

# Mental Health Quizzes

KS3/KS4

20 mins

Two quizzes which challenge some of the myths that exist around mental health and show young people that mental ill health affects many of us from time to time, including successful, high profile celebrities.

There are two quizzes - a general version and a local one. They can be played in teams/tables or in pairs/individually.

## What you need

- Quiz answer sheet - enough for each person/pair or team/table
- A, B, C, D Letter sets - one set for each team/table (not needed for individuals/pairs)
- Score sheet or white board (for team version)

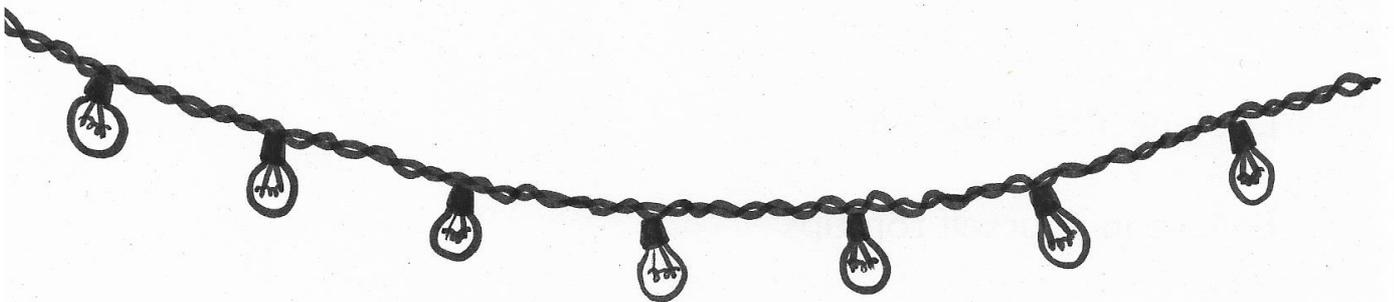
## Method

### Paired/individual version

- Introduce the quiz and hand out quiz sheets
- Explain that each question has one of 4 possible answers. They must decide on the correct answer and link that question by drawing a line to a letter on the right hand side of the sheet which corresponds to the correct answer.
- Once completed each question should link to a letter.

### Team Version

- Introduce the quiz and ask each team/table to choose a team name
- Write team names on to a white board or on to a scoring sheet.
- Explain that each question has four possible answers: **A, B, C** or **D**.
- Read out each question in turn
- Teams decide which of the answers is correct and then hold the corresponding letter up to show their selection.
- A tally of correct scores is kept using the score sheet or the whiteboard so each team can see how they are doing in relation to the other teams.
- The winning team or teams are acknowledged at the end.



## General Mental Health Quiz

1. **At any one time what % of 5 to 16 year old in the UK has a mental health problem?**

**A: 1%    B: 5%    C: 10%    D: 20%**

**Answer: C (1 in every 10 children or 3 in a class of 30)**

Among the adult population this figure rises to 1 in 4 or 25%. Mental ill health is very common so it is important that we understand mental health and know how to look after ourselves and support friends or family who are ill.

2. **How many teenagers are believed to self-harm in the UK?**

**A: 1 in 15    B: 1 in 30    C: 1 in 50    D: 1 in 100**

**Answer: A**

Reports suggest that 1 in 15 teenagers self-harm but the true figure could be even higher. Self-harm is a sign of emotional distress and it affects boys as well as girls. Young people who self-harm experience a lot of stigma and may be bullied as a result. If a friend confides in you, don't be afraid. The best thing you can do is listen. If you feel worried or feel out of your depth ask someone you trust or a professional for advice.

3. **Which of these symptoms can happen if you're depressed?**

**A: Don't feel hungry    B: Hungry all the time    C: Always tired    D: Any of above**

**Answer: D (Any of the above)**

People experience depression in different ways. Some lose their appetite while others eat more. Some people feel tired all the time while others can't sleep. Most experience deep sadness and hopelessness. They no longer enjoy the things they previously took great pleasure in. But with the right help many people can and do recover completely.

4. **Which of these are possible triggers for a psychotic episode?**

**A: Going to school    B: taking drugs    C: Going shopping    D: All of above**

**Answer: B**

Recent research claimed that people using Cannabis are 40% more likely than non-users to suffer a psychotic illness such as schizophrenia. The study found the most frequent users of cannabis have twice the risk of non-users of developing psychotic symptoms, such as hallucinations and delusions. Therefore people with a family history of mental illness or existing mental health issues should avoid using cannabis.

