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tips and insights on mental health delivered to your inbox monthly. 7. Mental disorders are a choice Video drugs or restricting food might be a choice for some, becoming addicted to harmful substances and developing eating disorders isn't. Mental health can arise from various factors, such as: Genetics Brain chemistry Traumatic experiences Environmental stressors And other biological and social factors Having a mental disorder isn't easy, and no one would choose to live this way. 8. People who have mental health issues can't hold down a job Even though people with mental health issues might face additional challenges at work, they're still valuable, capable, and successful employees who thrive in their careers. Moreover, many people who suffer from anxiety are afraid that showing up late and not completing tasks on time will get them fired – so they might actually be more diligent than others. Additionally, having experience with mental health problems might be useful in the healthcare sector as it allows such employees to better understand what their patients are going through. It's also important to recognize that mental health issues can manifest differently in each person and can vary in severity, duration, and impact on daily functioning. Some may require accommodations or support to perform their job duties effectively, while others may not. And as mental health issues are not always visible, many employees may choose not to disclose their condition to their employer or colleagues because of the stigma. Employers can play a critical role in supporting employees' well-being by creating a safe and supportive workplace culture, providing accommodations when needed, and offering mental health support on online therapy platforms, such as Calmerry. 9. Talking about mental health will make it only worse Some people are reluctant to seek help because they worry that talking about their mental state will make them dwell on the past and wallow in self-pity. However, this is just a common misconception about therapy, and ignoring the problem won't make it disappear. Delving into what contributed to a mental health issue and making sense of your emotions is an important part of treatment and one of the ways Calmerry can help improve your mental well-being. Calmerry's therapists are trained in evidence-based therapies and adjust treatments to individual needs: start a brief survey to find a compassionate professional to talk to online. Research also suggests that talking to a trusted friend can be helpful as social support is associated with a positive effect on people's well-being. Even if you can't afford treatment just yet, it's always worth confiding in someone you trust. Final Word Learning about mental health facts and myths can help you understand the magnitude of the problem and become more empathetic to yourself and others. One day you might be able to help a friend who's struggling or recognize that you need extra support before your symptoms worsen. Let's fight the stigma one step at a time! Question: Which APA president was also a mental health trailblazer? Answer: Isaac Ray Question: Who fought for better psychiatric hospitals in the 1800s? Answer: Dorothea Dix Question: What old-school term evolved into "mental health" over time? Answer: Mental health Question: Which hypothesis links fewer hospital beds with more prison inmates? Answer: Penrose Hypothesis Question: What movement said, "Let's take care out of hospitals and into the community"? Answer: Deinstitutionalization Question: What major issue came from deinstitutionalization in the U.S.? Answer: Poor living conditions and inadequate medical care in community homes Question: What's the name for mentally ill people being shuffled between institutions? Answer: Transinstitutionalization Question: What landmark mental health act passed in 1963? Answer: Community Mental Health Centers Act Question: What happened to many with mental illness after deinstitutionalization? Answer: Increased homelessness and inadequate care Question: Who started the National Committee for Mental Hygiene in 1908? Answer: Clifford Beers Question: Which act reduced state hospital admissions and pushed for local care? Answer: Community Mental Health Centers Act Question: In Japan, what do you call mental health pros who make house calls? Answer: Psychiatric social work Question: What did deinstitutionalization sadly cause more of among the homeless? Answer: Increased mental health issues among the homeless population Question: Which 1980 act aimed to care beyond just clinical treatment? Answer: Mental Health Systems Act Question: When did U.S. state hospitals start shutting down for real? Answer: 1990 Question: In one study, what percentage of homeless women had PTSD? Answer: 53% Question: What's a top cause of disability around the globe today? Answer: Mental health disorders Question: Which 1998 WHO initiative explored emotional health worldwide? Answer: World Mental Health (WMH) survey initiative Question: What 1843 reform did Dorothea Dix lead to change mental care? Answer: American asylum movement Question: Which 2004 act funded public awareness campaigns for mental health? Answer: Mental Health Services Act Question: What eye-opening book did Clifford Beers write? Answer: A Mind That Found Itself Question: Which movement said, "Start mental care early – even in childhood"? Answer: Mental hygiene movement Question: What rule did the 1963 Act enforce for hospital admissions? Answer: Only patients posing imminent danger could be admitted Question: What's a core priority in U.S. mental health