

Mental Health Trivia Time!

Play along!

(no audio in this game)



These questions come,
in part or whole, from:

- Centers for Disease Control and Prevention:
<https://www.cdc.gov/mentalhealth/quiz/index.htm>
 - Mental Health Professionals Network:
<https://www.mhpn.org.au/Uploads/Documents/CoordinatorResources/Trivia%20Questions%20coordinator%20connect%202016.pdf>
-

The image shows the letters 'CDC' in a large, white, serif font. The background is a blue gradient with several white diagonal lines that create a sense of depth and movement.

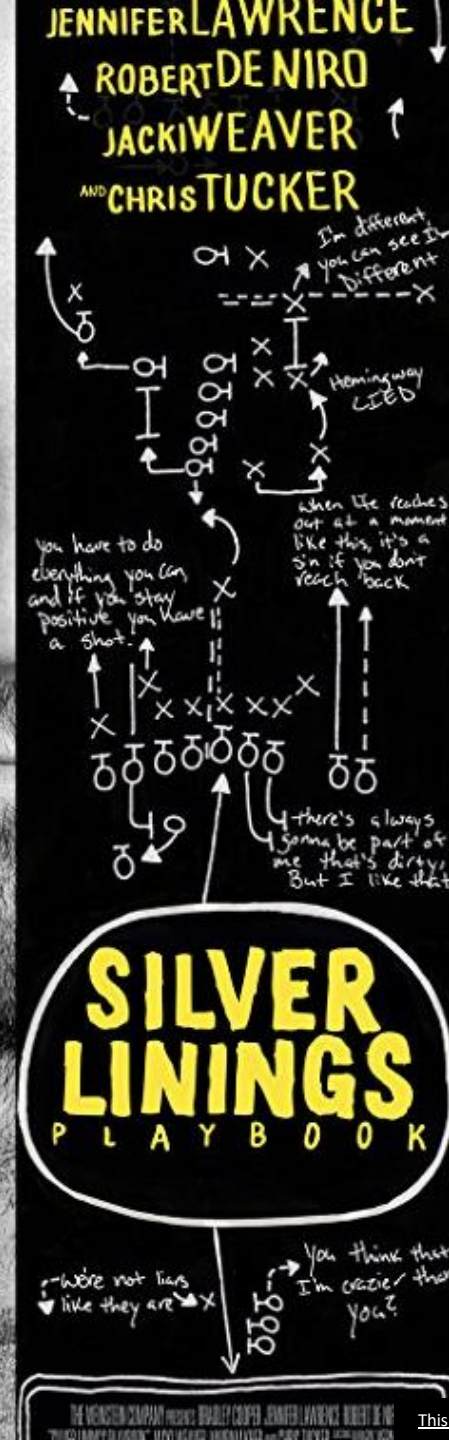
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In the classic movie 'Rain Man' starring Dustin Hoffman and Tom Cruise, what disorder is Hoffman's character Raymond living with?

In 2012, actor Bradley Cooper stars in the movie 'Silver Linings Playbook'. In this movie, Cooper's character Pat struggles managing his relationships due to his emotional outbursts. What disorder does Pat become labelled with in this movie?





In 2001, Russell Crow stars in 'A Beautiful Mind'. The movie is a biographical drama film based on the life of John Nash; a mathematical savant who is faced with constant challenges due to his condition. Which mental illness befell John Nash?





In a 1975 comedy-drama, Jack Nicholson's character "Mac" McMurphy helped his friends to escape a psych ward and Nurse Ratched's unpleasant medical methods. Together they stole a hospital bus, commandeered a boat and went deep sea fishing. What was the name of this film based on a 1962 novel of the same name by Ken Kesey?

Arachnophobia is the fear of what?

