

## Mental Health Awareness Quiz

In this quiz we look at some of the less understood mental health conditions such as post-natal depression, post-traumatic stress disorder and eating disorders. Mental Health Awareness week is important because it enables employees to understand the importance of being mentally healthy, and for employers to understand what support they should provide and why they should talk about mental health in the workplace. So this month we have created a quiz which will test your knowledge about less understood mental health conditions.

1. What fraction of employees with ill mental health believes that the stresses of the workplace are to blame?
  - a) 2/3
  - b) 1/4
  - c) 1/5

2/3 of employees with ill mental health problems believe that long hours, large workloads or uninformed managers caused their condition or made it worse.

2. Out of 100 people surveyed in 2009 about mental health problems, what figure said that they have an eating disorder?
  - a) 1.3
  - b) 2.1
  - c) 1.6

1.6 suggested that they had an eating disorder.

3. What is the most common age to be diagnosed with schizophrenia?
  - a) 18-35
  - b) 36-50
  - c) 50+

Someone in the age bracket of 18-35 is more likely to be diagnosed with schizophrenia, than in any other age band.

4. Postnatal depression only affects new mothers. - True or False?
  - a) True
  - b) False

False- Although commonly associated with new mothers, postnatal depression can also affect fathers. In 43 studies taken in 2010, 10% of new fathers around the world had post-natal depression.

5. How many people who have Post Traumatic Stress Disorder (PTSD) also have other mental health conditions?
  - a) 1 in 6
  - b) 4 in 5
  - c) 7 in 10

4 in 5 people with PTSD were also diagnosed with depression, persistent anxiety, phobias, panic attacks or drug/alcohol abuse.

6. What mental health condition has the symptoms of severe anxiety, flashbacks, uncontrollable thoughts and nightmares?
- a) Depression
  - b) Post-natal depression
  - c) PTSD

After a traumatic event people who are diagnosed with PTSD are likely to experience these symptoms.

7. What is the most common eating disorder?
- a) Anorexia Nervosa
  - b) Bulimia
  - c) Binge Eating Disorder and EDNOS (eating disorder not otherwise specified)

Of those with eating disorders, it was estimated that 10% were anorexic and 40% were bulimic. However, the most common was EDNOS which included binge eating disorder.

8. How many employees with eating disorders believed that their employers and colleagues were misinformed about eating disorders?
- a) 1 out of 6
  - b) 4 out of 5
  - c) 8 out of 10

4 out of 5 employees said that they felt that employers and fellow colleagues were misinformed about eating disorders.

9. You can tell when someone is experiencing mental health issues- True or false?
- a) True
  - b) False

False- Unlike physical illnesses, ill mental health cannot be seen.

10. What is the first thing that you would do when supporting someone with a mental health condition?
- a) Choose somewhere quiet, ask simple and non-judgement questions, and then develop an action plan with that person regarding support and adjusting workloads.
  - b) Encourage group discussions about everyone's mental health.
  - c) Don't talk about mental health because it's a taboo subject and you don't want to make anyone feel uncomfortable.

The best way to help employees overcome mental health conditions is to allow them to talk about it in a private area. You should not make people talk in groups about how they are feeling as they are less likely to want to disclose any information.