

Time to Change Mental Health Quiz

Question 1

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

1 in 4, 1 in 8, 1 in 2

Question 2

Which of these is a common symptom of schizophrenia?

Violent Behaviour, Split Personality, Hallucinations and delusions

Many believe that people with schizophrenia are likely to commit violence – however, most people with schizophrenia do not commit violent crimes, and are more likely to be victims of violence than perpetrators. Similarly, there is a common misconception that schizophrenia leads people to have split personalities, when this is not the case. In reality, schizophrenia's most common symptoms are hallucinations, delusions and hearing voices.

Question 3

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

12%, 28%, 45%

Question 4

What proportion of people with mental health problems experience stigma?

90%, 10%, 50%

Our research shows that up to 90% people with mental health problems experience some form of stigma, whether from friends and family, at work, in education or during treatment.

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Question 5

How many people will experience suicidal thoughts throughout their lifetime?

17%, 2%, 33%

Question 6

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

Mexico, Norway, Poland

Norwegian Prime Minister Kjell Magne Bondevik announced in 1998 that he was experiencing a depressive episode, and took three weeks of sick leave, before returning to office. Bondevik said he received thousands of supportive letters.

Question 7

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

1 in 5, 1 in 3, 2 in 3

Two thirds of people with mental health problems believe that long hours, unrealistic workloads or bad management either caused or exacerbated their condition.

Question 8

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

2 months, over a year, 7 months

A Time to Change survey showed that 60% of people with a mental health problem waited over a year to tell the people closest to them about it.

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Question 9

Which of these UK Prime Ministers experienced mental health problems?

Gordon Brown, Margaret Thatcher, **Winston Churchill**

Well done. Churchill lived with depression that he described as his "black dog".

Question 10

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

26%, 6%, 52%

One in ten young people will experience a mental health problem, and a survey conducted by Time to Change showed that 26 per cent of those young people felt the stigma around their condition was so severe that it made them want to give up on life.

Question 11

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

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

Before 2013, people who had been sectioned for more than 6 months were not eligible to be elected as a Member of Parliament. In addition, before the Act became law, people currently receiving treatment for mental health problems could not serve on juries, and company directors could be removed because of a mental illness.

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Question 12

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

44%, 65%, 15%

Time to Change's 2014 'State of Stigma' survey showed that 65% of people with mental health problems experienced stigma in their friendships. Additionally, 57% reported stigma in their family life, and 38% said they had experienced it in dating and relationships.

Question 13

Which of these statements is the most accurate?

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

Obsessive-compulsive disorder is one of the most misunderstood mental illnesses - many people believe that OCD is a character trait that encourages cleanliness and order, and that everyone has it. In reality, it's a mental illness based on obsessions and compulsions that can have a serious impact on the people that experience it. Around 1% of the population will experience OCD.

Question 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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Question 15

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

76%, 57%, 29%

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