WYO Educate Mental Health Quiz

Let's test your knowledge, answer all questions and once complete please hand it into your teacher. (Circle your answer!)

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

1/4 1/8 1/2

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

Split personality Hallucinations and delusions violent behaviour

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

45% 12% 28%

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

90% 10% 50%

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

33% 17% 2%

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

Poland | Mexico | Norway

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

2/3 | 1/5 | 1/3

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

7 months | 2 months | Over a year

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9) Which of these UK Prime Ministers experienced mental health problems?

Winston Churchill | Gordon Brown | Margret Thatcher

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

52% | 26% | 6%

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

Be a psychologist | Represent Britain at the Olympics | Serve as an MP

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

15% 44% 65%

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13) Which of these statements is the most accurate?

"Everyone is a little bit OCD" "People with OCD just like things to be clean & tidy" "People with OCD experience intrusive obsessional thoughts often followed by repetitive compulsions"

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

60% 40% 20%

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

57% 29% 8%

Hand your answers to a teacher for marking!

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