of health education following "Alma Ata declaration" in 1978 does not emphasize on:
    (a) Prevention of disease to promotion of healthy lifestyles
    (b) Modification of individual behaviour to modification of social environment
    (c) Community participation to individual involvement
    (d) Promotion of individual and community self reliance
17. Seeking change in health behaviour and improvement in health through external control or laws is based on:
    (a) Regulatory approach
    (b) Service approach
    (c) Health education approach
    (d) Primary health care approach
18. Health education differs from propaganda in:
    (a) Appeals to emotion
    (b) Develops reflective behaviour
    (c) Prevents or discourages thinking
    (d) Knowledge is spoon fed
19. To be effective, health education should be based on:
    (a) Normative need
    (b) Expressed need
    (c) Felt need
    (d) Comparative need
20. The use of compulsory seat belts is an example for which approach to Health Education?
    (a) Regulatory approach
    (b) Service approach
    (c) Health education approach
    (d) Primary health care approach

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21. Which of the following factors is not a limitation to regulatory approach?
    (a) Does not eradicate the cause of the disease
    (b) Threatens the right of the individual
    (c) Does not force people to change
    (d) Choices are of individual
22. The service approach of health education failed because:
    (a) It was not based on the felt needs of people
    (b) Longer time
    (c) Vast expenditure
    (d) Political turmoil
23. Identify the feature of propaganda or publicity:
    (a) Knowledge actively acquired
    (b) Disciplines primitive desires
    (c) Develops reflective behaviour
    (d) Appeals to emotion
24. The new idea or acquired behaviour which becomes a part of individual's existing values is called:
    (a) Motivation
    (b) Interest
    (c) Internalization
    (d) Rationalization
25. Which of these is not a content of health education?
    (a) Nutrition
    (b) Disease prevention and control
    (c) Mental health
    (d) Industrial hazards and prevention
26. The degree to which a message is perceived as trustworthy by the receiver is called:
    (a) Credibility
    (b) Interest
    (c) Participation
    (d) Motivation
27. The wants, an individual demands a professional to meet is called:
    (a) Wants
    (b) Demand
    (c) Normative need
    (d) Comparative need
28. A principle of health education, which is based on the felt needs of the people is:
    (a) Motivation
    (b) Participation
    (c) Interest
    (d) Comprehension
29. Active learning is promoted by which principle of health education?
    (a) Interest
    (b) Motivation
    (c) Participation
    (d) Credibility
30. Repetition done at regular intervals to retain the health education message is called:
    (a) Reinforcement
    (b) Participation
    (c) Motivation
    (d) Credibility
31. The health educator can modify the elements of the education system only if he:
    (a) Is a good leader
    (b) Sets a good example
    (c) Gets feedback
    (d) Has good relations
32. Pick the audio-visual aid used in health education:
    (a) Radio
    (b) Chalk board
    (c) Slides
    (d) Television
33. Awakening of the fundamental desire to learn in health education is called:
    (a) Interest
    (b) Comprehension

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(c) Motivation
(d) Reinforcement

34. The chinese proverb—"If I hear, I forget; if I see, I remember; if I do, I know" illustrates:
(a) Reinforcement
(b) Learning by doing
(c) Motivation
(d) Participation

35. The limitation of individual approach in health education is:
(a) Sender can persuade to change the behaviour of the receiver
(b) Education given only to people who come in contact
(c) Opportunity to ask questions in specific interests
(d) Creates an atmosphere of friendship

36. Factors which influence the learner in the dental education process does not include:
(a) Sociodemographic factors
(b) Education
(c) Cultural norms
(d) Readiness to change behaviours

37. Which of the following does not fall into the group approach of health communication?
(a) Lecture
(b) Demonstration
(c) Symposium
(d) Personal interview

38. Which of these is not an AV aids used in the chalk and talk method?
(a) Flip chart
(b) Flannel graph
(c) Bar graph
(d) Exhibits

39. A series of charts displayed one after the other before a group is:
(a) Flip chart
(b) Flannel graph
(c) Exhibits
(d) Films

40. For effective communication in group approach of health education:
(a) No conclusion has to be reached
(b) Express ideas vaguely
(c) Listen to what other's say
(d) Do not accept criticism

41. A series of speeches on a selected subject is:
(a) A workshop
(b) A symposium
(c) A conference
(d) A panel discussion

42. A carefully prepared presentation to show how to perform a skill or procedure is called:
(a) Lecture
(b) Demonstration
(c) Work shop
(d) Group discussion

43. Mass media are an example for:
(a) One way communication
(b) Two way communication
(c) Formal communication
(d) Informal communication

44. Which of the following is not a mass media of communication?
(a) Posters
(b) Newspapers
(c) Television
(d) Telegram

45. The message to be communicated in a poster has to be:
(a) Simple and artistic
(b) Vast and big
(c) Having lot of written matters
(d) Have statistical tables displayed

