Health: Everyone’s Business
Exploring myths around mental health
Quiz Questions
Question 1:
300 people out of every 1000 will have a mental health problem. How many will visit their GP every year?

Question 2:
How many of those who do visit their GP will be diagnosed as having a mental health problem at the first visit?

Question 3:
For every 1000 people that are identified by a GP as having a mental health problem, how many will be referred to a specialist mental health service?

Question 4:
Of the 24/1000 who are referred to specialist mental health services, how many will become inpatients at a psychiatric hospital?

Question 5:
What is the most common symptom of mental distress?

   a. hearing voices
   b. twitching
   c. talking to yourself
   d. sleep problems
   e. mood swings

Question 6:
What percentage of women between the ages of 15 and 30 suffer from anorexia nervosa?

   a. 1%
   b. 3%
   c. 10%
   d. 20%
   e. 25%

Question 7:
What percentage of preschool children have a mild mental health problem?

   a. 0.1%
   b. 5%
   c. 15%
   d. 37%
Question 8:
If someone is given a diagnosis of schizophrenia, what are the chances of them experiencing it for their entire lifetime?

a. 33%
b. 55%
c. 87%
d. 99%
e. 100%

Question 9:
Rate the following in order of probability starting with the most likely

- Wales to win the world cup in 2010
- You will die slipping in the bath or shower
- You will be killed by a stranger with a mental health problem (about a fifth of the risk as being murdered at all!)
- England to win the world cup in 2010
- You will date a millionaire
- The world will experience a catastrophic collision with an asteroid in the next 100 years

Question 10:
If each of these individuals had the same diagnosis, which would be most likely by far to be hospitalised compulsorily?

a. Asian woman
b. White man
c. Black man
d. White woman
e. Black woman
f. Asian man

Question 11:
In what year did the World Health Organisation declassify homosexuality as a mental health problem?