

The Mental Health Club Quiz



The Mental Health Club

- 1. What percentage of mental health service users in the U.K. feel the need to conceal their illness?**
 - 55%
 - 70%
 - 82%
 - 92%
- 2. In a recent study (2016), what percentage of employees typically state they had experienced mental health problems at work?**
 - 25%
 - 33%
 - 66%
 - 75%
- 3. What percentage of people have said they have been negatively treated as a result of their mental health?**
 - 15%
 - 26%
 - 38%
 - 52%
- 4. How many people are likely to experience a mental health problem each year?**
 - 1 in 4
 - 1 in 6
 - 1 in 11
 - 1 in 25
- 5. How many times more likely are men than women to commit suicide?**
 - 2 times
 - 3 times
 - 5 times
 - 10 times
- 6. Staff absence and lost productivity due to poor mental health management have an overall annual cost to employers of what amount?**
 - £87 million
 - £15 billion
 - £26 billion
 - £51 billion
- 7. The average employee takes seven days off sick each year. What percentage of these are due to mental health problems?**
 - 15%
 - 36%
 - 40%
 - 65%
- 8. In 2011, what was found to be the biggest cause of long-term sickness absence among all workers?**
 - Stress
 - Illness
 - Depression
- 9. In an international study of discrimination encountered by people with mental health problems, what percentage of those problems related to family relationships?**
 - 10%
 - 29%
 - 43%
 - 61%
- 10. In a poll undertaken by Mind, what was the most stressful thing in people's lives?**
 - Work
 - Money worries
 - Relationships
 - Work & Personal Worries

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11. In a 2016 survey, what percentage of respondents stated that mental health affected their performance at work
 - 27%
 - 53%
 - 81%
 - 95%

12. The first institution in the UK to specialise in the care of the mentally ill was Bethlem Royal Hospital. When was it founded?
 - 1247
 - 1324
 - 1659
 - 1897

13. How far back can we find references to mental illness?
 - 1500-1200 BC
 - 600-500 BC
 - 1300 AD
 - 1750 AD

14. Before 2016, what percentage of media stories about mental health contained themes of criminality and dangerousness?
 - 78%
 - 40%
 - 22%
 - 17.5%

15. After doing some form of moderate exercise, how long is it before you get a mood enhancement effect?
 - 1 minute
 - 5 minutes
 - 15 minutes
 - 40 minutes

16. What is the employment rate among people with some form of mental illness?
 - 49%
 - 85%
 - 22%
 - 36%

17. On average, people suffering from severe mental illness are at risk of dying how many years earlier than other people?
 - 1-2 year
 - 5 – 10 years
 - 15 – 20 years
 - 20 – 25 years

18. Chronic stress has been linked to which of the following?
 - Heart disease
 - Depression
 - PTSD
 - Cancer

 - All of them

19. What percentage of organisations provide training for line managers in managing and supporting people with mental health problems?
 - 10%
 - 20%
 - 40%
 - 60%

20. What percentage of private sector employees believe their organisation has an inclusive working environment in which staff are encouraged to openly talk about their mental health problems?
 - 25%
 - 33%
 - 47%
 - 56%