

STROKE KNOWLEDGE TEST (SKT) ©

Developed by Karen Sullivan, PhD & Natalie Dunton, 2001

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1. The most *common* type of stroke occurs when
 - (a) The blood supply to the brain is blocked
 - (b) You are having a heart attack
 - (c) There is bleeding in the brain
 - (d) You've had too much sun
 - (e) I don't know

2. Which of the following will double your risk of stroke?
 - (a) If you are asthmatic
 - (b) If you are diabetic
 - (c) If you exercise too much
 - (d) All of the above
 - (e) I don't know

3. A type of irregular heartbeat known as Atrial Fibrillation (AF)
 - (a) Decreases the risk of stroke
 - (b) Doubles the risk of stroke
 - (c) Increases the risk of stroke by more than 5 times
 - (d) Is not a risk factor of stroke
 - (e) I don't know

4. Which age group is more at risk of stroke?
 - (a) 20-30
 - (b) 31-50
 - (c) 51-60
 - (d) 61+
 - (e) I don't know

5. The warning signs of Transient Ischaemic Attack (TIA) disappear
 - (a) Within 24 hours

- (b) Within 48 hours
- (c) After several days
- (d) After several years
- (e) I don't know

6. Which of the following is a warning sign of stroke?
- (a) Sudden blurred vision
 - (b) Paralysis on one side of the body
 - (c) Severe headache
 - (d) All of the above
 - (e) I don't know
7. For someone who has had a stroke, the main purpose of rehabilitation is to
- (a) Make sure they don't take drugs
 - (b) Keep them in hospital as long as possible
 - (c) Improve their level of daily functioning
 - (d) Keep their mind off it
 - (e) I don't know
8. Taking aspirin assists in preventing stroke by
- (a) Stopping the formation of blood clots
 - (b) Getting rid of a headache
 - (c) Settling your stomach
 - (d) Relieving stress
 - (e) I don't know
9. You are at greater risk of stroke if
- (a) You are obese
 - (b) You exercise regularly
 - (c) You give up smoking
 - (d) All of the above
 - (e) I don't know
10. Once you have suffered a Transient Ischemic Attack (TIA)
- (a) You are less likely to have a major stroke
 - (b) You are more likely to have a major stroke
 - (c) You are less likely to have a heart attack
 - (d) You are more likely to have a heart attack
 - (e) I don't know

11. Surgery can sometimes help to prevent another stroke by

- (a) Giving a transfusion
- (b) Cutting off the supply of blood to the brain
- (c) Unblocking the arteries in the neck
- (d) Removing the arteries
- (e) I don't know

12. What method of treatment is available for people who have had a stroke?

- (a) Medication
- (b) Rehabilitation
- (c) An operation
- (d) All of the above
- (e) I don't know

13. The most important known risk factor for stroke is

- (a) Genetic
- (b) Heart attack
- (c) High blood pressure
- (d) Old age
- (e) I don't know

14. Approximately how many Australians are affected by stroke every year?

- (a) 500
- (b) 1 000
- (c) 10 000
- (d) 50 000
- (e) I don't know

15. If you drink alcohol excessively you are

- (a) Less likely to have a stroke
- (b) Twice as likely to suffer stroke
- (c) Three times as likely to suffer stroke
- (d) Four times as likely to suffer stroke
- (e) I don't know

16. Which of the following is an example of a *physical* disability caused by stroke

- (a) The right arm is paralysed
- (b) There are problems with memory
- (c) Unable to speak properly
- (d) Having trouble doing things in the correct order
- (a) I don't know

15. To reduce the risk of stroke you need to

- (a) Eat well and exercise regularly
- (b) Ensure your blood pressure is not too high
- (c) Monitor your cholesterol levels
- (d) All of the above
- (e) I don't know

18. Smoking 20 cigarettes per day increases the risk of stroke by

- (a) 2 times
- (b) 4 times
- (c) 6 times
- (d) 8 times
- (e) I don't know

19. If someone has a stroke, when should you ring for an ambulance?

- (a) Only ring if the symptoms stay after 24 hours
- (b) Always ring for an ambulance straight away
- (c) Just see your doctor when you can
- (d) You don't need to ring an ambulance
- (e) I don't know

20. Rehabilitation can assist someone who has suffered

- (a) Loss of movement
- (b) Loss of speech or language
- (c) Loss of balance
- (d) All of the above
- (e) I don't know

The **SKT Answer Key** can be obtained by writing to Dr Karen Sullivan, School of Psychology and Counselling, Queensland University of Technology, Carseldine Campus, Carseldine Q 4034, AUSTRALIA or by email: ka.sullivan@qut.edu.au

See also:

Sullivan, Karen and Dunton, Natalie J. (2004) Development and Validation of the Stroke Knowledge Test. *Topics in Stroke Rehabilitation* 11(3):pp. 19-28.