

9	What percentage of scalp hair is typically in the Anagen phase at any one time?	About 5%	About 10%	About 25%	About 85–90%
10	What is the main activity occurring during the Anagen phase?	Hair shedding	Hair growth	Hair resting	Hair thinning
11	Which part of the body controls the growth of hair within the follicle?	Hair shaft	Sebaceous gland only	Hair matrix	Cuticle
12	What is Exogen?	The colouring stage	The shedding stage of the hair cycle	The longest growth stage	The resting stage
13	Which factor can affect the hair growth cycle?	Genetics	Health	Age	All of the above
14	What happens to the hair bulb during the Catagen phase?	It enlarges rapidly	It detaches from the blood supply	It produces pigment faster	It doubles in size
15	Why is knowledge of the hair cycle important for hairdressers?	To understand growth, shedding and scalp health	To improve packaging design	To increase shampoo sales	To change natural hair colour permanently