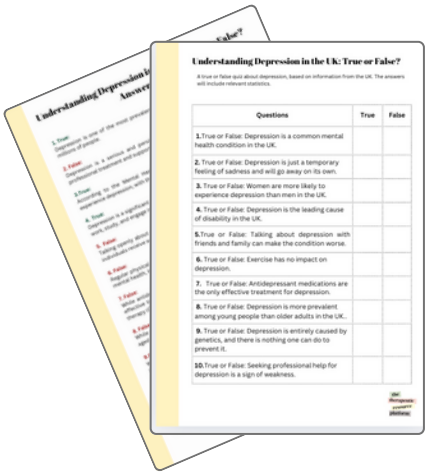


Understanding Depression in the UK: True or False?

Instruction page



Activity Type

Age: 5-18+

Theme:
Educational, myth-busting.

Challenge Level
EASY

Resource Format
Quiz/game
Interactive worksheet
conversation cues
PDF quiz

Participation Style:
1-1 activity
Group activity
Group play - solo points.



General Activity Info

Understanding Depression in the UK: True or False?

This true-or-false quiz focuses on common myths and facts related to depression in the UK. It covers important topics such as the prevalence of depression, its impact on various demographics, and misconceptions about its causes and treatments. The quiz also addresses the effectiveness of treatments like antidepressant medications and the role of exercise, as well as the stigma around seeking help. By offering factual insights, this quiz aims to improve understanding of depression, its effects, and how it can be managed in the UK.

True or False Activity

Our True or False activity is an engaging way for you to share knowledge with participants. It can be done in a one-to-one setting or within a group. Simply print the worksheet, distribute it, and have participants answer the questions. Once they're finished or after 15 minutes, go through the answers together and discuss them in more detail. Alternatively, you can ask the questions verbally and have participants show True or False flashcards in response. Flashcard templates are available on our website.



Materials Needed

- A printed copy of the resource OR Flashcards.
- Pens.
- A dry-erase marker if you plan to laminate the sheet making it reusable.



Step by Step Instructions

1. Print out the true or false quiz sheet **OR** print out our flashcards if you plan on asking the questions verbally.
2. Give participants time to answer the questions. Then go through each question and their answers.

Top Tip: You could laminate the sheet and use a whiteboard pen to mark off completed tasks, making it a reusable tool for future weeks.

Understanding Depression in the UK: True or False?

A true or false quiz about depression, based on information from the UK. The answers will include relevant statistics.

Questions	True	False
1. True or False: Depression is a common mental health condition in the UK.		
2. True or False: Depression is just a temporary feeling of sadness and will go away on its own.		
3. True or False: Women are more likely to experience depression than men in the UK.		
4. True or False: Depression is the leading cause of disability in the UK.		
5. True or False: Talking about depression with friends and family can make the condition worse.		
6. True or False: Exercise has no impact on depression.		
7. True or False: Antidepressant medications are the only effective treatment for depression.		
8. True or False: Depression is more prevalent among young people than older adults in the UK..		
9. True or False: Depression is entirely caused by genetics, and there is nothing one can do to prevent it.		
10. True or False: Seeking professional help for depression is a sign of weakness.		

Understanding Depression in the UK: True or False?

Answersheet

1. True:

Depression is one of the most prevalent mental health conditions in the UK, affecting millions of people.

2. False:

Depression is a serious and persistent mental health condition that often requires professional treatment and support.

3. True:

According to the Mental Health Foundation, women are more likely than men to experience depression, with the highest prevalence seen in women aged 45-64.

4. True:

Depression is a significant contributor to disability in the UK, affecting people's ability to work, study, and engage in daily activities.

5. False:

Talking openly about depression with friends and family can be beneficial and can help individuals receive support and understanding.

6. False:

Regular physical activity, such as exercise, has been shown to have positive effects on mental health, including reducing symptoms of depression.

7. False:

While antidepressant medications can be helpful for some individuals, there are other effective treatments for depression, such as psychotherapy and cognitive-behavioural therapy (CBT).

8. False:

While depression can affect people of all ages, it is more commonly reported in adults aged 45-64, according to the Office for National Statistics.

9. False:

While genetics can play a role in predisposing someone to depression, other factors like life experiences, environment, and coping strategies also influence the development of the condition.

10. False:

Seeking professional help for depression is a sign of strength and self-awareness. It is essential to reach out for support when needed to improve mental well-being.

Please note that the statistics and data provided are based on information available as of September 2021. Mental health statistics may change over time, so it's best to refer to the most current and official sources for the latest information on depression in the UK.