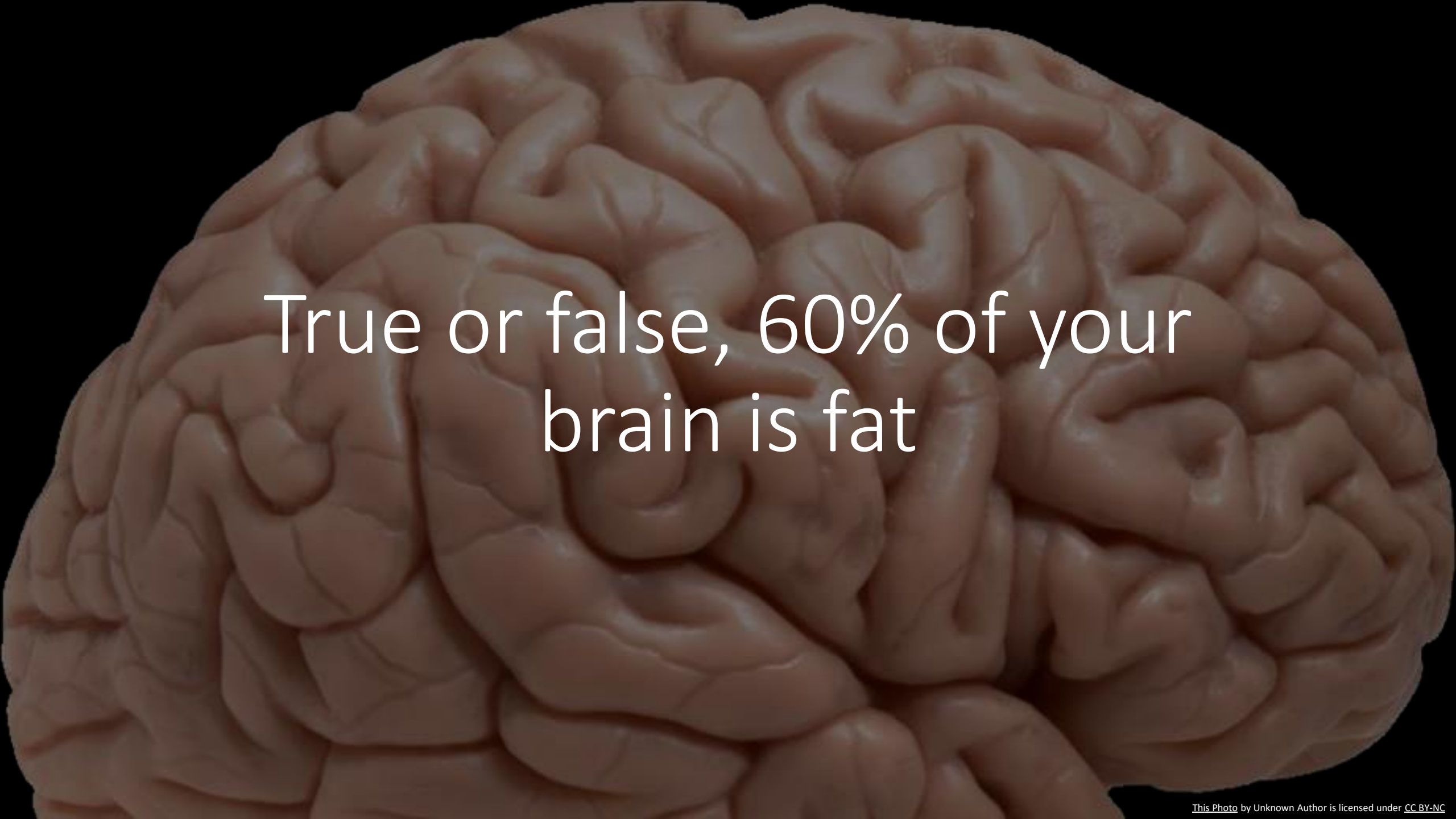
Acousticophobia is the
fear of what?

Coulrophobia is the fear
of what?

