Mental Health Quiz

Standard 1, Objectives 3

1. How many American adults experience mental illness in a year? (S1.O3.IA)

a. 1 in 3

b. 1 in 5

c. 1 in 10

d. 5,000

2. Why is it important to talk to someone early on if you or someone you know might have a mental illness? (S1.O3.IA)

a. professional help can provide you with coping skills

b. professional help will always cure your mental illness

c. you can receive a vaccination to get rid of the mental illness

d. it doesn’t matter when you receive help

3. What is a stigma associated with mental illness? S1.O3.IC

a. People with mental illness are a danger to society

b. People with mental illnesses can choose to “get over it”

c. All mental illness can be solved by taking medication

d. all of the above

4. What are some examples of where someone could seek help for mental illness? S1.O3.Id

a. Online Resources

b. School Counseling Center

c. A trusted family member or friend

d. all of the above

For questions 5 – 8, please match the mental illness with its symptoms S1. O3.IC.

5. Depression A. little focus, hyperactivity and impulsive

6. Anxiety B. Unwanted and repeated thoughts or actions

7. Schizophrenia C. Extended sadness, sometimes with no apparent reason

8. Obsessive Compulsion Disorder D. Feelings of worry and/or fear that are constant and overwhelming.

9. ADHD E. Unwanted and repeated thoughts or actions

10. True or False

A mental illness is classified as a disorder that affects your mood, thinking, and behavior.