strategy since 2011? Answer: Mental and emotional well-being Question: What old term faded out in favor of the more hopeful "mental health"? Answer: Mental hygiene Serotonin is the neurotransmitter that is most often known as the feel-good chemical. Today, about 25% of the world's total population is affected by mental health issues. Social anxiety disorder is the term used for the continuous and persistent fear of social situations. Also, bipolar disorder is a mental health disorder that is often characterized by extreme mood swings. The most common of the mental health disorders in the United States consists of anxiety disorders. Often, depression symptoms impact performance in personal relationships. These mental health trivia questions will help you gain knowledge to take better care of your mental health. Que : What is the term used to describe a persistent feeling of sadness or loss of interest that affects daily functioning? Que : What is the most common type of anxiety disorder, characterized by excessive worry about various aspects of life? Answer : Generalized Anxiety Disorder (GAD). Que : What is the term for the mental health condition characterized by alternating periods of mania and depression? Answer : Bipolar Disorder. Que : What is the name of the therapeutic approach that focuses on changing negative thought patterns and behaviors? Answer : Cognitive Behavioral Therapy (CBT). Que : What is the term for a mental health disorder characterized by recurrent, unexpected panic attacks? Que : What mental health condition is marked by chronic, severe difficulty in maintaining relationships and identity? Answer : Borderline Personality Disorder (BPD). Que : What is the name of the eating disorder characterized by an intense fear of gaining weight and a distorted body image? Answer : Anorexia Nervosa. Que : What is the term used to describe a psychological condition where individuals feel disconnected from themselves or their surroundings? Que : What is the common term for a mental health condition that involves experiencing symptoms of depression following childbirth? Answer : Postpartum Depression. Que : What is the term for a mental health disorder characterized by excessive and uncontrollable eating? Answer : Binge Eating Disorder. Que : What therapeutic approach involves exploring past experiences and their impact on present behavior and emotions? Answer : Psychodynamic Therapy. Que : What is the name of the disorder that involves frequent and intense episodes of anger or irritability? Answer : Intermittent Explosive Disorder (IED). Que : What is the term used to describe a mental health condition characterized by persistent feelings of emptiness and instability? Answer : Borderline Personality Disorder (BPD). Que : What is the name of the mental health condition characterized by a lack of ability to experience pleasure or interest in activities? Que : What is the name of the mental health condition where individuals have trouble focusing, organizing tasks, and managing time? Answer : Attention-Deficit/Hyperactivity Disorder (ADHD). Que : What is the name of the condition characterized by excessive and uncontrollable worry about future events? Answer : Generalized Anxiety Disorder (GAD). Que : What is the therapeutic approach that focuses on building coping skills and emotional regulation? Answer : Dialectical Behavior Therapy (DBT). Que : What is the term for a mental health condition characterized by alternating periods of extreme energy and high mood, and periods of depression? Answer : Bipolar Disorder. Que : What is the common name for the condition where individuals have an intense fear of social situations or being judged by others? Answer : Social Anxiety Disorder. Que : What is the term for a mental health condition where individuals experience significant changes in mood and energy levels that impact their daily functioning? Answer : Cyclothymic Disorder. Que : What is the name of the condition that involves the compulsive need to perform certain behaviors or routines to alleviate distress? Answer : Obsessive-Compulsive Disorder (OCD). Que : What is the term for a mental health condition where individuals have difficulty distinguishing between reality and their distorted perceptions? Que : What is the name of the disorder characterized by a chronic and severe pattern of distrust and suspicion of others? Answer : Paranoid Personality Disorder. Que : What is the term for a mental health condition where individuals have difficulty controlling their impulses and may act out inappropriately? Answer : Impulse Control Disorder. Que : What is the name of the therapeutic approach that emphasizes acceptance and mindfulness to improve mental well-being? Answer : Acceptance and Commitment Therapy (ACT). Que : What is the term for a mental health condition where individuals experience significant distress due to their inability to control their gambling behavior? Answer : Gambling Disorder. Que : What is the name of the condition where individuals have persistent, intrusive thoughts or images that cause significant distress? Answer : Obsessive-Compulsive Disorder (OCD). Que : What is the term for a mental health condition characterized by an intense and irrational fear of a specific object or situation? Que : What is the name of the mental health condition where individuals experience significant difficulties in social interactions and communication? Answer : Autism Spectrum Disorder (ASD). Que : What is the name of the therapeutic technique that involves setting goals and working towards them to improve mental health? Answer : Solution-Focused Brief Therapy (SFBT). Que : What