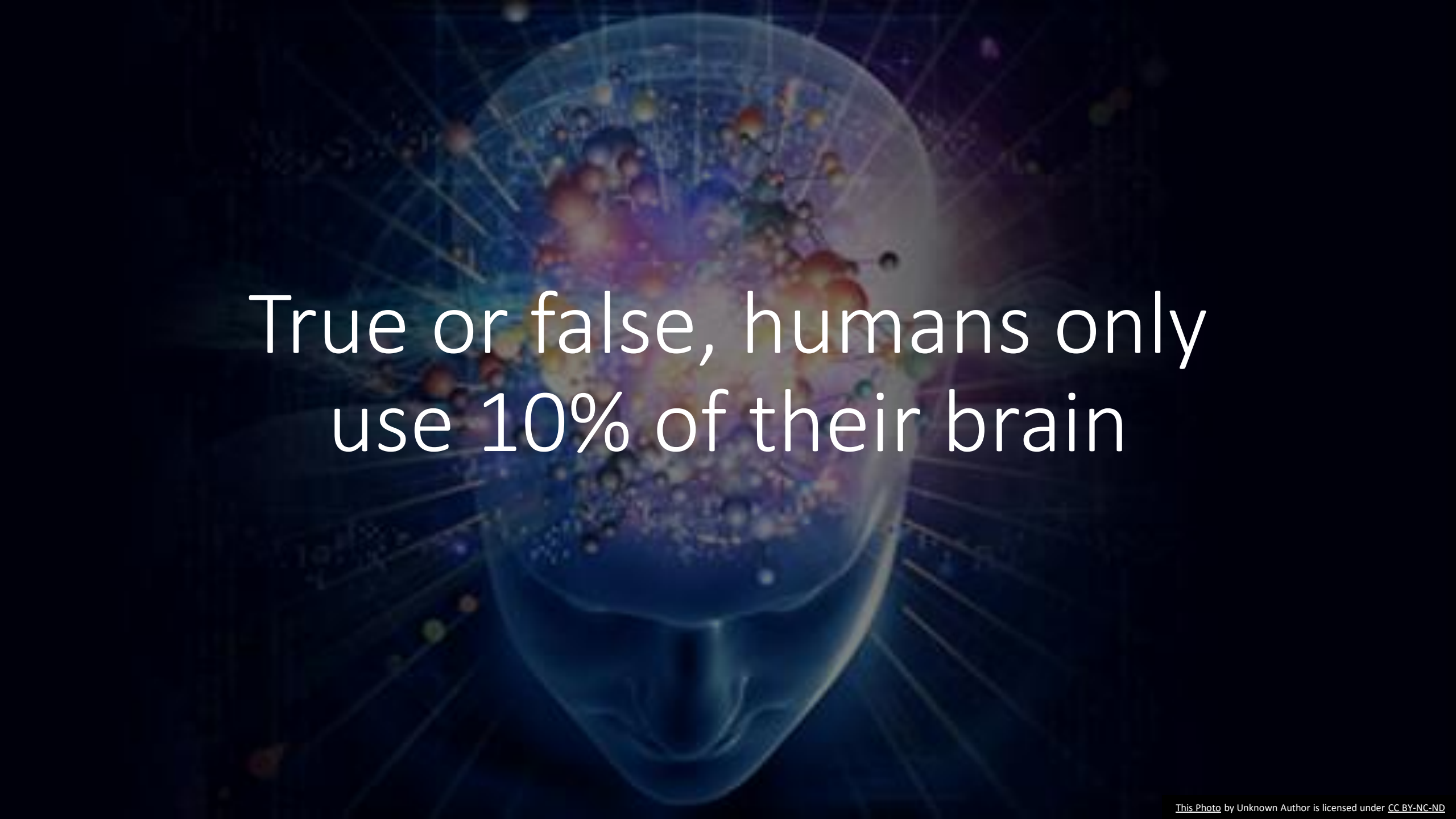
Cleptophobia is the fear of what?

Phobophobia
is the fear of
what?

Omphalophobia is the
fear of what?

