

# Mental Health True or False Quiz (UK-Specific)

## Instruction page



### 1 Activity Type

**Age:** 10-18+

**Participation Style:**  
1-1 activity

Group activity

Group play - solo points

**Theme:**  
Mindful, reflective

**Challenge Level**  
**EASY**

**Resource Format:**  
Quiz/Game  
PDF worksheet

### 2 General Activity Info

#### Mental Health, true or false activity:

This activity is a true-or-false quiz designed to test and enhance knowledge about mental health in the UK. It covers key topics such as the prevalence of mental health disorders, common conditions like anxiety and depression, and misconceptions about mental illness. The quiz also explores the impact of social media, the role of exercise in mental well-being, and the accessibility of mental health services. Additionally, it addresses common myths, such as the idea that mental illness is a sign of weakness or that those with mental health issues are always violent. This activity aims to promote awareness and challenge the stigma surrounding mental health.

#### 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.

### 3 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.

### 4 Step by Step Instructions

- Print out the true or false quiz sheet **OR** print out our flashcards if you plan on asking the questions verbally.
- 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.

# Mental Health True or False Quiz

## (UK-Specific)

Questions	True	False
1. True or False: Mental health disorders are rare in the UK..		
2. True or False: Anxiety is the most common mental health disorder in the UK.		
3. True or False: Mental health problems only affect adults.		
4. True or False: Depression affects more women than men in the UK.		
5. True or False: Social media has no impact on mental health.		
6. True or False: Mental health problems cannot be prevented.		
7. True or False: Mental illness is a sign of weakness.		
8. True or False: People with mental health problems are always violent or dangerous.		
9. True or False: Exercise can improve mental health.		
10. True or False: Mental health services are easily accessible for everyone in the UK.		

# Mental Health true or false quiz (UK specific)

## Answersheet

### 1. False:

According to the Mental Health Foundation, approximately 1 in 4 people in the UK will experience a mental health problem each year.

### 2. True:

Anxiety disorders, such as generalized anxiety disorder (GAD) and panic disorder, affect 1 in 6 adults in the UK, making it the most common mental health disorder.

### 3. False:

Mental health problems can affect people of all ages, including children and adolescents. In the UK, 1 in 8 children has a diagnosable mental health disorder.

### 4. True:

Depression is more prevalent among women, with around 1 in 5 women experiencing a form of depression during their lifetime compared to 1 in 8 men.

### 5. False:

Research shows that excessive use of social media can contribute to feelings of anxiety, depression, and low self-esteem.

### 6. False:

While not all mental health problems can be prevented, there are preventive measures to reduce the risk. Taking care of physical health, maintaining social connections, and seeking support early can make a significant difference.

### 7. False:

Mental illness is not a sign of weakness. It is a complex condition influenced by various factors, including biological, psychological, and environmental factors.

### 8. False:

The vast majority of individuals with mental health problems are not violent. In fact, they are more likely to be victims of violence rather than perpetrators.

### 9. True:

Regular physical activity has been shown to have positive effects on mental health. It can reduce symptoms of depression, anxiety, and stress.

### 10. False:

The availability of mental health services in the UK can vary greatly. Some areas may have better access to services than others, and there can be long waiting times for treatment. Availability can also depend on the specific mental health condition.