# Quiz: Would you recognize mental illness?



Although mental health and mental awareness may be increasing, it still is not always easy to perceive when someone close to you is experiencing symptoms of mental illness. Mental illness can be difficult to spot as it does not always look the way we think it will, and it isn't as obvious in real life as it is in representations in television and film. Test your ability to recognize mental illness warning signs and check how prepared you are to take action with this quiz.

**1. True or false: a change in appetite could be a sign of depression**

Answer: True, an increased or decreased appetite is often a sign of depression

**2. Which of the following is not a sign of mental illness**

a) Problems with concentration, memory or cognitive function
b) Insomnia or other sleep disturbances
c) A desire for a big life change such as a new choice of career or the wish to end a relationship
d) Withdrawal from social activities or family life

Answer: c). An interest in making a big change in lifestyle or goals in the absence of other symptoms is not a sign of mental illness

**3. Which of the following are signs of an anxiety disorder:**

a) Excessive fears, worries and irrational phobias
b) Intense discomfort in social situations
c) Sudden overwhelming feelings of doom combined with a racing heart, shortness of breath or other physical symptoms
d) Repetitive disturbing thoughts and/or a need to perform certain actions to feel "okay"
e) All of the above

Answer: e). Each of the above is a symptom of a different anxiety disorder in the following order:

a) Generalized Anxiety Disorder ; b) Social Anxiety Disorder or social phobia; c) Panic Disorder; d) Obsessive Compulsive Disorder

**4. What should you do if you suspect someone close to you is suffering from a mental illness?**

a) Call a medical professional immediately
b) Take them for a night on the town or for a much needed vacation
c) Talk to them about your concerns and encourage them to seek help
d) Lend them a book about mental health and wellness

Answer: c). If you think someone might be dealing with a mental illness, speak to them, and be open and receptive to hearing about their experience. Encourage them to talk to their doctor or speak to a counsellor about what they are going through.

**5. Depression and bipolar disorder are both examples of:**

a) Mood disorders
b) Personality disorders
c) Anxiety disorders

Answer: a) Mood disorders: these disorders affect approximately 10% of the population, with depression being the most common.

**6. True or False: Asking someone directly if they are having suicidal thoughts increases their risk of suicide**

Answer: False. Talking to someone about suicidal intent can actually lower their risk of attempting suicide by decreasing anxiety and opening lines of communication

**7. True or false: If someone is having a panic attack, the best way to help them is to tell them to calm down and tell them to go for a run**

Answer: False. If someone is having a panic attack, the best way to help them is to speak slowly, assure them that this is temporary and they are safe, and encourage them to take long deep breaths until the panic attack passes

**8. What is the best way to prevent mental illness?**

a) Eat a healthy diet, get enough sleep, and exercise regularly
b) Don't drink alcohol or do drugs
c) Avoid overly stressful activities and over stimulating environments
d) Spend more time with mentally healthy, high functioning people
e) There is no one sure way to prevent mental illness

Answer: e). Mental illness is usually caused by a combination of biological and environmental factors and cannot be prevented. However, eating a balanced diet, getting enough sleep, exercising regularly and reducing your intake of alcohol and drugs can lessen the symptoms of mental illness and its likelihood to interfere with your life

**9. True or false: These days, there is no longer any stigma associated with mental illness**

Answer: False. Although stigma around mental illness may be decreasing, there is still a lot of fear, shame, and ignorance around it. Stigma is one of the biggest obstacles to seeking help and treatment for mental illnesses

**How did you do?**

No matter what your level of mental illness awareness is, it is always a good idea to learn more and increase your understanding. If you suspect that you or someone you love is experiencing signs mental illness, the best thing to do is to talk about it: talk to your family and friends, talk to your loved one, and talk to a professional about your worries so that you or they can get the help you need.

Your Employee and Family Assistance Program (EFAP) provides you with an immediate and confidential help for any work, health or life concern. We're available anytime and anywhere. Let us help.