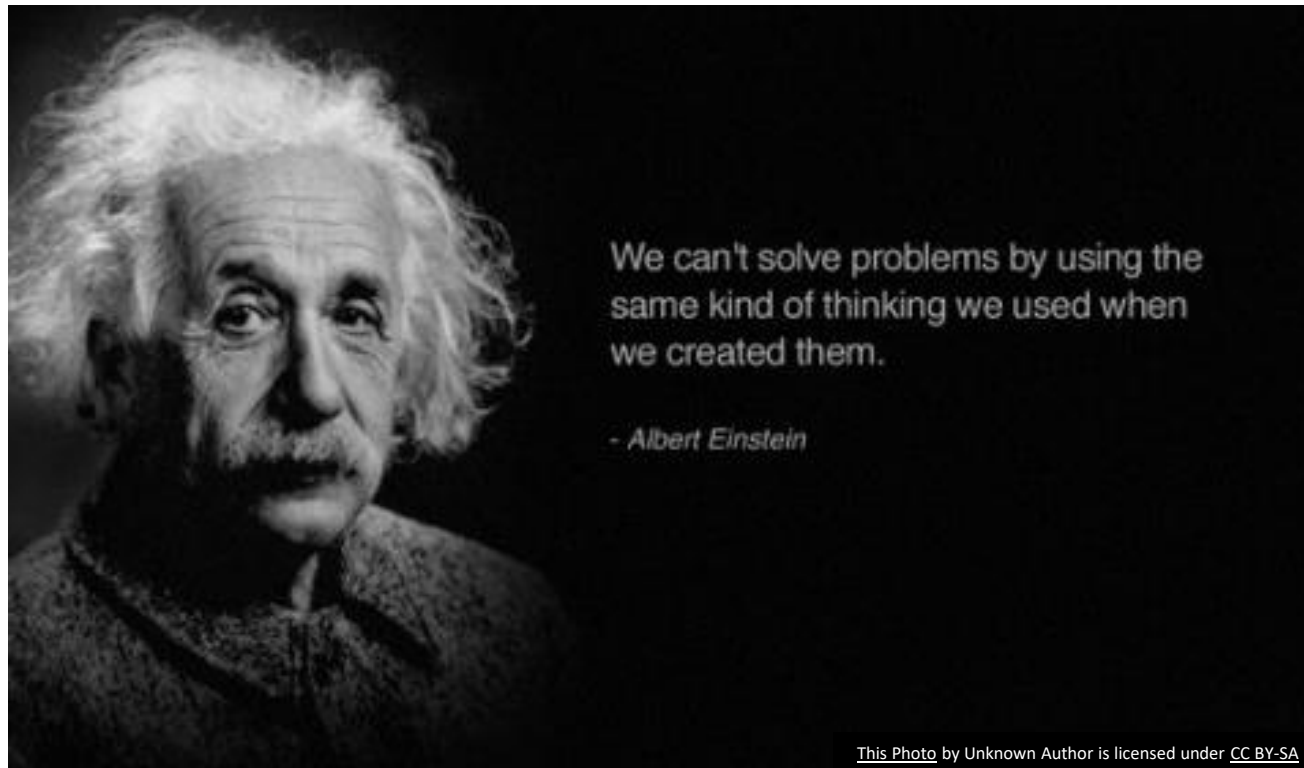


True or false, 60% of your
brain is fat



True or false, humans only
use 10% of their brain

True or false, Einstein's brain was lighter than the average brain weight



We can't solve problems by using the same kind of thinking we used when we created them.

- Albert Einstein

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True or false, smelling
chocolate can help you
feel relaxed



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True or false, listening to
Mozart makes you smarter



Resulting from something you might have when the weather is hot, **Spheno-palantine Ganglio-neuralgia** is the scientific term for what form of brief painful headache?

Poor mental health increases the risk for long-lasting (chronic) physical conditions like

- Heart Disease
- Stroke
- Cancer
- All of the above



Mental illnesses are

- Very common
- Not very common
- Fairly common



Suicide is the _____ leading cause of death among people ages 15-34 in the United states.

- 24th
- 10th
- 40th
- 2nd

NATIONAL

SUICIDE



PREVENTION

LIFELINE™

I-800-273-TALK

www.suicidepreventionlifeline.org



Half of all mental illness occurs before a person turns _____ years old, and three-quarters of mental illness begin before age 24.

- 14
- 18
- 10

A small LEGO minifigure with a black helmet and a striped shirt stands on a structure of yellow LEGO bricks. The bricks are arranged in a way that forms a path or a platform. The background is a plain, light-colored surface.

Serious mental illness costs America how much in lost earnings per year?

- \$193.2 billion in lost earnings per year
- \$20 million in lost earnings per year
- \$400 billion in lost earnings per year
- \$1 billion in lost earnings per year

Mental illness

- Cannot be treated
- Can be treated





Round 2

Watch for the answers!

