

Mental Health Pub Quiz

Team Name:

Score:

Question 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?

- a. 5% b. 15% c. 30% d. 50%

Question 2

What percentage of men have a binge eating disorder, according to Eating Disorder Hope?

- a. 10% b. 20% c. 30% d. 40%

Question 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?

- a. 1 in 10 b. 1 in 8 c. 1 in 6 d. 1 in 4

Question 4

What is the global percentage of people with a mental health condition, according to Our World in Data?

- a. 10.7% b. 7.5% c. 3.3% d. 1.1%

Question 5

According to the WHO, how many people are estimated to die due to suicide each year globally?

- a. 1,000,000 b. 800,000 c. 500,000 d. 225,000

Question 6

Rank these in order of the most common form of mental illness

- Schizophrenia
- Anxiety
- Depression
- Bipolar

Question 7

Which of these is a common symptom of schizophrenia?

- a. Hallucinations & delusions
- b. Violent behaviour
- c. Split personality
- d. Rapid heartbeat

Question 8

Which statement about OCD is the most accurate?

- a. Everyone is a little bit OCD
- b. People with OCD experience frequent intrusive and unwelcome obsessional thoughts, often followed by repetitive compulsions or impulses
- c. People with OCD have frequent intrusive thoughts
- d. People with OCD just like things to be clean and tidy

Question 9

True or false, people with a mental health condition are more likely to commit a crime?

- True
- or
- False

Question 10

What is the global estimate of substance abuse according to Our World in Data?

- a. 113 million people
- b. 138 million people
- c. 152 million people
- d. 164 million people

Question 11

Which of these famous historical figures experienced mental health problems?

- a. Abraham Lincoln b. Winston Churchill c. Florence Nightingale d. Charles Dickens

Question 12

According to the World Health Organisation, how much does mental health cost the global economy?

- a. \$1 billion b. \$10 billion c. \$100 billion d. \$1 trillion

Question 13

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

- a. Poland b. Norway c. Mexico d. United Kingdom

Question 14

What percentage of countries don't have any mental health legislation according to the World Health Organisation?

- a. 2% b. 10% c. 17% d. 25%

Question 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% b. 15% c. 10% d. 5%

Question 16

Which of the following ISN'T a personality disorder?

- a. Depressed b. Paranoid c. Schizoid d. Histrionic