

## World Suicide Prevention Day Quiz

**1. When is World Suicide Prevention Day observed each year?**

- ☐ a) September 10
- ☐ b) October 10
- ☐ c) August 10
- ☐ d) July 10

(Answer: a) September 10)

**2. Which organization works with the International Association for Suicide Prevention (IASP) to promote this day?**

- ☐ a) WHO
- ☐ b) UNESCO
- ☐ c) UNICEF
- ☐ d) UNDP

(Answer: a) WHO)

**3. In which year was World Suicide Prevention Day first observed?**

- ☐ a) 2001
- ☐ b) 2003
- ☐ c) 2005
- ☐ d) 2007

(Answer: b) 2003)

**4. Approximately how many people die by suicide worldwide each year?**

- ☐ a) 500,000
- ☐ b) 700,000
- ☐ c) 900,000
- ☐ d) 1,200,000

(Answer: b) 700,000)

**5. Suicide is among the leading causes of death in which age group?**

- ☐ a) 5–14 years
- ☐ b) 15–29 years
- ☐ c) 30–44 years
- ☐ d) 45–60 years

(Answer: b) 15–29 years)

**6. Which continent has the highest suicide rate per population?**

- ☐ a) Africa
- ☐ b) Europe
- ☐ c) Asia

- ☐ d) South America
- (Answer: b) Europe)

**7. What is one of the most common risk factors for suicide?**

- ☐ a) High income
- ☐ b) Strong community support
- ☐ c) Mental health disorders
- ☐ d) Regular exercise

(Answer: c) Mental health disorders)

**8. Which method is most commonly used in suicide globally?**

- ☐ a) Hanging
- ☐ b) Poisoning
- ☐ c) Firearms
- ☐ d) Drowning

(Answer: a) Hanging)

**9. What percentage of global suicides occur in low- and middle-income countries?**

- ☐ a) 35%
- ☐ b) 50%
- ☐ c) 77%
- ☐ d) 90%

(Answer: c) 77%)

**10. Which gender has higher rates of suicide worldwide?**

- ☐ a) Men
- ☐ b) Women
- ☐ c) Equal
- ☐ d) Varies by country

(Answer: a) Men)

**11. Which gender reports higher rates of suicide attempts?**

- ☐ a) Men
- ☐ b) Women
- ☐ c) Equal
- ☐ d) Not recorded

(Answer: b) Women)

**12. What is the main aim of World Suicide Prevention Day?**

- ☐ a) Raise funds
- ☐ b) Raise awareness and prevent suicides
- ☐ c) Provide medical aid only
- ☐ d) Celebrate survivors

(Answer: b) Raise awareness and prevent suicides)

**13. Which international document first highlighted suicide prevention as a priority?**

- ☐ a) WHO Mental Health Action Plan 2013–2020
- ☐ b) UN Sustainable Development Goals
- ☐ c) UNICEF Child Protection Framework
- ☐ d) UNESCO Education 2030

(Answer: a) WHO Mental Health Action Plan 2013–2020)

**14. Suicide prevention is linked to which UN Sustainable Development Goal (SDG)?**

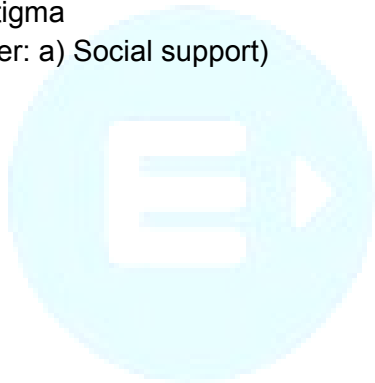
- ☐ a) Goal 1: No Poverty
- ☐ b) Goal 3: Good Health and Well-being
- ☐ c) Goal 4: Quality Education
- ☐ d) Goal 5: Gender Equality

(Answer: b) Goal 3: Good Health and Well-being)

**15. Which of the following is a key protective factor against suicide?**

- ☐ a) Social support
- ☐ b) Financial debt
- ☐ c) Isolation
- ☐ d) Stigma

(Answer: a) Social support)



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