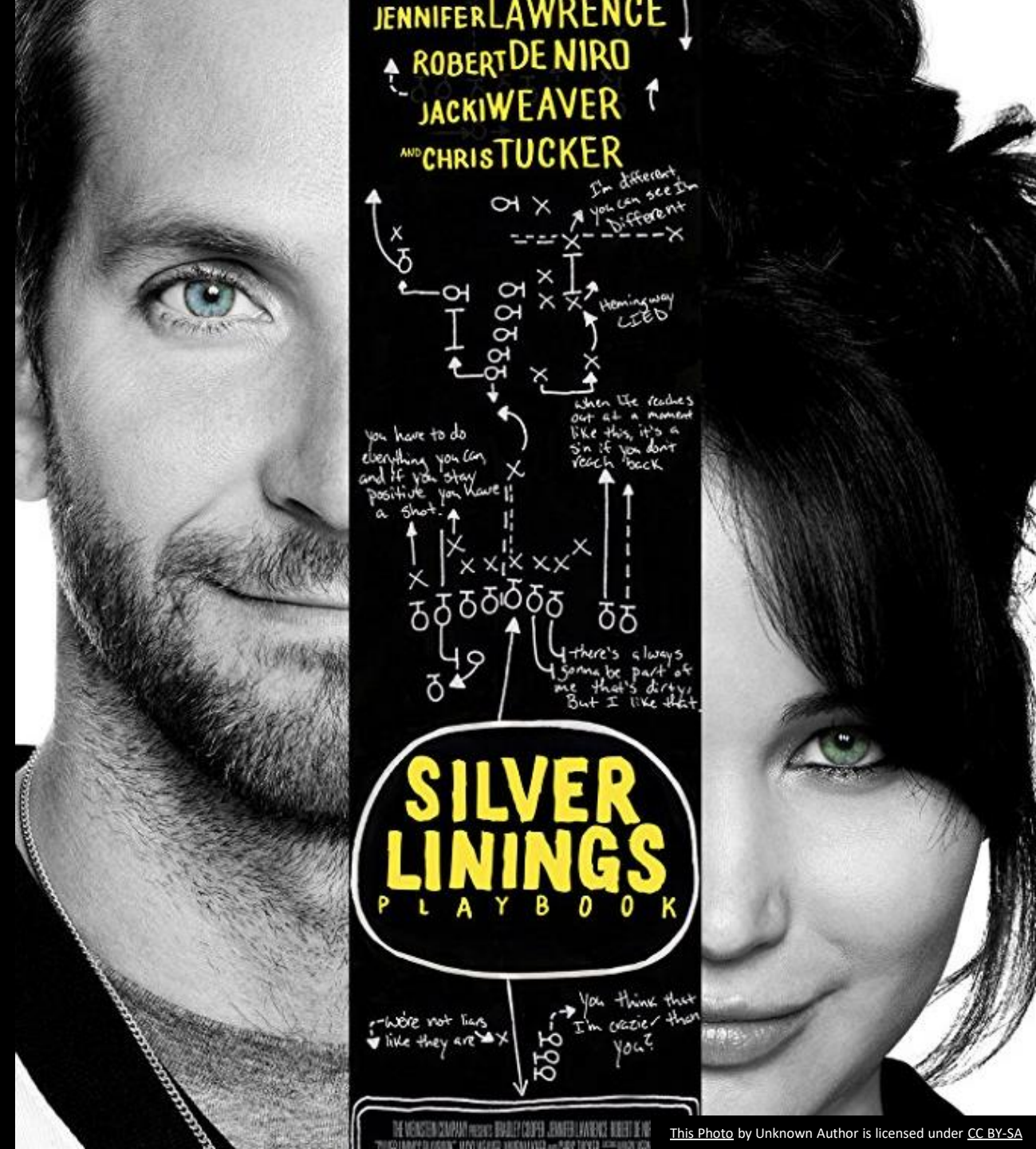



In the classic movie 'Rain Man' starring Dustin Hoffman and Tom Cruise, what disorder is Hoffman's character Raymond living with?

Autism

In 2012, actor Bradley Cooper stars in the movie 'Silver Linings Playbook'. In this movie, Cooper's character Pat struggles managing his relationships due to his emotional outbursts. What disorder does Pat become labelled with in this movie?

Bipolar Disorder





In 2001, Russell Crow stars in 'A Beautiful Mind'. The movie is a biographical drama film based on the life of John Nash; a mathematical savant who is faced with constant challenges due to his condition. Which mental illness befell John Nash?

Schizophrenia





In a 1975 comedy-drama, Jack Nicholson's character "Mac" McMurphy helped his friends to escape a psych ward and Nurse Ratched's unpleasant medical methods. Together they stole a hospital bus, commandeered a boat and went deep sea fishing. What was the name of this film based on a 1962 novel of the same name by Ken Kesey?

One Flew Over the Cuckoo's Nest

Arachnophobia is the fear of what?

Spiders

Acousticophobia is the
fear of what?

