

Mental Health Quiz ANSWERS



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

- a. 1 in 8
- b. **1 in 4**
- c. 1 in 2

2. Which of these is a common symptom of schizophrenia?

- a. Violent behaviour
- b. Split personality
- c. **Hallucinations & delusions**

Many believe that people with schizophrenia are likely to commit violence – however, most people with schizophrenia do not commit violent crimes, and are more likely to be victims of violence than perpetrators. Similarly, there is a common misconception that schizophrenia leads people to have split personalities, when this is not the case. In reality, schizophrenia's most common symptoms are hallucinations, delusions and hearing voices.

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%**

4. What proportion of people with mental health problems experience stigma?

- a. 10%
- b. 50%
- c. **90%**

An overwhelming majority of people with mental health problems report experiencing stigma. In Time to Change's 'Stigma Shout' survey, almost 9 in 10 people reported that stigma and discrimination had a negative impact in education, work, and medical treatment or in their personal lives.

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5. How many people will experience suicidal thoughts throughout their lifetime?

- a. 2%
- b. 17%
- c. 33%

Almost one in five people will experience suicidal thoughts and feelings in their lifetime.

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

- a. Poland
- b. Norway
- c. Mexico

Norwegian Prime Minister Kjell Magne Bondevik announced in 1998 that he was experiencing a depressive episode, and took three weeks of sick leave, before returning to office. Bondevik said he received thousands of supportive letters.

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

- a. 1 in 5
- b. 1 in 3
- c. 2 in 3

About two thirds of people with mental health problems believe that long hours, unrealistic workloads or bad management either caused or exacerbated their condition.

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

A Time to Change survey showed that 60% of people with a mental health problem waited over a year to tell the people closest to them about it. The survey also said that 40 per cent of



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people with a mental health problem experience stigma and discrimination on a weekly or monthly basis.

9. Which of these famous historical figures experienced mental health problems?

a. Abraham Lincoln

b. Winston Churchill

c. Florence Nightingale

Each of these people experienced some sort of mental illness. Abraham Lincoln experienced depression – friends and colleagues described his “melancholy” and “blue spells”. Churchill lived with depression that he described as his “black dog”. Experts also believe that Florence Nightingale had bipolar disorder.

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%

One in ten young people will experience a mental health problem, and a survey conducted by Time to Change showed that 26 per cent of those young people felt the stigma around their condition was so severe that it made them want to give up on life.

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. Be a psychologist

b. Serve as an MP

c. Represent Great Britain at the Olympic Games

Before 2013, people who had been sectioned for more than 6 months were not eligible to be elected as a Member of Parliament. In addition, before the Act became law, people currently receiving treatment for mental health problems could not serve on juries, and company directors could be removed because of a mental illness.

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12. What proportion of people with mental health problems reported stigma affecting their friendships?

- a. 15%
- b. 44%
- c. **65%**

Time to Change's 2014 'State of Stigma' survey showed that 65% of people with mental health problems experienced stigma in their friendships. Additionally, 57% reported stigma in their family life, and 38% said they had experienced it in dating and relationships.

13. Which of these statements is the most accurate?

- a. "People with OCD just like things to be clean and tidy"
- b. "Everyone is a little bit OCD"
- c. **"People with OCD experience frequent intrusive and unwelcome obsessional thoughts, often followed by repetitive compulsions or impulses."**

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

- a. 20%
- b. 40%
- c. **60%**

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%**

Adapted from Time for Change

<https://www.time-to-change.org.uk/sites/default/files/Time-to-Talk-Day-Pub-Quiz.pdf>