is the term for a mental health condition where individuals experience mood swings that are less severe than those in bipolar disorder? Answer : Cyclothymic Disorder. Que : What is the name of the mental health condition where individuals experience severe and persistent symptoms of psychosis, including hallucinations and delusions? Que : What is the term for a mental health condition characterized by a fear of being in situations where escape might be difficult or help unavailable? Que : What therapeutic approach focuses on understanding and changing underlying unconscious processes and past experiences? Que : What is the term for the psychological phenomenon where people feel detached from their own body or surroundings? Answer : Depersonalization. Que : What is the name of the eating disorder characterized by binge eating followed by purging behaviors? Answer : Bulimia Nervosa. Que : What mental health condition is characterized by the inability to control one's own hair-pulling behavior? Answer : Trichotillomania. Que : What is the term for a chronic and severe pattern of distrust and suspicion of others? Answer : Paranoid Personality Disorder. Que : What is the name of the condition that involves experiencing symptoms of depression following childbirth? Answer : Postpartum Depression. Que : What is the term for a mental health disorder characterized by excessive and uncontrollable eating? Answer : Binge Eating Disorder. Que : What is the name of the disorder where individuals experience a persistent fear of gaining weight and engage in extreme dieting? Answer : Anorexia Nervosa. Que : What is the term for a mental health condition characterized by excessive preoccupation with a perceived physical flaw? Answer : Body Dysmorphic Disorder (BDD). Que : What is the name of the condition where individuals experience intense and persistent feelings of worthlessness and hopelessness? Answer : Major Depressive Disorder. Que : What therapeutic approach emphasizes the importance of the therapeutic relationship and explores the impact of past experiences on current behavior? Answer : Person-Centered Therapy. Que : What is the term for a mental health condition where individuals experience severe distress due to their inability to stop harmful or repetitive behaviors? Answer : Impulse Control Disorder. Que : What is the name of the condition characterized by severe, persistent sadness that affects a person's ability to function? Answer : Major Depressive Disorder. Que : What is the term for a mental health condition involving recurring episodes of intense fear or discomfort, often accompanied by physical symptoms? Que : What is the name of the mental health condition characterized by difficulty maintaining focus, organization, and attention? Answer : Attention-Deficit/Hyperactivity Disorder (ADHD). Que : What therapeutic approach uses principles of learning theory to help individuals modify specific behaviors? Answer : Behavior Therapy. Que : What is the term for a mental health condition where an individual has trouble maintaining consistent and stable relationships due to fear of abandonment? Answer : Borderline Personality Disorder. Que : What is the name of the mental health condition where individuals experience delusions of grandeur or paranoia? Answer : Delusional Disorder. Que : What is the term for a mental health condition where individuals feel disconnected from themselves or their surroundings? Que : What is the common term for a mental health condition that involves experiencing symptoms of depression following childbirth? Answer : Postpartum Depression. Que : What is the term for a mental health disorder characterized by excessive and uncontrollable eating? Answer : Binge Eating Disorder. Que : What is the name of the disorder where individuals experience a persistent fear of gaining weight or body image? Answer : Anorexia Nervosa. Que : What is the name of the therapeutic technique that involves setting specific goals and working towards achieving them? Answer : Solution-Focused Therapy. Que : What is the term for a mental health condition where individuals experience an intense fear of social situations or public speaking? Answer : Social Anxiety Disorder. Que : What is the name of the mental health condition where an individual experiences a loss of identity or confusion about their sense of self? Answer : Dissociative Identity Disorder (DID). Que : What is the name of the therapeutic approach that uses guided imagery and relaxation techniques to reduce stress and improve mental well-being? Que : What is the name of the condition where individuals experience significant difficulties in concentrating, completing tasks, and maintaining attention? Answer : Attention-Deficit/Hyperactivity Disorder (ADHD). Que : What is the name of the therapeutic approach that emphasizes the importance of emotional experiences and focuses on resolving unresolved conflicts? Answer : Psychodynamic Therapy. Que : What is the name of the disorder characterized by a significant and persistent inability to experience pleasure in most activities? Que : What is the term for a mental health condition where individuals experience intense and frequent mood swings, often including manic and depressive episodes? Answer : Bipolar Disorder. Que : What is the name of the therapeutic technique that involves setting specific and realistic goals for behavior change? Answer : Goal Setting Therapy. Que : What is the term for a mental health condition where individuals experience chronic difficulty in managing and regulating their emotions? Answer : Emotion Regulation Disorder. Que : What is the name of the mental