Noise

Coulrophobia is the fear
of what?

Clowns

Cleptophobia is the fear of what?

Stealing

Phobophobia
is the fear of
what?

Fear of phobias

(Panphobia is the fear of
everything)

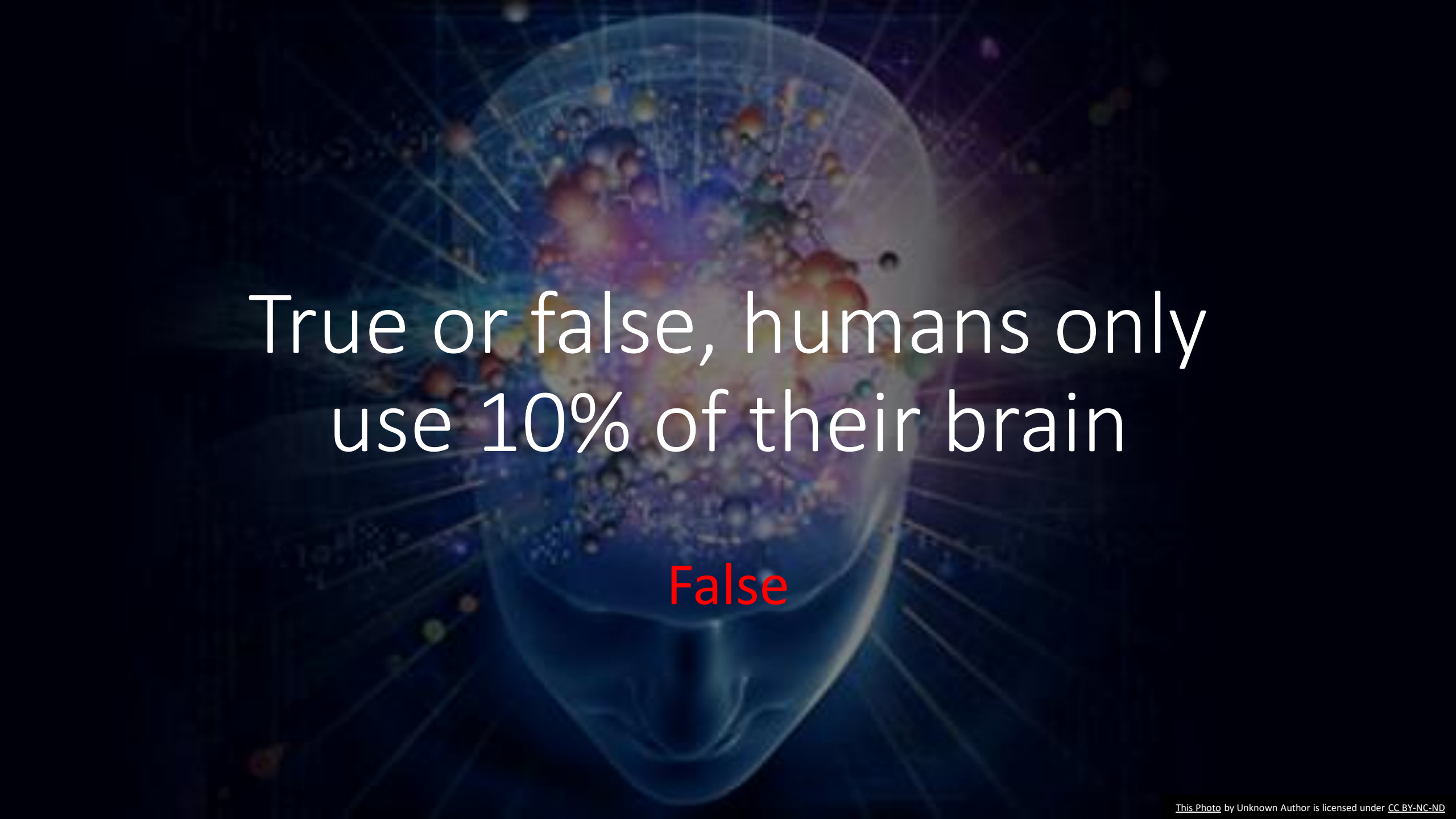
Omphalophobia is the
fear of what?

