

Health: Everyone's Business

Exploring myths around mental health

Quiz Questions



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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%

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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?