health condition characterized by extreme and persistent feelings of guilt or shame? Que : What is the term for the psychological phenomenon where individuals feel a lack of control over their actions and experience a sense of helplessness? Answer : Learned Helplessness. Que : What is the name of the therapeutic approach that focuses on enhancing interpersonal relationships and communication skills? Answer : Interpersonal Therapy (IPT). Que : What is the name of the disorder where individuals experience persistent and overwhelming feelings of dread or panic in specific situations? Answer : Specific Phobia. Que : What is the term for a mental health condition characterized by extreme and irrational fear of being scrutinized or embarrassed in social situations? Answer : Social Anxiety Disorder. Que : What is the name of the mental health condition characterized by a persistent and excessive preoccupation with physical appearance? Answer : Body Dysmorphic Disorder (BDD). Que : What is the name of the mental health condition characterized by the compulsive need to perform certain behaviors or rituals? Answer : Obsessive-Compulsive Disorder (OCD). Que : What is the term for a mental health condition characterized by severe emotional instability and impulsive behaviors? Answer : Borderline Personality Disorder (BPD). Que : What is the name of the therapeutic approach that emphasizes understanding the impact of cultural and social factors on mental health? Answer : Multicultural Therapy. Que : What is the name of the disorder where individuals experience a lack of motivation or interest in activities they previously enjoyed? Que : What is the term for a mental health condition where individuals experience significant difficulties in remembering and organizing information? Answer : Cognitive Impairment. Que : What is the name of the condition characterized by a persistent pattern of antisocial behavior and a disregard for the rights of others? Answer : Antisocial Personality Disorder. Que : What is the name of the therapeutic approach that focuses on helping individuals develop coping skills for managing stress and anxiety? Answer : Stress Management Therapy. Que : What is the term for a mental health condition characterized by excessive and uncontrollable gambling behavior? Answer : Gambling Disorder. Que : What is the name of the mental health condition characterized by frequent and intense episodes of anger or irritability? Answer : Intermittent Explosive Disorder. Que : What is the term for the psychological phenomenon where individuals experience a temporary loss of memory or identity? Answer : Dissociative Amnesia. Que : What is the name of the therapeutic approach that involves helping individuals explore and resolve conflicts from their past experiences? Answer : Psychodynamic Therapy. Que : What is the term for a mental health condition where individuals experience difficulty in distinguishing between reality and delusions? Que : What is the name of the disorder characterized by a pervasive sense of detachment from oneself or one's surroundings? Answer : Depersonalization-Derealization Disorder. Que : What is the term for a mental health condition characterized by an intense and irrational fear of having a serious illness? Que : What is the name of the condition where individuals experience intense and overwhelming feelings of sadness or hopelessness? Answer : Major Depressive Disorder. Que : What is the term for a mental health condition characterized by chronic and severe difficulty in regulating emotions and behaviors? Answer : Emotion Dysregulation Disorder. Que : What is the term for a mental health condition characterized by a compulsive need to collect and hoard items, regardless of their value? Answer : Hoarding Disorder. Que : What is the name of the therapeutic approach that uses techniques from various therapeutic modalities to address specific issues? Answer : Integrative Therapy. Que : What is the term for a mental health condition characterized by significant distress and impairment due to a traumatic event? Answer : Post-Traumatic Stress Disorder (PTSD). Que : What is the name of the disorder characterized by a persistent and pervasive fear of gaining weight or being overweight? Answer : Anorexia Nervosa. Que : What is the term for a mental health condition where individuals experience chronic and severe difficulties in managing their impulses and behaviors? Answer : Impulse Control Disorder. Learning about different mental health conditions and treatments helps us better understand and support those affected. Recognizing these challenges and seeking the right help can make a big difference in improving people's lives. More to Explore: Was this article helpful? I'm a former teacher (and mother of Two Childs) with a background in child development. Here to help you with play-based learning activities for kids. (Check my Next startup Cledemy Com) Our trivia generator tool helps you to get extra knowledge! Why wait? Have a look!Let's Go Welcome to Trivia Bliss's ultimate mental health trivia! This quiz is designed to test your knowledge and broaden your understanding of the fascinating and complex field of mental health. The questions range from historical firsts to intriguing facts about rare conditions. So, put on your thinking caps and get ready to dive deep into the human mind. Whether you're a psychology student, a mental health professional, or just someone interested in learning more about the human psyche, this quiz has something for you. Enjoy! 1. What is the first recognized form of psychotherapy? 2. Who is known as the father of modern psychology? 