Belly Buttons



True or false, 60% of your
brain is fat

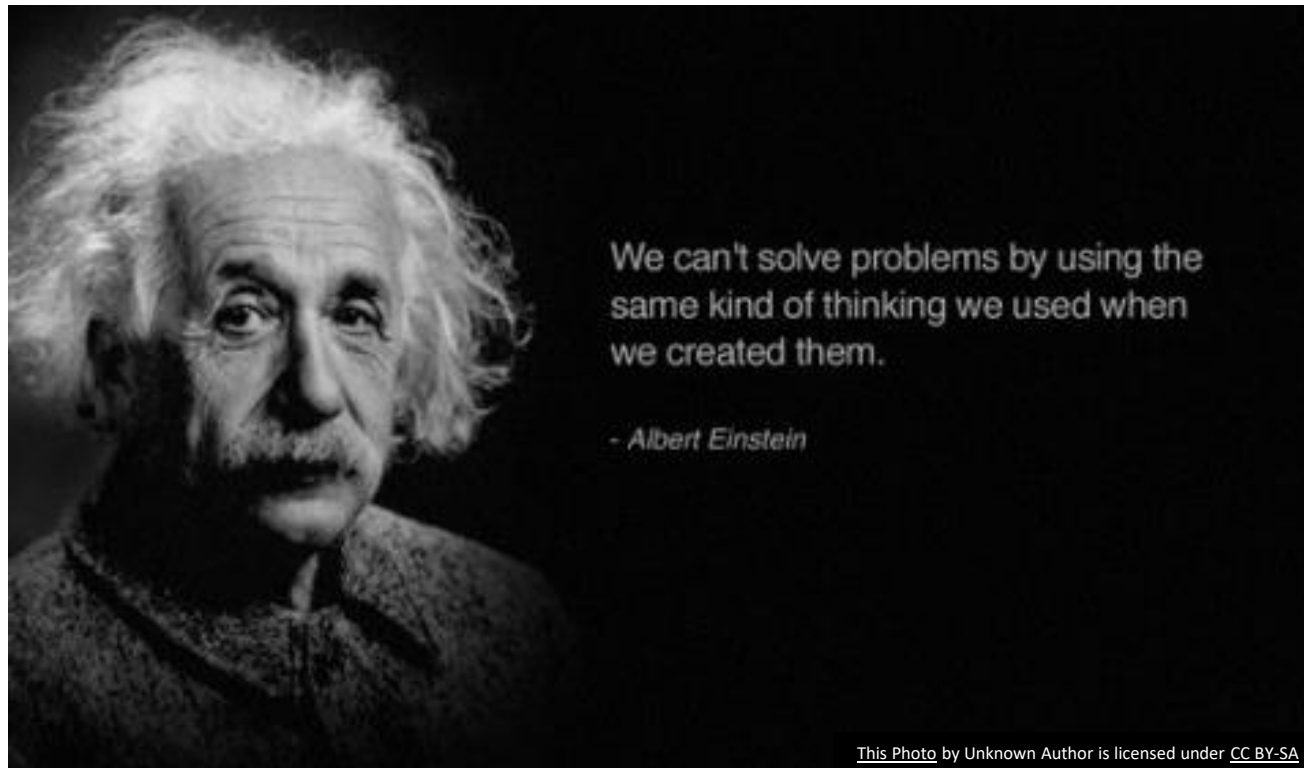
True



True or false, humans only
use 10% of their brain

False

True or false, Einstein's brain was lighter than the average brain weight



True

(but he had a higher than average neuron density)



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True or false, smelling chocolate can help you feel relaxed

True

(it increases the Theta waves in your brain which triggers relaxation)



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True or false, listening to
Mozart makes you smarter

False



Resulting from something you might have when the weather is hot, **Spheno-palantine Ganglio-neuralgia** is the scientific term for what form of brief painful headache?

Brain freeze, or ice-cream headache, or head-freeze

Poor mental health increases the risk for long-lasting (chronic) physical conditions like

- Heart Disease
- Stroke
- Cancer
- All of the above



Mental illnesses are

- Very common
- Not very common
- Fairly common

About 1 in 5 American adults and 1 in 5 children will experience a mental illness at some point in their lives.



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- \$20 million in lost earnings per year
- \$400 billion in lost earnings per year
- \$1 billion in lost earnings per year

Mental illness

- Cannot be treated
- Can be treated

Research shows that people with mental illness can get better and many recovery completely.



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 - Centers for Disease Control and Prevention:
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CDDC

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