

Pre/Post Quiz

1. A phobia is an intense fear about something that might be harmful (such as heights, snakes, etc.)
a. true b. false
2. Useful interventions for adolescent mental disorders include BOTH psychological and pharmacological treatment.
a. true b. false
3. Mental distress can occur in someone who has a mental disorder.
a. true b. false
4. Stigma against the mentally ill is uncommon in Canada.
a. true b. false
5. Substance abuse is commonly paired with a mental disorder.
a. true b. false
6. The most common mental disorders in teenage girls are eating disorders.
a. true b. false
7. The stresses of being a teenager are a major factor leading to adolescent suicide.
a. true b. false
8. Three of the strongest risk factors for teen suicide are: romantic breakup, conflict with parents, and school failure.
a. true b. false
9. Schizophrenia is a split personality.
a. true b. false
10. A depressed mood that includes a drop in school grades and lasts for a month or longer in a teenager is very common and should not be confused with a clinical Depression that may require professional help.
a. true b. false
11. A Generalized Anxiety Disorder usually arises from being burned out by stressful events.
a. true b. false

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12. Diet, exercise and establishing a regular sleep cycle are all effective treatments for many mental disorders in teenagers.
a. true b. false
13. Anorexia nervosa is very common in teenage girls.
a. true b. false
14. Bipolar Disorder is another name for manic depressive illness.
a. true b. false
15. The panic attacks that occur as part of Panic Disorder usually come “out of the blue”.
a. true b. false
16. Obsessions are thoughts that are unwanted and known to be incorrect.
a. true b. false
17. Serotonin is a liver chemical that helps control appetite.
a. true b. false
18. Mental disorders may affect between 15-20 percent of Canadians.
a. true b. false
19. Youth who have Social Anxiety Disorder do not get well with treatment.
a. true b. false
20. Depression affects about 2 percent of people in North America.
a. true b. false
21. A psychiatrist is a medical doctor who specializes in treating people who have a mental illness.
a. true b. false
22. Attention Deficit Hyperactivity Disorder (ADHD) is equally common in boys and girls.
a. true b. false

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23. A hallucination is defined as a sound that comes from nowhere.
a. true b. false
24. Panic Disorder is a type of Anxiety Disorder.
a. true b. false
25. Medications called “anti-psychotics” are helpful in treating some of the symptoms of Schizophrenia.
a. true b. false
26. A delusion is defined as seeing something that is not real.
a. true b. false
27. Lack of pleasure, hopelessness and fatigue can all be symptoms of a clinical Depression.
a. true b. false
28. Nobody with Schizophrenia ever recovers to the point where they can live a positive life.
a. true b. false
29. People with Mania may experience strange feelings of grandiosity.
a. true b. false
30. Mental disorders are psychological problems that are often caused by poor nutrition.
a. true b. false

(See answer key end of this section)

Pre/Post Quiz Answers

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|-----|-------|-----|-------|
| 1. | True | 16. | True |
| 2. | True | 17. | False |
| 3. | True | 18. | True |
| 4. | False | 19. | False |
| 5. | True | 20. | False |
| 6. | False | 21. | True |
| 7. | False | 22. | False |
| 8. | False | 23. | False |
| 9. | False | 24. | True |
| 10. | False | 25. | True |
| 11. | False | 26. | False |
| 12. | False | 27. | True |
| 13. | False | 28. | False |
| 14. | True | 29. | True |
| 15. | True | 30. | False |