

Mental Health Quiz

Get together with a partner to complete our mental health quiz. The team with the least points gets to do the washing up!

Question 1

How many people in the UK will experience a mental health problem every year?

- A) 1 in 8
- B) 1 in 2
- C) 1 in 4

Question 2

Which of these is a common symptom of schizophrenia?

- A) Hallucinations and delusions
- B) Violent behaviour
- C) Split personality

Question 3

What proportion of people with severe mental health problems have been victims of a crime in the previous year?

- A) 12%
- B) 28%
- C) 45%

Question 4

What proportion of people with mental health problems experience stigma?

- A) 10%
- B) 50%
- C) 90%

Question 5

How many people will experience suicidal thoughts throughout their lifetime?

- A) 2%
- B) 17%
- C) 33%

Question 6

Which country's Prime Minister was re-elected in 2001 after publicly taking time off for depression?

- A) Norway
- B) Mexico
- C) Poland

Question 7

What proportion of people with mental health problems believe that workplace stress contributed to their illness?

- A) 1 in 3
- B) 2 in 3
- C) 1 in 5

Question 8

How long do the majority of people with a mental health problem wait before telling their closest family and friends about it?

- A) 2 months
- B) 7 months
- C) Over a year

Question 9

Which of these UK Prime Ministers experienced mental health problems?

- A) Gordon Brown
- B) Margaret Thatcher
- C) Winston Churchill

Question 10

What proportion of young people with mental health problems say the stigma they face has made them want to give up on life?

- A) 6%
- B) 26%
- C) 52%

Question 11

Before the Mental Health Discrimination Act was signed into law in 2013, what were some people with mental health problems prohibited from doing?

- A) Serve as an MP
- B) Be a psychologist
- C) Represent Britain at the Olympics

Question 12

How many people believe admitting to mental illness would damage their career?

- A) 31%
- B) 54%
- C) 92%

Question 13

Which of these statements is the most accurate?

- A) "People with OCD experience intrusive obsessional thoughts often followed by repetitive compulsions"
- B) "People with OCD just like things clean and tidy"
- C) "Everyone is a little bit OCD"

Question 14

The incidence of depression in minority ethnic groups has been found to be how much higher than in the white population?

- A) 40%
- B) 20%
- C) 60%

Question 15

What proportion of young people with mental health problems say that fear of stigma has stopped them from applying for a job?

- A) 29%
- B) 57%
- C) 76%

Download the answers from our website:

www.mindinwestessex.org.uk/party-resources.asp

Total: /15