

MENTAL HEALTH AWARENESS QUIZ

ANSWERS

- 1- How many people in the UK experience a mental health condition each year?

ANSWER Research suggests that one in every four adults experience a mental health problem in the UK each year.

- 2- Which of these well-known people live with mental health problems?

ANSWER All of these well-known people live with mental health conditions;

Catherine Zeta-Jones – bipolar II

David Beckham – OCD

Oprah Winfrey – PTSD and anxiety

- 3- Which of these are common symptoms of postnatal depression?

ANSWER Tearfulness and tension headaches

Postnatal depression is a more serious problem and can appear at any time between two weeks and two years after a birth; it affects between eight and ten percent of all new mums. Although every woman is different, some of the symptoms can include tearfulness, a consistently low mood for a period of weeks, irritability, a lack of interest in your new baby or yourself, feelings of guilt and the belief that you can't cope with motherhood, feeling worthless, and physical symptoms such as tension headaches, aches and pains, and stomach upsets.

- 4- True or false - women are more likely to be diagnosed with mental health conditions than men?

ANSWER True

Research shows that 13% of men and 20% of women between the ages of 16-65 experience some form of mental health problem. The balance of people suffering is actually thought to be more equally split however men are less likely to go to their GP or seek other types of help.

- 5- Which of these statements are true?

ANSWER The first and second statements are true

Stress is not an illness, it is the feeling of being under too much mental or emotional pressure. However, it can lead to mental and physical health problems if left unchecked and unmanaged.

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6- Which of these statistics about mental health are true?

ANSWER The first and second statistics are true

- 1 Depression increases the risk of mortality by 50% and doubles the risk of coronary heart disease in adults.
2. Almost one in five people will experience suicidal thoughts and feelings in their lifetime.

7- Can you name three of the most common mental conditions?

ANSWERS All of the below are the most common conditions in the UK

Mixed anxiety/depression - this is the most common mental health condition in the UK

Depression

Anxiety disorders

Panic disorder

Obsessive compulsive disorder (OCD)

Post-traumatic stress disorder (PTSD)

8- Over half of all mental health problems start by which age?

ANSWER 14

Over half of mental health conditions in adult life (excluding dementia) start by the age of 14 and 75% start by the age of 18 (DOH/NHS 2015)

9- True or false - Schizophrenia often first appears in people over 60

ANSWER False

Schizophrenia often first appears in people in their teens.

10- Which of the following are classed as mental health conditions?

ANSWER Schizophrenia, bipolar and obsessive compulsive disorders are all classed as mental health conditions.