

Mental Health Pub Quiz – Answers

No.	Questions	Answers
1	According to the Mental Health Foundation, what percentage of adults have found themselves unable to cope with the stress caused by their appearance and body image?	c. 30%
2	What percentage of males have a binge eating disorder, according to Eating Disorder Hope?	d. 40%
3	The NHS and Time to Change both estimate how many people in the UK will experience a mental health issue each year, which is the right figure?	d. 1 in 4
4	What is the global percentage of people with a mental health condition, according to Our World in Data?	a. 10.7%
5	According to the WHO, how many people are estimated to die due to suicide each year globally?	b. 800,000
6	Rank these in order of the most common form of mental illness	Correct order: Anxiety with 284m, Depression with 264m, Bipolar with 46m, and Schizophrenia with 20m, according to Our World in Data
7	Which of these is a common symptom of schizophrenia?	a. Hallucinations & delusions
8	Which statement about OCD is the most accurate?	b. People with OCD experience frequent intrusive and unwelcome obsessional thoughts, often followed by repetitive compulsions or impulses
9	True or false, people with a mental health condition are more likely to commit a crime?	False, people with mental health conditions are more likely to be a victim of crime than to be a perpetrator
10	What is the global estimate of substance abuse according to Our World in Data?	d. 164 million people
11	Which of these famous historical figures experienced mental health problems?	a. b. c. and d. Each of these people experienced some sort of mental illness. Abraham Lincoln experienced depression according to friends and colleagues, which they described his “melancholy” and “blue spells”. Churchill described his depression as described as being his “black dog”. Experts believe that Florence Nightingale had bipolar disorder, and Charles Dickens would fall into a period of depression when he started a new book, which would lift as the work progressed

12	According to the World Health Organisation, how much does mental health cost the global economy?	d. \$1 trillion
13	Which country's Prime Minister was re-elected in 2001 after publicly taking time off for depression?	b. 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
14	What percentage of countries don't have any mental health legislation according to the World Health Organisation?	d. 25%
15	According to the World Bank, what percentage of the global child and adolescent population suffers from mental, neurological, or substance use disorders?	a. 20%
16	Which of the following ISN'T a personality disorder?	a. Depressed