5. **What proportion of young people are worried about telling their friends they have a mental health issue?**

**A: 75%    B: 50%    C: 25%    D: 10%**

**Answer: A**

The stigma around mental health issues continues to make it difficult for young people and adults for that matter to be open about their mental health. They fear the reactions of their friends as well as the wider community. As a result many don't admit they are struggling. They fail to seek help and support and their health may deteriorate even further. We all need to get educated about mental health, to show the same compassion to ourselves and our friends that we would towards someone with a physical illness. .

**6. How many murders are committed in England and Wales in a year by people judged to be mentally ill?**

**A: 1555 B: 555 C: 55 D: 5**

**Answer: C**

Violence can be a feature of mental illness. However you are 70 times more likely to be killed on the roads and 9 times more likely to be killed by someone under the influence of alcohol or drugs than by someone who is mentally ill. In fact the risk of being killed by a mentally ill person is about the same as the risk of being struck by lightning. People with mental illness are far more likely to hurt themselves than someone else. Of the 55 people killed in a year by people who were mentally ill only 5 are likely to be strangers. The victims are usually people known to the person. Yet our fear of violence is disproportionate to the actual risk thanks in large part to sensationalist reporting and headlines like, 'mad axe man' etc. This creates a vicious cycle – as people become more fearful so those with mental illness experience more stigma and discrimination adding to the burden they already experience through their mental health condition. We need to get the facts about mental health issues and treat those experiencing difficulties with compassion and respect, not hostility and fear.

**7. Who among the following people has experienced serious mental health problems?**

**A: J K Rowling B: Catherine Tate C: Demi Lovato D: All of the above**

**Answer: All**

Many well-known and successful people have had mental health issues. JK Rowling suffered from depression. Catherine Tate experienced OCD during her childhood and Stephen Fry has Bipolar disorder. And there are many more. Having a mental health issue doesn't mean you can't make a success of your life or get better.

**8. Which of these statements about suicide in UK is true?**

**A: Suicide is second only to road traffic accidents as the leading cause of death among under 35's. B: Talking about suicide DOES NOT increase the risk C: More males than females attempt suicide. D: More females than males complete suicide**

**Answer: B: Talking about suicide DOES NOT increase the risk**

People are often afraid of talking about suicide. They think it will make suicide more likely but this is untrue. We need to start conversations as this will make it easier for young people to speak up if they are feeling at risk of suicide. Once we know how they feel there is an opportunity to help and support them. As for the other statements Suicide is the leading cause of death among under 35s. 2/3 of suicide attempts are by females yet 3/4 completed suicides are by males.

**9. Which of the following are real medical conditions?**

**A: Diabetes B: Anxiety Disorders C: Flu D: All of the above**

**Answer: All**

Mental health problems like anxiety are just as real as physical illnesses. When they are mild you will often get better on your own, the way you might from a cold. But at times we need help. We might need to talk to someone or perhaps learn new ways to deal with difficult feelings. Sometimes we may need to take medicine. But with the right help we can get better.

## BaNES Mental Health Quiz

The following questions are based on the results of surveys completed in the last year in Bath and North East Somerset.

The first was the SHEU (School Health Education Unit) survey of year 8 and year 10 students. The second was a smaller survey of school students conducted by the BaNES Youth Forum.

**1. In the SHEU survey what percentage of young people said they worry a lot or quite a lot about one or more issues from a list including, exams, the way they look, careers and family.**

**A: less than 10%   B: 25%   C: 50%   D: More than 80%**

**Answer: D**

**2. Which issues showed the biggest difference between boys and girls, with girls worrying much more about it? (SHEU)**

**A: Exams/tests   B: The way they look   C: Friends   D: Family**

**Answer: B**

**3. What proportion of young people in BaNES reported that they felt afraid of going to school because of bullying? (SHEU)**

**A: 5%   B: 10%   C: 15%   D: 25%**

**Answer: D**

**4. What proportion of young people had medium or low self-esteem? (SHEU)**

**A: 9%   B: 15%   C: 22%   D: 32%**

**Answer: C**

**5. According to the Youth Forum survey what proportion of young people thought they should be educated about depression, anxiety, exam stress and self-harm?**

**A: 60 - 70%   B: 40 - 50%   C: 20 -30%   D: 10%**

**Answer: A**

**6. According to the Youth Forum survey how many young people had experienced stigma in the last 6 months as a result of mental ill health?**

**A: more than 40%   B: 24%   C: 14%   D: less than 10%**

**Answer: B**

**7. According to the Youth Forum survey and SHEU which local service/s do more than 50% of young people in B&NES know how to contact?**

**A: School Nurses   B: Off the Record   C: CAMHS   D: All of the above**

**Answer: A**

A

B

C

D

