

What's YOUR Mental Health IQ?



Take this short true/false quiz and have some fun challenging your knowledge of mental health topics ... The answers may surprise you!

- 1.) **T/F** Regular exercise can greatly reduce symptoms of depression and anxiety disorders.
- 2.) **T/F** Treatment success rates for disorders such as depression surpass those for other medical conditions like heart disease.
- 3.) **T/F** People who have schizophrenia don't usually recover from the disorder.
- 4.) **T/F** Work-related stress can double a person's risk of dying from heart disease.
- 5.) **T/F** The number of hours a person works causes more stress at work than the office environment.
- 6.) **T/F** Workplace stress causes about 1 million U.S. employees to miss work each day.
- 7.) **T/F** Depression is a normal part of aging.
- 8.) **T/F** People who have mental disorders are more dangerous than people in the general population.
- 9.) **T/F** About every two hours, a young person kills himself or herself.
- 10.) **T/F** One in five Americans experiences a mental health disorder in any given year, but only one-third seek care due to the stigma and misperceptions surrounding mental disorders and their treatment.

Answers on the reverse side.

Mental Health IQ Answer Key



- 1.) **True!** In fact, a recent study showed that about 60 percent of people with such disorders significantly reduced their symptoms with regular exercise.
- 2.) **True!** In fact, the treatment success rate for depression is more than 80 percent, whereas the rate for heart disease is 45-50 percent.
- 3.) **This common myth is actually false.** Up to two-thirds of people who are diagnosed with schizophrenia actually recover significantly—and some completely—from the disorder.
- 4.) **This sad fact is true.**
See our *MIND Your Stress* fact sheet for tips on how to handle stress at work and at home.
- 5.) **This is false.** A recent study shows that job environment has a far greater impact on stress at the office than the number of hours workers put in. A positive work environment can go a long way to relieve stress and increase productivity.
- 6.) **True.** Again, get useful tips on how to handle stress in our *MIND Your Stress* fact sheet.
- 7.) **False.** Depression is not a normal part of the aging process that we need to “grin and bear.” Older people who have symptoms of depression should address the issue with their physician.
- 8.) **False!** This common distortion gets perpetuated by the rare incidents that make the headlines. Statistics show, however, that people who have mental disorders are no more likely to be dangerous than people without such disorders.
- 9.) **Sadly, this is true.** Three million teenagers have either considered or attempted suicide in the past year—but only one-fifth of kids who need mental health services actually receive them.
- 10.) **This is true.** Unfortunately, people often let shame or a belief that they can “handle it on their own” keep him or her from getting care. The truth is, mental illnesses are real, common and treatable. No one should let stigma stand in the way of getting care that can lead to a happier, healthier, more productive life.

For more information, contact your local Mental Health Association or the National Mental Health Association at 800-969-NMHA (6642), or visit www.nmha.org.