46. Which of these is a combined audio visual aid in the practice of health education?

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(a) Radio
(b) Tape recorders
(c) Sound films
(d) Microphones

47. The current approach in community health model of health education which takes into account social, cultural, economic and environmental factors which influence health is:
(a) Health belief model
(b) Theory of reasoned action
(c) Stages of change model
(d) Contemporary community health model

Health Education

1. Is defined as "the process that informs, motivates and helps people to adopt and maintain healthy lifestyles and practices, advocates environmental changes as necessary to facilitate this goals and conducts professional training and research to the same end".
2. The communication process involves:
(a) Sender—is the originator of the message with clear objectives, who understand the needs of the audience
(b) Message—is the information that the communicator transmits to the audience
(c) Channels of communication — implies the media like interpersonal communication, mass media and folk system
(d) Receiver—is the audience
(e) Feed back—is the reaction of the audience to the sender
3. There are four barriers to communication:
(a) Physiological
(b) Psychological
(c) Environmental
(d) Cultural
4. There are eight functions of health communication:
(a) Information
(b) Education
(c) Motivation
(d) Persuasion
(e) Counselling
(f) Raising morals
(g) Health development
(h) Organization
5. There are four well known approaches to health education:
(a) Regulatory approach
(b) Service approach
(c) Health education approach
(d) Primary care approach
6. Health education has eight contents in it:
(a) Human biology
(b) Nutrition
(c) Hygiene
(d) Family health
(e) Disease prevention and control
(f) Mental health
(g) Prevention of accidents
(h) Use of health services
7. The following are the principles of health education—in total 12.
(a) Credibility—is the trustworthiness of the message by the receiver
(b) Interest—health education has to be based on the felt needs of the people
(c) Participation—people are encouraged to work actively with health workers to identify health problems and to develop solutions
(d) Motivation – is the awakening of the fundamental desire to learn. It is of two types. Primary

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motivation is inherent like thirst, hunger, etc. Secondary motivations are created by outside forces

(e) Comprehension—health education to be given on the level of understanding and literacy of people

(f) Reinforcement—is repetition at regular intervals to sustain.

(g) Learning by doing—is knowing by doing

(h) Known to unknown—start health education from where people know or from easy to difficult

(i) Setting an example—health educator should practice what he is teaching

(j) Good human relations—information and ideas are easily shared with people having good relations

(k) Feed back—to bring in modification if necessary

(l) Leaders—local leaders like village headman, school teacher or political worker is roped in because we learn from people whom we respect and regard

8. Personnel used in dental health education include the dentist, the dental hygienist, school teacher, school dental nurse, health educator and other personnel like dietician, counsellor, etc.

9. Aids used in health education are:

(a) Auditory aids—radio, tape recorder, microphones, amplifiers and earphones

(b) Visual aids—chalk board, leaflets, posters, charts, exhibits, models

(c) Combined audio – visual aids—slides, film strips

10. There are three approaches to health education:

(a) Individual approach—can be rendered in the consultation room of the doctor or in the health centre or in the homes of the people. The limitation of this approach is that the numbers reached are very small

(b) Group approach

- Lectures—it is a carefully prepared oral presentation of facts, organized thoughts and ideas by a qualified person. The lecture method can use aids like flipcharts, flannel graph, exhibits and films and charts.
- Demonstrations—a carefully prepared presentation to show how to perform a skill or procedure.
- Group discussion—an aggregation of people interacting in a face to face situation. The group has 6 – 12 members, recorder and a group leader.
- Panel discussion—in this, 4 – 8 people who are qualified to talk about the topic sit and discuss a given problem in front of a large group or audience.
- Symposium—is a series of speeches on a selected subject.
- Workshop—is a series of meetings on a novel experiment in education.
- Role playing—a situation is dramatized. Also called socio – drama.
- Conferences—is comercialized continuing education programmes held on a regional, state or national level.

(c) Mass approach—through television, radio, internet, newspapers, printed material, direct mailing, posters, and folk media.

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Key

1. (b)	2. (a)	3. (d)	4. (c)	5. (b)	6. (d)
7. (a)	8. (d)	9. (b)	10. (c)	11. (d)	12. (a)
13. (c)	14. (d)	15. (a)	16. (c)	17. (a)	18. (b)
19. (c)	20. (a)	21. (c)	22. (a)	23. (d)	24. (c)
25. (d)	26. (a)	27. (b)	28. (c)	29. (c)	30. (a)
31. (c)	32. (d)	33. (c)	34. (b)	35. (b)	36. (c)
37. (d)	38. (c)	39. (a)	40. (c)	41. (b)	42. (b)
43. (a)	44. (d)	45. (a)	46. (c)	47. (d)	

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