3. What is the largest part of the human brain? 4. What is the most common mental disorder in the world? 5. What was the most expensive mental health study ever conducted? The Sequenced Treatment Alternatives to Relieve Depression (STAR*D) study 6. What is the rarest mental disorder? 7. What is the first line of treatment for ADHD? 8. What country has the highest rate of depression? 9. Who was the first person to use the term "autism"? 10. What fascinating fact is associated with the mental condition known as synesthesia? People with synesthesia can "taste" words or "see" sounds 11. What is the biggest psychiatric organization in the world? The American Psychiatric Association (APA) 12. Which country spends the most on mental health services per capita? 13. What was the first antipsychotic medication? 14. What is the rare phenomenon where a person believes they are dead, known as? 15. Who was the first female psychologist? 16. What unusual fact is associated with people who have the "Dissociative Identity Disorder"? Different identities can have different physical characteristics, such as allergies 17. What is the most widely used psychological test? Minnesota Multiphasic Personality Inventory (MMPI) 18. What is the most common phobia? Arachnophobia (fear of spiders) 19. Who was the first psychiatrist to win a Nobel Prize? Egoras Moniz for the development of the prefrontal leucotomy 20. What is the most expensive mental health drug on the market? 21. What was the first established mental hospital? Bethlem Royal Hospital in London 22. Which mental disorder is most commonly associated with genius-level IQ? 23. What is the most prevalent eating disorder in the United States? 24. Who was the first person to propose the theory of multiple intelligences? 25. What is a fascinating fact about the condition known as savant syndrome? People with savant syndrome can often perform extraordinary mental feats, such as remembering every detail of a book they've read 26. What is the largest mental health institution in the United States? Rikers Island Jail in New York City 27. Which country has the most psychologists per capita? 28. What was the first antidepressant medication? 29. What unusual condition involves a person being obsessed with the idea that they smell bad when they don't? Olfactory Reference Syndrome 30. Who was the first to use the term "schizophrenia"? 31. What surprising fact is associated with the mental condition known as Capgras delusion? People with Capgras delusion believe that their loved ones have been replaced by impostors 32. What is the biggest contributor to global mental health disease burden? 33. Which country has the highest suicide rate? 34. What was the first cognitive-behavioral therapy? Rational Emotive Behavior Therapy (REBT) by Albert Ellis 35. What is a rare mental disorder where a person believes they have transformed into an animal? 36. Who was the first person to describe the phenomenon of the "Inferiority Complex"? 37. What is the most widely accepted theory of dreaming? Activation-synthesis hypothesis 38. What is the most common type of hallucination in those with schizophrenia? 39. Who was the first person to suggest that dreams are a reflection of our unconscious desires? 40. What is the most expensive therapy form per session? 41. What was the first mental illness to be recognized by the American Psychiatric Association? Melancholia (now known as depression) 42. What mental disorder is associated with the highest risk for suicide? Borderline Personality Disorder 43. Who was the first person to use the term "learning disability"? 44. What is a fascinating fact about the condition known as prosopagnosia? People with prosopagnosia cannot recognize faces, often including their own 45. What is the largest mental health research institution in the world? The National Institute of Mental Health (NIMH) 46. Which country has the most mental health beds per capita? 47. What was the first medication approved for the treatment of autism? 48. What rare disorder causes a person to believe they are invisible? 49. Who was the first psychologist to discuss the concept of self-actualization? 50. What unusual fact is associated with the mental condition known as Paris syndrome? It affects mostly Japanese tourists who find that Paris doesn't live up to their romantic expectations 51. What is the most frequently diagnosed childhood psychiatric disorder in the United States? Attention Deficit Hyperactivity Disorder (ADHD) 52. Which country has the most psychiatrists per capita? 53. What was the first cognitive enhancer approved by the FDA? 54. What is the rarest phobia? Epehebiphobia (fear of teenagers) 55. Who was the first to coin the term "mental health"? 56. What is the most expensive treatment for mental disorders? Deep Brain Stimulation (DBS) 57. What was the first university to offer a degree in Psychology? 58. Which mental disorder has the highest prevalence rate worldwide? 59. Who was the first person to use the term "nervous breakdown"? 60. What fascinating fact is associated with the mental condition known as hyperthymesia? People with hyperthymesia can remember nearly every detail of their life experiences Congratulations on completing Trivia Bliss's Ultimate Mental Health Trivia! We hope you enjoyed the journey through the complexities of the human mind and learned some new and fascinating facts along the way. If you loved this quiz, be sure to explore the rest of our quizzes on Trivia Bliss, including a quiz all about meditation. We have a wide range of topics to pique your curiosity and test your knowledge. Happy quizzing! 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