

## World Mental Health Day Quiz

**1. When is World Mental Health Day observed?**

- ☐ a) October 1
- ☐ b) October 10
- ☐ c) October 15
- ☐ d) October 20

(Answer: b) October 10)

**2. Which organization initiated World Mental Health Day?**

- ☐ a) World Health Organization (WHO)
- ☐ b) World Federation for Mental Health (WFMH)
- ☐ c) United Nations (UN)
- ☐ d) UNICEF

(Answer: b) World Federation for Mental Health (WFMH))

**3. In which year was World Mental Health Day first celebrated?**

- ☐ a) 1990
- ☐ b) 1992
- ☐ c) 1995
- ☐ d) 2000

(Answer: b) 1992)

**4. What is the primary aim of World Mental Health Day?**

- ☐ a) To raise funds for hospitals
  - ☐ b) To promote global awareness about mental health
  - ☐ c) To celebrate doctors
  - ☐ d) To discuss new medications
- (Answer: b) To promote global awareness about mental health)

**5. Which UN agency works closely with WFMH on mental health?**

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

(Answer: a) WHO)

**6. Which mental health condition is the leading cause of disability worldwide?**

- ☐ a) Anxiety disorders
- ☐ b) Depression
- ☐ c) Bipolar disorder

☐ d) Schizophrenia  
(Answer: b) Depression)

**7. What percentage of the world's population is estimated to experience a mental disorder at some point?**

☐ a) 10%  
☐ b) 25%  
☐ c) 40%  
☐ d) 50%  
(Answer: b) 25%)

**8. Which symbol is often associated with mental health awareness?**

☐ a) Blue ribbon  
☐ b) Green ribbon  
☐ c) Yellow ribbon  
☐ d) White ribbon  
(Answer: b) Green ribbon)

**9. Which country played a major role in the first World Mental Health Day event?**

☐ a) United States  
☐ b) United Kingdom  
☐ c) Canada  
☐ d) India  
(Answer: a) United States)

**10. What is the most common mental health condition worldwide?**

☐ a) Anxiety disorders  
☐ b) Depression  
☐ c) Eating disorders  
☐ d) PTSD  
(Answer: a) Anxiety disorders)

**11. What percentage of people with mental health disorders receive no treatment?**

☐ a) 20%  
☐ b) 40%  
☐ c) 70%  
☐ d) 90%  
(Answer: c) 70%)

**12. Which international day is closely linked to mental well-being?**

☐ a) International Yoga Day  
☐ b) World Suicide Prevention Day  
☐ c) World Health Day  
☐ d) International Happiness Day

(Answer: b) World Suicide Prevention Day)

**13. Which group is most vulnerable to mental health challenges?**

- ☐ a) Children and adolescents
- ☐ b) Middle-aged adults
- ☐ c) Elderly
- ☐ d) None of the above

(Answer: a) Children and adolescents)

**14. What is often called the 'silent epidemic' in mental health?**

- ☐ a) Anxiety
- ☐ b) Stress
- ☐ c) Depression
- ☐ d) Substance abuse

(Answer: c) Depression)

**15. Which simple practice is widely promoted to support mental well-being?**

- ☐ a) Ignoring stress
- ☐ b) Regular exercise and self-care
- ☐ c) Working extra hours
- ☐ d) Avoiding social contact

(Answer: b) Regular exercise and self-care)

